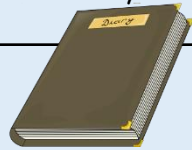


Over the next 5 weeks you need to complete one activity from each column; Mental Health and Well-being, Transition and Challenge.

Mental Health and Well-being

Feelings - we have different feelings all of the time and that's okay.
 Look at the list of feelings below, pull a face to try and show that feeling do this with someone at home to see if they can guess what your 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?
 Think about how you are feeling today. Draw a picture to show those feelings, think about the colours and what they show. Try and ask yourself how you are feeling everyday. You could create a feelings diary to do this. Remember it is okay to feel in different ways - we all have good days and days when we don't feel as good. Try asking the people in your house how they are feeling too.



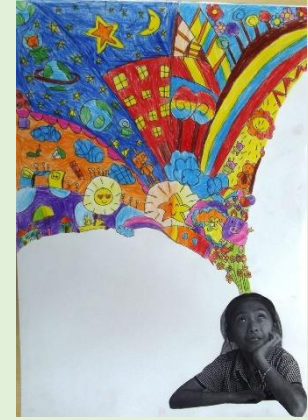
Think about if you have any worries at the moment. Draw 5 thought bubbles on a piece of paper and draw or write down your worries in the thought bubbles.
 You can choose if you wish to share your worries with someone, sometimes it feels better to talk about the things we are worried about and when we have, it makes us feel better.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-growth-mindset-how-to-develop-a-positive-mindset/z6qb2sg>
 Watch the clip and think about a time when you might have thought you weren't very good at something. It might have been some of your home learning tasks. Remember it is okay when things feel tricky as long as you put all your effort in and have a go! Remember the blue thinker characteristic you learn about in school.
 Design a poster to display and look at when you are doing your home learning. You could include a useful motto e.g. 'I can do anything I put my mind to.' 'I can do it.' Look at your poster next time you find something tricky.



Transition

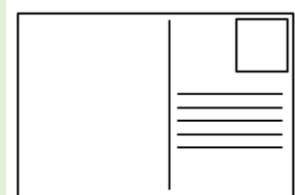
Your new teacher is very much looking forward to teaching you. Draw a picture of yourself and around the picture tell your new teacher all about you.
 You can use pictures or words.
 You could include:
 Your favourite subjects
 The subjects you find challenging
 Your favourite hobby
 Which clubs you enjoy
 If you have any brothers and sisters
 What you are like in class- (confident, quiet, shy, happy)
 Who your best friends are
 Be creative!



'I am amazing' cloud.
 Create a cloud using paper and write your name on it. Think about 5 different things that you are amazing at. It could be that you are a good listener, you are brave, you are confident. Using strips of paper write down these words and stick them to your cloud. Share this with your new teacher when you go back to school.



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.



Challenge

British Food!
 Research food that can be grown and reared in Britain. Using this information, design a savoury meal that could be eaten by your family for lunch or tea. Try to make sure your meal is healthy and balanced. Use the Eatwell plate to help you with this.
 You could draw your meal and label the different ingredients and create your own instructions so you know how to make it. With adult support make your meal for your family. Ask for their feedback and remember to tell them it is made with British ingredients.



Historians! Food from the past!
 Research the foods that the following people used to eat. The Stone Age, The Romans, The Anglo-Saxons, The Vikings. Does the food they ate change over time? Put them onto a timeline. Which period would you have rather lived in based on the food they ate?
 Are there any similarities between the foods they ate? You could try and make some of the foods and sample them- make sure you get permission and help from an adult to do this. Delicious!



Art Attack!
 Collect a range of recyclable materials from around the house (that people have finished with). Design a food sculpture that you could make using the materials. Think carefully about how you will connect the pieces together securely.
 Research different artists who create sculptures. Research Claes Oldenburg who creates huge food sculptures for inspiration. You might decide to build a large sculpture or a smaller version.
 Don't forget to share your work with us.

