

Greenfields Home/School Learning: Wellbeing

Week beginning Monday 1st June

<p>Monday</p>	<p>Play board games</p> <p>Learn a new card or board game or get better at one you already play for example, chess, monopoly. You can do this at home or there are apps/online games you can play with friends and family too.</p>   
<p>Tuesday</p>	<p>Travel the World</p> <p>We may not be able to leave the house, but we can find out about people in other countries and visit the world from home.</p> <p>Chose a new country to visit, virtually. Learn the things that are special about the new places you go to....</p> <ul style="list-style-type: none">• What animals live there?• What is special about the place and its people?• What do they eat?• Which continent is it?• Identify its location on a map• What is its climate like?• Flag• What other interesting facts did you learn? <p>Look in an atlas, online, or start with watching clips from 'Where in the World?' On CBeebies</p> <p>https://www.bbc.co.uk/cbeebies/shows/where-in-the-world</p> <p>'My World Kitchen' teaches children about food from different parts of the world</p> <p>https://www.bbc.co.uk/cbeebies/shows/my-world-kitchen</p>
<p>Wednesday</p>	<p>Be physically active</p> <p>Being active is not only great for your physical health and fitness it's good for feeling mentally well too</p> <p>Try these indoor active games to get everyone's step count up.</p> <p>https://www.5minutefun.com/activities-to-get-your-step-count-up/</p> <p>This workout for you gets kids involved, too</p>

Thursday

Thoughtful Thursday!

With your family find an empty box, jar or bag. Discuss all of the things you would like to do or enjoy when we are allowed to return to some normality. This is a great activity to discuss as a family. You might write things down: visit the park, give my grandma and grandad a huge hug, enjoy at day at the cinema, spend time with friends and so on. Add all of these ideas into your box, jar or bag and then when the time comes you can take one piece of paper from it and enjoy that activity. Once you have added all of your ideas to the box, jar or bag you can design the outside. Maybe you can add some handprints, names or some patterns.



Friday

Yoga

Yoga is proven to help with overall physical and mental health, so why not have a go. You could try the following yoga session as a family, with siblings or on your own.

<https://www.youtube.com/watch?v=X655B4ISakg>

You should feel relaxed and calm after the session; let us know how it made you feel. Did you enjoy it? Did it inspire you to try some more yoga? If you can send us some photos. Most importantly have fun!

