



Wellbeing Wednesday!



The theme is '**do something you enjoy**' from the **10 a day** choices for balancing our mental health. Make today a day when this happens. We would like you to pick something which appeals to you from the following list:

- Make a den – inside or outside. Take a drink, snack and a torch and read your favourite/latest book or listen to your year group daily story.
- Make paper aeroplanes and see how far you can get them to fly. Check out 'Foldable Flight' on YouTube for some brilliant designs.
- Learn to draw these 'hand' animal pictures:
<https://www.youtube.com/watch?v=GdzfUog6oqk>
- Or these fun food pictures:
https://www.youtube.com/results?search_query=art+for+kids+hub+food
- Rebuild your favourite Lego model or create one of the 30-day Lego Challenge activities (see attached document).
- Go to your bedroom and find something you haven't played with for ages – dust it off and play!
- Play a board game with your family.
- Sing/dance – you could make up a song or dance or just listen to your favourite band/artist.
- Colour a 'Thank You' picture (examples attached). You could attach it to your bin for the bin/recycling workers or leave it out for the postman or a delivery driver.
- Another of the **10 a day** choices is to '**stay connected to those you care about**'. You could write/email/phone/video call someone in your family or a friend. Check they are ok and tell/show them what you've been doing.
- Go outside and have a go at the Wildlife Trust 'My A-Z of Nature activity' – details attached.
- Listen to the first Harry Potter book being read aloud on the Wizarding World website. A chapter is being added each week.
<https://www.wizardingworld.com/chapters>

- Create some wild art using natural materials that you can find outside e.g. twigs, leaves, petals. Can you make a picture or a pattern?



- Curl up and watch your favourite film.
- #DrawWithRob Follow one of Rob Biddulph's draw-along videos to create a brilliant picture <http://www.robbiddulph.com/draw-with-rob>
- Go for a walk and become a leaf detective on your way – details attached.
- Devon Wildlife Trust are running their weekly competition for Exeter schools – see attached poster.
- The Wildlife Trust has started its '30 Days Wild' annual nature challenge. Sign up and take part in 30 simple, fun and exciting random acts of wildness! <https://action.wildlifetrusts.org/page/57739/petition/1>
- Wildlife Yoga – poses on attached sheet. Can you make up a sequence and teach it to someone else?
- Look at a zoocam! Try Paignton, Dublin, Edinburgh and San Diego. Later in the day is best to look at San Diego as they are about 8 hours behind!
- Design an obstacle course outside. Include walking along a straight line, a long jump and a teddy bear roll. Can you find something to climb over, under or through? Be careful though!
- Google Earth Voyage – find your home and your friends' homes on Google Earth. Can you find school or other places in the local area? Or you could search far and wide for different countries.
- Go on a minibeast hunt – see Study a Minibeast attached sheet.
- Create a map of your local area, an imaginary world or a virtual city. You could draw it onto a large flattened cardboard box and could even make it 3D by making simple models to stick on out of paper, card or other materials.

Post a picture on Seesaw/email it to us or just tell us what you decided to do. Have fun!