



**WELLBEING
WEDNESDAYS**

**WELL BEING WEDNESDAY
WEEK EIGHT**



I hope that everyone enjoyed our FIT and HEALTHY week last week.

Thank you again for the photos and your obstacle course designs that you sent me.

This is our last WELL BEING WEDNESDAY, and it is a bit different because you can carry it on for Thursday and Friday! I have done several activities celebrating all of your achievements and those of everyone around you. This week we should be holding our end of year Celebration Evening, and whilst we are doing something, it will not be the same.

So now is the time to give yourself a pat on the back,



and celebrate your achievements. You have all been amazing and your achievements have been stunning! So well done, and I am very proud of you!

I look forward to seeing your celebration learning, and most of all

**I LOOK FORWARD TO SEEING
EVERYONE BACK IN SCHOOL IN
SEPTEMBER!**



ACTIVITY ONE

Think about everything you have done over the year. What has been your best achievement in school? Mine has been to remember to wear a coat at breaktimes!

What has been your best achievement at home? During the last few months my garden has been more weed free!



IT'S OK
TO BE
PROUD OF
YOURSELF

ACTIVITY TWO

Think about your fellow pupils in school. If you were in charge of presenting the end of year awards who would you choose? Remember, you can choose yourself!

English award: _____

Writing award: _____

Maths award: _____

Science award: _____

Art award: _____

Sport award: _____

Best dancer award: _____

Best friend award: _____

Drama award: _____

Respect award: _____

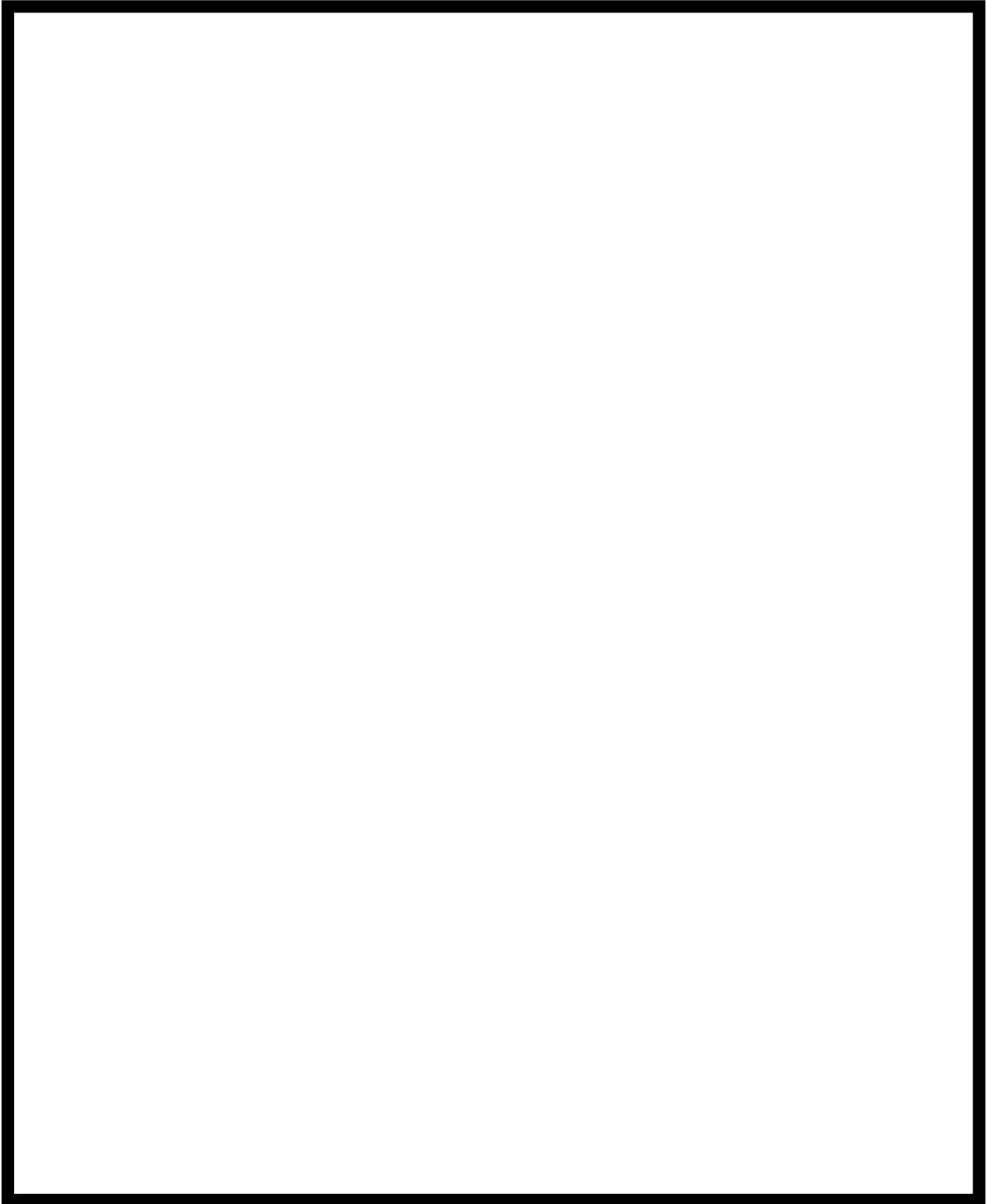
All round brilliance award: _____





ACTIVITY THREE

Now design your own trophy. If you choose a Sport Award trophy you might have a trophy in the shape of a tennis racquet?



ACTIVITY FOUR

What do you hope to achieve over the Summer?

Why not set yourself a target or try some of these plant themed activities...

Plant your own bulbs or seeds at home and watch them grow. Take some photos to show how they are growing.		Grow your own sunflower. Can you keep a record of how tall it is each week? Who can grow the tallest in the class?		Grow your own herb garden at home. Can you include your herbs in some delicious recipes? Take some photos and tell us what you've made.
	On a visit to the supermarket, find and discuss plants you can eat. Which part of the plant are they? Roots? Leaves? Flower? Stem? Can you draw and label some?	Challenge yourself on Timestables Rockstars.	Visit a garden centre (<i>with an adult</i>), florist or plant sale. Can you learn some plant names? Draw and label each you have learnt.	
Learn how to spell some names of common flowering plants.	Make a non-fiction book about minibeasts. Remember to include a title, headings, contents page, index, pictures, labels and some information!	Catch up on your Abacus online learning Carry on Reading. Times Tables Rockstars.	Paint or draw flowers in or around your home.	Can you make garlic bread? What do you think of when you smell it? How did it taste?
	Go on a minibeast safari with your family. Investigate your garden, local park etc to search for wriggly creatures.	Can you make some Lemon Biscuits or cake? We'd love to try some and see pictures of you making it.	Challenge yourself on Topmarks https://www.topmarks.co.uk/maths-games/hit-the-button ^[1]	
Can you find names of plants and flowers that start with all the letters of the Alphabet? Write a list of these.		With an adult, search the internet for weird and wonderful plants. Can you make a book including all the weird plants you find?		Read / listen to 'James and the Giant Peach' by Roald Dahl. Can you write a description of the main characters? .

Or try learning a new language - start with learning numbers.

Or learn a new skill or sport.

Plus don't forget our steps challenge.

