

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

Feelings - everyone has lots of different feelings all of the time and that's okay.

Look at the list of feelings opposite, draw some faces to try and show these feelings. Show them to someone at home to see if they can guess what the feeling is.

Happy, excited, sad, angry, bored, calm, upset, scared, silly, worried, shy, confused, lonely, grumpy, comfortable, shy, confident.

Can you think of any others? Use these feelings cards to help you when you write your feelings diary (activity below).

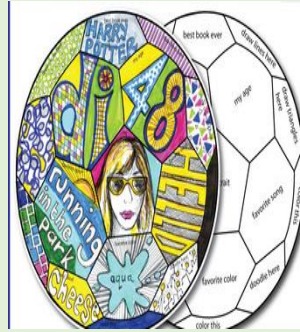
I'm feeling...

Calm	Happy	Silly	Relaxed
Nervous	Annoyed	Sad	Shy
Surprised	Hungry	Angry	Confused
Sleepy	Sick	Hurt	Hot

Transition

Ball about me

Your new teacher is really looking forward to teaching you. Create a personal ball to tell your new teacher all about you. Tell them about your character, your family, your favourite subject and your favourite things to do outside of school. Draw a picture of yourself in the middle. Be creative!



Challenge

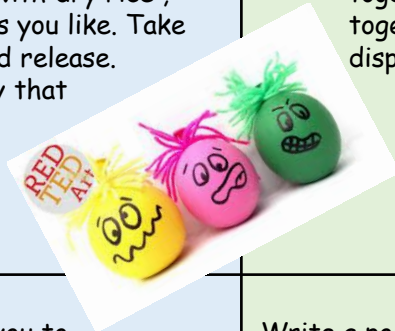
30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1: You were hired by an amusement park to create a new roller coaster.	Day 2: NASA needs you to build a new rocket.	Day 3: Your parents want to build a new house and they want you to build it.	Day 4: Harry Wood hires you to build a movie set for a new show. Where movie?
Day 5: You enter a contest to build the world's tallest tower. Will you win?	Day 6: You are asked to build a new ship to get home.	Day 7: Ford hires you to create the toughest pick up truck to the world.	Day 8: You and 4 friends are stranded on an island. Build a boat to build it.
Day 9: Captain Jack needs a new pirate ship and wants you to build it.	Day 10: You and your friends decide to build a tree house.	Day 11: Prince Charming hires you to build a castle for him & Cinderella.	Day 12: There is a storm in town. Build a plane for the performance.
Day 13: Help your fellow citizens build a wagon to make it across the country.	Day 14: Mr. Hinton hires you to build a new boat.	Day 15: Build the fastest car you can and join the big one race.	Day 16: Do you want to build a playground? Get in the winner's mood and build a better one.
Day 17: The king is looking for the best horse jumping. Build a horse to win the gold medal.	Day 18: You are now in medieval times. You are commissioned to build a beautiful arena.	Day 19: The hotel needs a new guest room. Build a new one man room.	Day 20: Design and build your dream bedroom.
Day 21: You are wanted to build a flag for your land.	Day 22: A new alien is threatening and you need to build a year robot. Build them.	Day 23: The alien king hires you. They are programmed for your robot. They want you to build one for them.	Day 24: There is a wizard. You will need to build a secret base.
Day 25: You are hired to build a brand new hospital.	Day 26: You are hired to build a new school.	Day 27: There is a wizard. You will need to build a secret base.	Day 28: What was your favorite day?

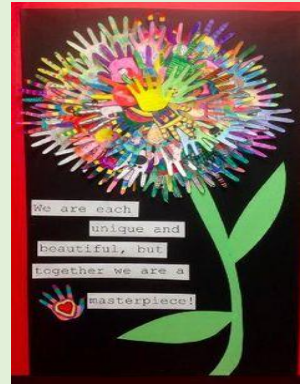
Making our own stress ball

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 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.



Hand art work

Draw around your hand on a piece of paper and decorate it with patterns, words or pictures. When we come back together we can put the hands together to create a class display.



Historical re-enactments

Can you create a historical re-enactment of a Greek story? You could make lolly pop people or dress up as a Greek God to retell the story of: Zeus, Hercules, Medusa, Theseus and the minotaur or another Greek myth or God. Don't forget to send a video to year-4@mossgate.lancs.sch.uk



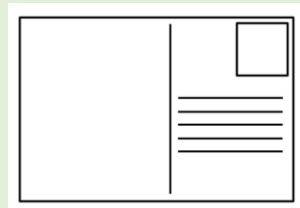
Feelings Diary

A feelings diary (like the one below) can help you to identify different feelings and to understand that feelings change. Try to spend time talking about one or two feelings you have with an adult each day. Remember it's okay to feel in different ways and completely normal, especially because of everything that is happening.

	Today I felt (Write a sentence)	Today I felt (Draw a picture)	One thing that made me happy (draw or write a sentence)
Monday			

A postcard

Write a postcard to your new teacher. Tell them some of the things you have been doing over the last few weeks. Tell them how you feel about coming back to school and what you are looking forward to in your new class. Remember to tell them who it is from. You could make it look just like a postcard and draw a picture or put a photograph on the front.



Art

1. Draw a picture of your favourite animal.
2. Add some detail to the animal.
3. Take your pencil for a walk over your animal (see the image with red lines on it)
4. Colour in each section in complementary colours.

INSTRUCTIONS:

Step 1: Using the Resource Images, make an outline drawing of the cat or the dog. Use a lead pencil. No shading. No details. Leave the background bare. [Page 2](#)

Step 2: On the animal's face, draw a variety of shapes. Do not make the shapes too small. [Page 3](#)

Step 3: Colour each shape using water-based markers (check the instructions). Some shapes should include a pattern. [Page 4](#)

Step 4: Using a black marker or Sharpie, trace EVERY line over the lines created from Step 1, Step 2 and Step 3. [Page 5](#)

Step 5: Using a black marker or Sharpie, trace EVERY line over the lines created from Step 1, Step 2 and Step 3. [Page 6](#)

Step 6: The cat will make a new sound and the dog will make a new sound.