






Southam Primary School Non-Screen/ Wellness FRIDAY for Year 5 and 6

We would like your child to take part in a non-screen/ wellness day each week (the day will be chosen by your child's class teacher). On that day children and staff won't need to access screen, with the exception of a morning message from their teacher and a catch up in the afternoon.

Please choose three activities from the non-screen/ wellness grid and share photographs on Class Dojo, of anything that you have created or enjoyed throughout the day. Activities will change each week.

<p>Maker Hour</p> 	<p>Make a reading den and enjoy some quality time in there with your favourite book(s).</p>	<p>Thank a community Hero. Think of someone that helps you in some way and write a short letter to thank them! Or make them something that they will appreciate.</p>	<p>Make bird feeders or a bug hotel. Keep a diary or tally chart of what you have invited into your gardens by putting these out.</p>	<p>Make a song or a rap up about something you like or love. You could use household items (pots and pans) to keep the rhythm and percussion going.</p>	<p>Plan, design and make a replica of your ideal home. How eco-friendly can you make it (for example, solar panels to produce your own energy, kitchen garden to grow your own vegetables)</p>	<p>Design and make your own dreamcatcher. You could use card as the circular frame. Then elastic bands or cotton thread for the catcher. Add beads, sequins, feathers to decorate.</p> 
<p>Fitness Hour</p> 	<p>Run/walk 1Km (or a distance you think you can manage). Time yourself. Can you beat your time over the coming weeks?</p>	<p>Create a new game outside.</p>	<p>Create an obstacle course either in your house or your garden. See if you can: climb over things, wiggle under things, go through things, throw bean bags/balls into a bucket, run, leap, jump, zigzag around things etc. Make it as exciting as possible.</p>	<p>Balancing: Practise your balance skills. Pretend to be a tight rope walker – Walk heel to toe along any line, try on your toes or your heels OR walk along curbs or balance beams at the park. BE SAFE!</p>	<p>Make your own workout routine – at least 10 moves. Channel your inner Joe Wicks!</p>	<p>It's Friday – hold a kitchen disco! Who has the best moves and grooves?!</p>

<p>Genius Hour</p> 	<p>Make a plan of your home and list all the electrical items in each room. Come up with some ideas of how you and your family could use less electricity.</p>	<p>How many different words can you make out of the letters in the sentence below? 'Learning from home is fun.'</p>	<p>Can you create your own secret code? You could use numbers, letter pictures or something else. See if you can get a member of your family to crack it!</p>	<p>Design a poster linked to climate change. Use persuasive language.</p>	<p>Create your own word search or crossword based on your favourite book or film characters.</p>	<p>Create a new type of ice cream flavour, or a new food/drink. You could then write a menu for your new food or drink, draw pictures and list the ingredients.</p>
<p>Wellness Hour</p> 	<p>Write a self-care diary: add in your feelings for the day/week? How have they changed? What has caused the change?</p>	<p>Make a recipe for happiness. For example, 100 hugs, 20 minutes of fresh air. Present as you would find in a recipe book. Include instructions and illustrations.</p>	<p>Start a nature diary: Look out of your window each day and make a note of what you see. Birds, flowers, changes in the weather, what else?</p>	<p>Outdoor scavenger hunt. Draw pictures of the following things you have observed outside: Something rough Something smooth Something sticky Something wet Something tiny Something big Something yellow Something that has fallen from a tree</p>	<p>Create a mood Board: Draw, write about or use photos of all the favourite places you are going to visit when things go back to normal, will it be the park? Grandma's house? the beach? Put all of your ideas together on a board (cereal box would work).</p>	<p>Find somewhere comfy and quiet in your house. Listen to some calming music (perhaps the sounds of the sea) while doing some mindfulness colouring or drawing.</p>