**Please complete this as a family where you can, this includes the teachers too!**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Be Active | Connect | Take notice | Give | Keep learning |
| Go for a walk | Call a friend and see how they are | Notice how you are feeling today and do something to change that feeling if it’s not a good one. | Give your time to help someone in your house complete a task they don’t like doing | Learning something new in an area of the curriculum – one which is a favourite of yours |
| Go out on your bikes | Facetime a friend and see how they are | Go outside and note all the different sounds you can hear. | Write some kind words and share them with someone you love | Learn something new about the people you live with, or who you can contact (Phone/facetime) |
| Have a go at a Joe Wick’s exercise session – available on YouTube | Write a card/letter/picture for a friend and send it to them | Take a stroll and notice all of the different colours you see. | Just give your time to listen to someone – read, speak, share their opinion. | Learn a new language?  Learn a new skill?  Learn a new song? |
| Create your own physically active tasks and list them here: | Create a different way to connect and share it here: | Listen to some music and have a good singalong!  Have a go at being mindful, you can use an app or YouTube to help you. | Create your own give activities and list them here: | Find some new things to learn about and list them here: |

Put a tick in a box every time you complete 1 of the activities and give yourself 5 points.

**PTO**

Can you reach:

20 points in week 1 (Complete 4 activities)

25 points in week 2, (Complete 5 activities) and so on, until we get to week 6, where you could reach 45 points!

All of the activities link to the 5 ways to wellbeing, a research-based model for boosting wellbeing. Just take part in 1 of these activities will give you a boost.

**You could also…share your participation by posting some photos on the school’s fb site in celebration of your home learning.**

**Good luck!**