

Well-being week 29th June 2020

This week we would like to point parents (and children) in a different direction for your home learning so the theme will be 'wellbeing'. We don't want you to feel the need to do English/Maths each day, every day this week... so we've decided to 'think outside the box' a little and would like to encourage you to do the same. Below, you will find a list of activities in a grid which have been compiled by the staff at St Teresa's. All of the activities promote good mental health, well being and self-care. Please choose the activities that you wish to do or the ones that interest you the most. You do not need to complete all of them but you may wish to send us some photos of the ones you decide to do.

If you still want to do some English and Maths this week, you can always use what we've already given you in previous weeks or follow the links to the following two websites. These include lessons, videos and related worksheets to complete.

<https://classroom.thenational.academy/year-groups> (Oak National Academy -which is Department for Education funded since the 'lock-down')

OR

<https://www.bbc.co.uk/bitesize/primary> (BBC Bitesize lessons)

Website links to various learning opportunities:

<p>https://learnradio.net/ With cross-curricular tasks, interactive shows, chat and plenty of great music, join us each weekday at 9.30am – 10.15am for the best way to start your learning day.</p>	<p>https://drchips.weebly.com/past-doses.html Daily 'doses' with YouTube videos to help with simple science/technology ideas to spark creativity and young minds!</p>	<p>https://www.gonoodle.com/ GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!</p>	<p>https://www.stem.org.uk/home-learning/primary Starters for STEM are ten activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy-to-resource and provide children with the stimulus to talk about the world around them.</p>
<p>https://www.youtube.com/channel/UCRzblmZainYDDQaPaOnDX8A/featured A local teacher shows us how you can use simple everyday household objects in your music at home!</p>	<p>https://www.singup.org/singupat home Music and singing are incredibly powerful, and can help support us in so many ways – emotionally, physically and intellectually. The benefits are endless, and supporting singing is central to the philosophy at Sing Up.</p>	<p>https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/ Virtual tours you can take with your children, adventure all over the world from the confines of your own home.</p>	<p>https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c Lots of ideas from our friends at Pobble for non-screen activities.</p>

<p>https://www.stteresasnewcastle.org.uk/home-learning-general/paddy-freeman-park-map-challenge/</p> <p>Try out the Paddy Freemans Map Challenge with your family Why not try to make your own treasure trail/challenge of a different area of Newcastle and share it with us, so we can challenge others?</p>	<p>https://www.youtube.com/watch?v=Nw5KQMXDiM4</p> <p>This is a video of a poem called The Great Realisation which highlights the possible future positive outcomes of the pandemic. You could watch the video and make a list of the positives you can think of.</p>	<p>https://www.jesmondene.org.uk/history/</p> <p>This website guides you through some historical information about different places in Jesmond Dene. Why not go for a walk and see if you can find the different places and learn about the history of our local area at the same time.</p>	<p>http://www.robbiddulph.com/draw-with-rob</p> <p>Try out drawing following step by step instructions from children's author and illustrator Rob Biddulph. #DrawwithRob.</p>
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Physically challenge yourself this week by:

<p>Set yourself a short distance to run each day and time yourself. Can you better your time each day over five days (CLUE: don't go too quick on your first day)</p>	<p>How far can you run each day without needing to stop? Once you have stopped, walk back to cool down. Can you beat your distance from the day before?</p>	<p>30 second burpee challenge - everyday! Can you beat Mr Turner's number of burpees in 30 seconds!? Could you even do the 1-minute burpee challenge? Let us know your best score by the end of the week!</p>	<p>Push-up challenge: how many push-ups can you do without stopping? Try to get better at them each day... what's your best score?</p>
<p>Make up your own workout video (like Joe Wicks). Record it and send it in to school and we can share it on our YouTube channel.</p>	<p>Make up your own indoor game/assault course in the house (adult supervision recommended). Take a video of it, so we can share it with others to try at home!</p>	<p>Ruth, from ITV's This Morning, has been challenging herself through lockdown to improve her skipping. She is trying to beat her own score of how many skips she can do in 1 minute (see Instagram). Challenge yourself to skip everyday for 1 minute and count your skips. How many more skips could you do on Friday than you managed on Monday?</p>	<p>https://www.youtube.com/user/CosmicKidsYoga</p> <p>Follow Jamie in practising Yoga through story.</p>
<p>https://www.bbc.co.uk/teach/super-movers/pshe-collection/zng8vk7 PSHE Activities linked to dance for</p>	<p>Can you make up your own dance routine to your favourite song? Record it and send it in to</p>		

