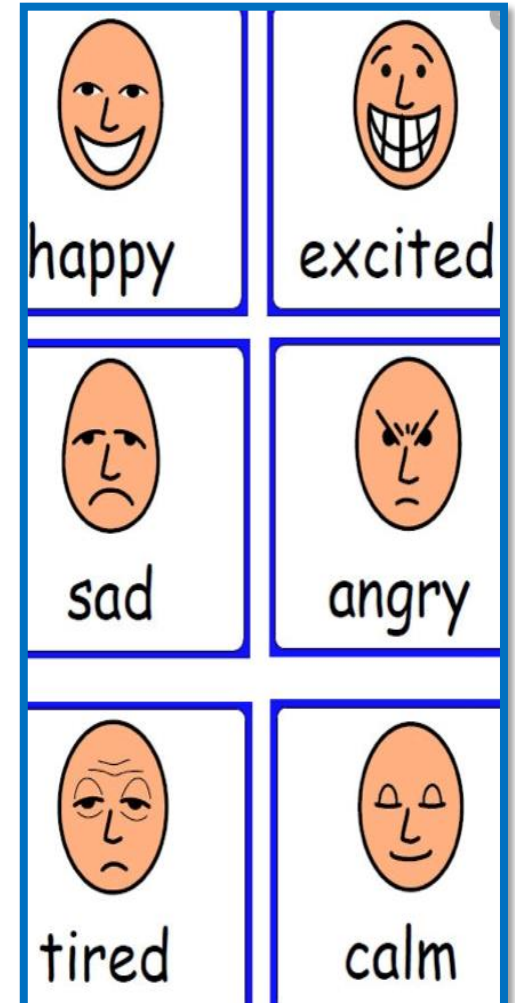


May 11th 2020

How are you feeling?



<p><u>Cooking</u> Make a fruit kebab https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers</p>	<p><u>Fitness</u> 1 Minute Exercise Challenge. How many hops, jumps, skips, star jumps, throwing and catching can you do in 1 minute?</p>	<p><u>Positivity</u> Make a list of all the positive things people say and do to you this week.</p>
<p><u>Team Games</u> With your family create your own board game.</p>	<p><u>Fine Motor Skills</u> Make your own playdough. https://www.bbcgoodfood.com/howto/guide/playdough-recipe</p>	<p><u>Story time</u> Find the story of The Three Billy Goats Gruff. Can you help Troll think of a different solution to the problem?</p>
<p><u>Art</u> Create a diorama for the story The Three Billy Goats Gruff.</p>	<p><u>Health and Wellbeing</u> Try something new to eat every day.</p>	<p><u>Lego Challenge</u> Build a bridge of Lego for your diorama.</p>
<p><u>Mindfulness</u> 'Rainbow Breathing' Draw a rainbow then start at the bottom of the rainbow with your fingertip. Take a long, slow, deep breath in through your nose as you trace over one colour of the rainbow. Pause. Then breath out through your mouth as you trace back over that colour. Repeat with each new colour.</p>	<p><u>Attention & Listening</u> Find 9 cups and under each cup put 9 objects. Take it in turns to try and remember what is under each cup.</p>	<p><u>Meal time</u> Each day think of a topic (For example fruit, animals, names, book titles or films) Take it in turns to think of something within the chosen topic going through the alphabet in order. Topic - Fruit & Vegetables a-apple, b-bananas, c-carrot</p>