

# Art - Monday 11<sup>th</sup> January



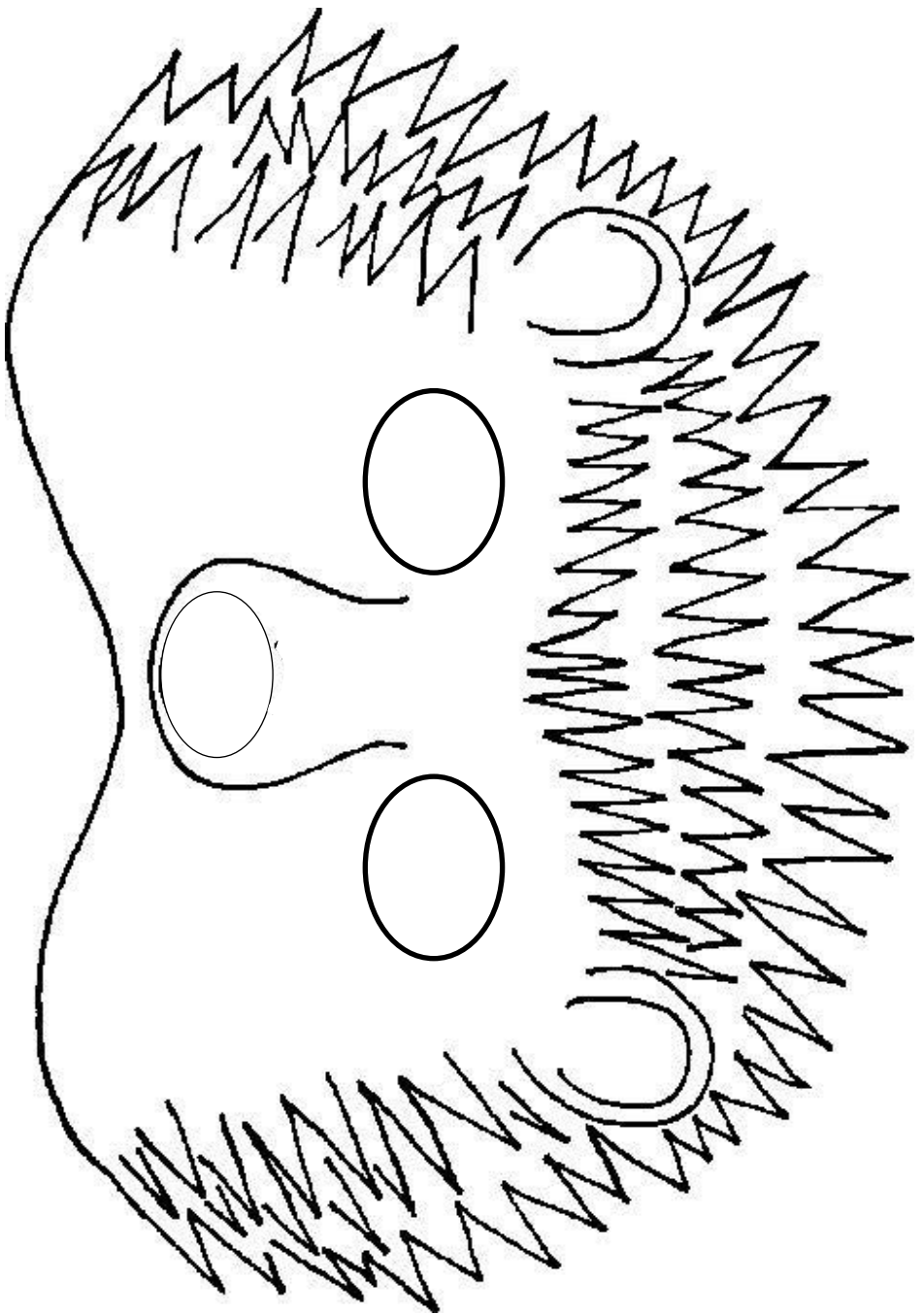
