

**FEEL  
GOOD  
FRIDAY**

**AT ALL HALLOWS  
CE PRIMARY SCHOOL**

Welcome to our first FEEL GOOD FRIDAY!

The idea of these Friday activities are that they are 'FUN.'

The 'FUN' elements may involve a craft activity, or even just some down time to watch a movie.

So this week lets start off by all logging onto this, and take part in this dance:

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

OK, now you have done that grab a piece of A4 paper and write down all of the ways that you exercise every day.

And now some real fun. On a piece of paper can you design a logo for our FEEL GOOD FRIDAYS. Please send them to [head@hallows.notts.sch.uk](mailto:head@hallows.notts.sch.uk)