both KS1 and KS2 with a focus on teamwork, knowing right from wrong, and the importance of self-belief.	school and we can share it on our YouTube channel.		
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Other useful learning opportunities:

<p>Go and visit a local place that you haven't ever visited before. Research and find out about it before you go... then when you're back home create a poster/picture or model on it (Mr Turner's never been to the Angel of the North!)</p>	<p>Make a local newsletter or newspaper for your local community or street and post it through your neighbour's door. We have already seen some of our pupils do this and it is a great way to keep the community together. They included reports of things happening in the street, word searches and recipe ideas.</p>	<p>https://www.stteresasnewcastle.org.uk/home-learning-general/art-therapy-activities/ Art therapy activities -follow the activities to create your own 'Objects of Joy' picture and add to it with 'Positive Words and Phrases'.</p>	<p>Make a Coping Toolbox. Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries. Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better. Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.</p>
<p>https://annakaharris.com/ mindfulness-for-children/ On this website, Annaka Harris provides some guided meditations for children.</p>	<p>https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html You could print some of these mindfulness colouring pages and spend some time relaxing whilst you colour in.</p>	<p>https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/ Get back to nature with The Woodland Trust. They have provided some lovely outdoor activities to try. You might be able to do some of them as part of a nature walk.</p>	<p>https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals Give your children opportunities to be aware of the moment with animal colouring sheets. Twelve animals are available, including a bat, butterfly, dragonfly, elephant, fox,</p>

			iguana, owl, raccoon, rhino, turtle, hermit crab and snail.
<p>https://www.kidsplayandcreate.com/self-esteem-character-building-activities-for-kids/</p> <p>Self-esteem helps children cope with mistakes and build their resilience. It helps them try again, even if they fail at first. As a result, self-esteem will help them do better at school, at home, and with friends. Children with low self-esteem feel unsure of themselves, so improving self-esteem, improves confidence</p>	<p>https://www.tate.org.uk/kids/make</p> <p>Art is a fantastic way to express yourself. Follow the link to Tate Kids. This website has fun independent or group art activities to share. These range from experimentation to textiles so there is something for everyone to enjoy.</p>	<p><u>My 'happy' playlist</u></p> <p>Think of all the songs that make you happy or fill you with inspiration. Make a playlist of your favourite happy songs that will motivate and inspire us all.</p>	<p>Challenge yourself to cook something new. Cooking is fun and relaxing, as well as something you can do with your family.</p> <p>Challenge yourself with a new, delicious recipe!</p>
<p>https://literacytrust.org.uk/family-zone/9-12/book-hopes/</p> <p>The Book of Hopes is a collection of extracts, stories and poems that has been edited by children's author, Katherine Rundell. The book contains words and pictures to comfort, inspire and entertain children in lockdown and it has contributions from more than 110 children's authors. You can read it for free on the website above.</p>	<p>https://www.nhm.ac.uk/discover/how-to-press-flowers.html</p> <p>Why not go on a nature walk and collect some flowers. Be careful not to trample on plants and flowers and be sparing with the ones you pick. If you have a garden perhaps you can ask your mum and dad if you can pick a few blooms. Don't pick flowers from someone else's garden- they may get upset! Pressing flowers is an activity that can take a few weeks but the link gives you a quick method too! This is a favourite activity of mine, in the summer, and the pressed flowers can be used to make special cards for the people you love.</p>		<p>Take one of your favourite songs and replace the words to make it a 'Song of Hope' or a song for school. Think about our Mission Statement 'Shine in Little Ways' and try to include this as a theme in your new song.</p> <p>OR: write your own school song for St. Teresa's... you never know, we might end up using it in the future!</p>