

Over the next 5 weeks you need to complete one activity from each column; Mental Health and Well-being, Transition and Challenge.

Mental Health and Well-being

Staying connected

Lockdown has been hard on everyone and It's okay to feel all sorts of different emotions. You might feel upset that you haven't seen your friends and loved ones in a long time. This activity will help you feel more connected to friends and family you are missing. Can you draw or stick pictures of people who are important to you in your book. Try to add how you are going to stay in touch with this person and what you would like to do when you see them again.

Staying connected

Name: _____

I will stay in touch by: _____

When we meet again, we will: _____

Transition

T-shirt

Moving into high school can be a scary thought but your new form teacher will be really looking forward to teaching you. Can you create a personal T-shirt, like the picture, to tell your new teacher all about you. Tell them about your character, your family, your favourite subjects and your favourite things to do outside of school. Draw a picture of yourself in the middle. Be creative!



Challenge

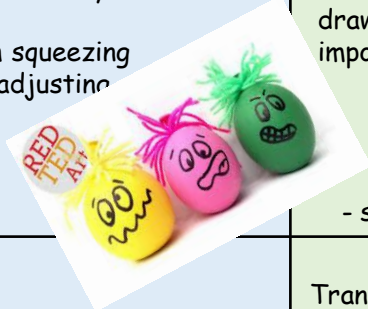
Landmark Challenge

Can you create an image of a famous landmark. You could bake it, make a model of it, paint it, draw it the possibilities are endless. Don't tell me what you have created but send an image into year-6@mossgate.lancs.sch.uk and I'll see if I can guess the right landmark.



Making our own stress ball

Being in lockdown can be stressful, and lots of us are feeling anxious and on edge right now and this is okay. This activity can help you to relax - try doing it with someone. Make your own stress balls by filling balloons with dry rice, flour or pulses. Tie a knot in it and decorate it as you like. Take the balls in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like. This exercise is designed to release muscle tension and massages your hands.



Life Island

Create a life island just like this picture. Draw a bubble letter that Your first name starts with. In the letter draw things that are important to you such as:

- family mountain
- Dancing volcano
- Rugby river
- fraction forest
- story writing bridge



Physical Challenge

Over the next 5 weeks try to improve an one of these areas of fitness.... Try one or all of these activities and time how many you can do in a minute. Keep your starting number and then at the end of the month record your new number and see the improvement.



- Jumping jacks
- Push ups
- How many jumps in a skipping rope
- Burpees
- Hold a plank
- Throw a ball in their air and catch it
- Kick ups

After lockdown

You will have lots of different feelings about going back to school after lockdown. This is normal and Okay. Fill in the boxes opposite to explore these feelings, and anything else you are worried about. Talk through what you have written with an adult.

I am looking forward to ...

Seeing my friends
My favourite lesson

I am worried about ...

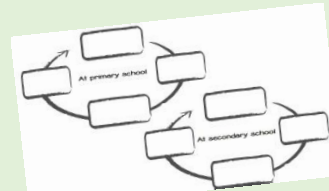
Catching the virus
Not being able to play my favourite game in the playground
Being away from Mum/Dad

What I can do to feel better ...

Find out how the teachers are making my school safe
Think of a different game
Tell my friend/teacher how I feel

Circles of help

Transition from primary to secondary school can be scary for children, especially as we have missed induction days due to the lockdown. Think about who you can turn to now at primary school, and who could help them at secondary school. If you have an older sibling, ask them for their ideas. Think about form tutors of year, someone from the pastoral team, friends, family members.



Natural artwork

Andy Goldsworthy is an artist who uses natural materials to create beautiful pieces of artwork. Pebble stacking is an interesting way to create some natural artwork. When you are next out on your daily walk collect some natural objects. I'd then like you to create some artwork using these natural objects.

