

## Southam Primary School Year 2 Non-Screen/ Wellness Day

We would like your child to take part in a non-screen/ wellness day each week (Wednesday). On this day children and staff won't need to access sessions on a screen. However, in preparation for some of these tasks, you may need to look at a website first.

Please choose three activities during the day from the non-screen/ wellness grid below and share photographs on Class Dojo, of anything that you have created or enjoyed throughout the day. "Wellness Wednesday" will continue until further notice. This is not an exhaustive list and we would welcome seeing any of your own ideas and activities that you complete off-screen instead 😊

<p><b>Maker Hour</b></p> 	<p>Make a silly hat! Could your hat be magical? Perhaps you could wear your silly / magic hat for dinner or on your daily walk. Be as creative as you can be!</p>	<p>Write a card or postcard to someone you love or are missing. You could also illustrate your writing with lots of bold, bright drawings.</p>	<p>Create a "SUNSHINE" picture. How many yellow things can you think of? Make a poster using drawings or photographs of anything yellow! E.g. flowers, sunshine, sand.</p>	<p>Draw a picture of yourself. Around your drawing, decorate it with patterns / colours / pictures to reflect your mood. Think about The Colour Monster Story that we looked at in class e.g. green = calm.</p>	<p>Design an outfit which expresses your own personality. Think about colours, textures, patterns and purpose for each item of clothing.</p>	<p>Use recycled materials to create your own 3D model. Which shapes will you use? You can be as creative as you like and use your imagination!</p>
<p><b>Fitness Hour</b></p> 	<p>Create a new dance or song. Use your favourite piece of music or make up your own to perform a mini show!</p>	<p>Design an obstacle course at home or in the garden. How fast can you complete it? Remember to keep it safe!</p>	<p>Make up your own yoga routine. Be sure to include a warm up and cool down. Perhaps you could involve all of the family!</p>	<p>Complete the "what's your name alphabet workout" (google). Spell out each of the letters of your name and follow the moves.</p>	<p>How long is a minute? Use a clock to count 1 minute and complete tasks eg. How many jumps/stars/sit ups/runs on spot?</p>	<p>Choose a different way to travel on your daily walk; scoot, ride, skip, rollerblade, jump, hop.</p>
<p><b>Genius Hour</b></p> 	<p>Draw a birdseye map of Southam or your village. What are the local landmarks? Can you follow the map from your house to the shop/school?</p>	<p>Follow the link below and choose an experiment of your choice! Let us know what you find out at the end.  <a href="http://sciencebob.com">Easy Science Experiments You Can Do at Home or at School (sciencebob.com)</a>   <a href="#">Kids Science Experiments   Science Experiments for Kids   Science Fun</a></p>		<p>Play a maths / number related game. If you don't have one at home perhaps you could make your own; e.g. bingo, dominoes.</p>	<p>If you could invent something completely new, what would it be? What would it do? Draw and label your new creation!</p>	
<p><b>Wellness Hour</b></p> 	<p>Complete a nature diary. Look out of your window or look carefully whilst out on your walk; <i>what can you see? Hear? Smell? Notice?</i></p>	<p>Choose a "special" item from home. Consider what makes it special and why. You could draw a picture and share why it is important to you.</p>	<p>Build a reading den. You could make it cosy and choose your favourite books to share with a family member!</p>	<p>Have fun whilst playing with playdough. If you don't have any, you can make your own version by following the link below.</p>	<p>Complete some mindfulness colouring. There are plenty of free colouring pages online or you can create your own!</p>	<p>Choose a free choice activity that makes you happy (non-screen)! e.g. lego modelling, dolls, garden, bake.</p>

Playdough recipe: [PlayDough Recipe: A Simple and Fun Homemade Playdough Project \(diynatural.com\)](http://diynatural.com)