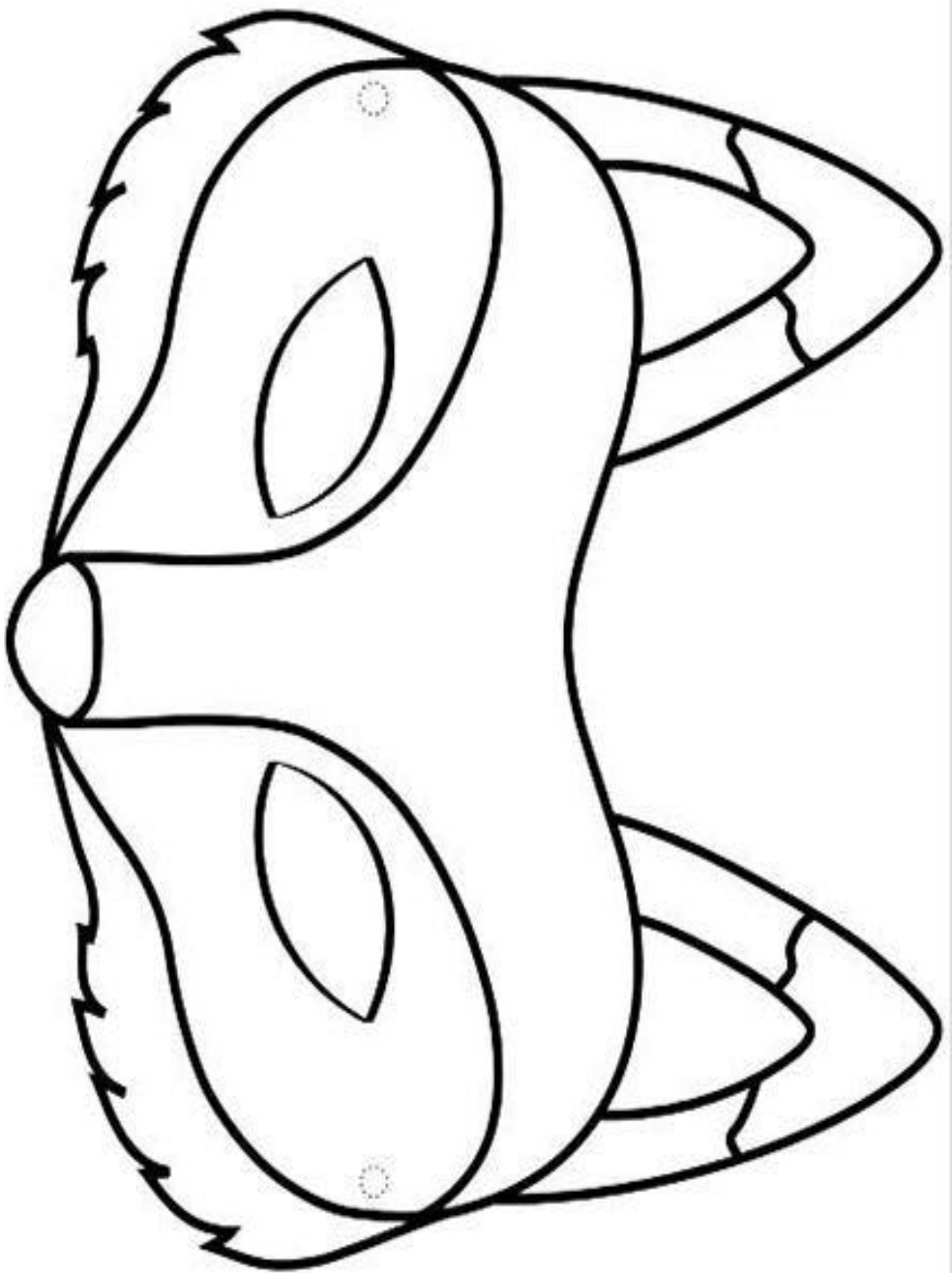
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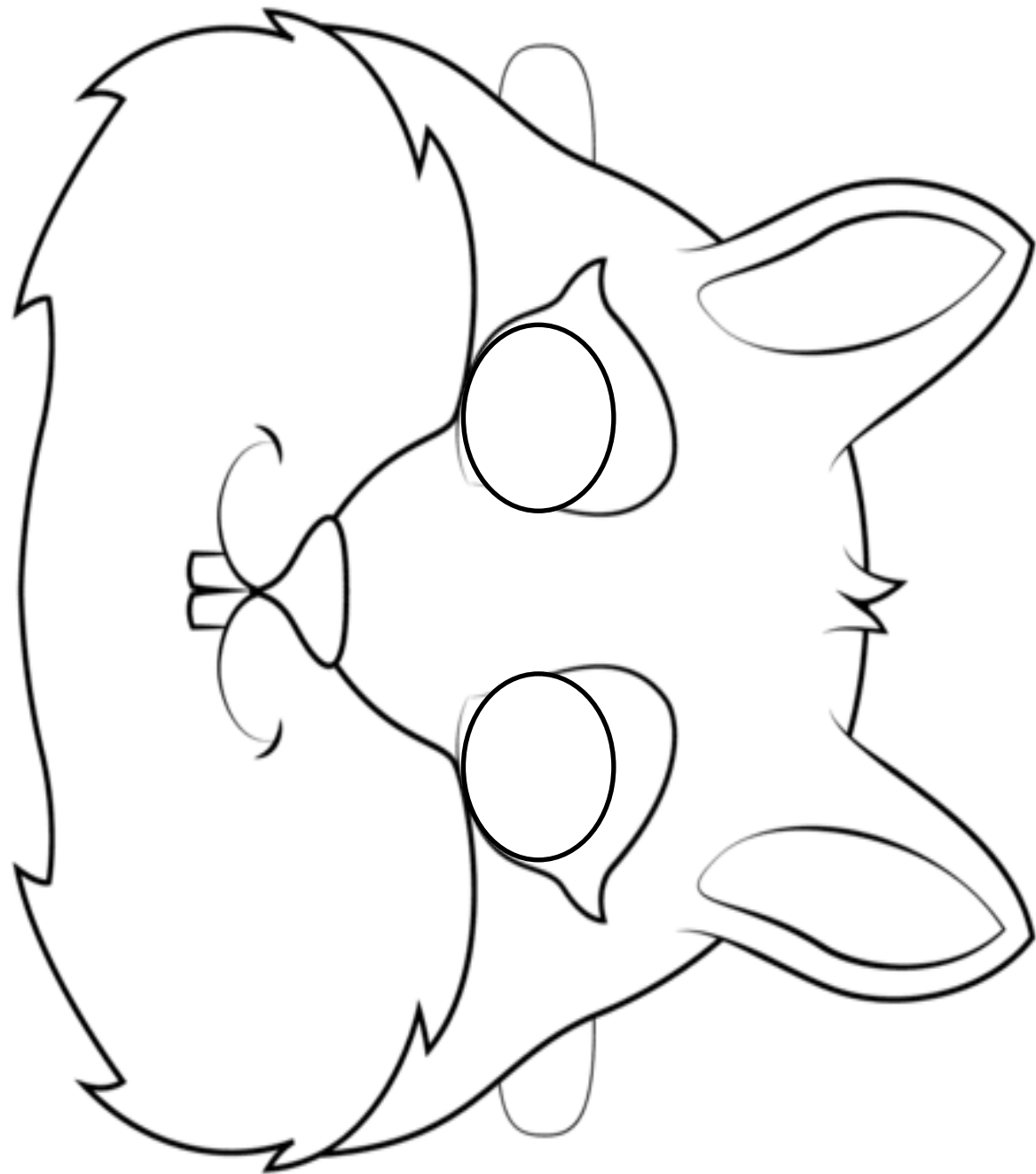
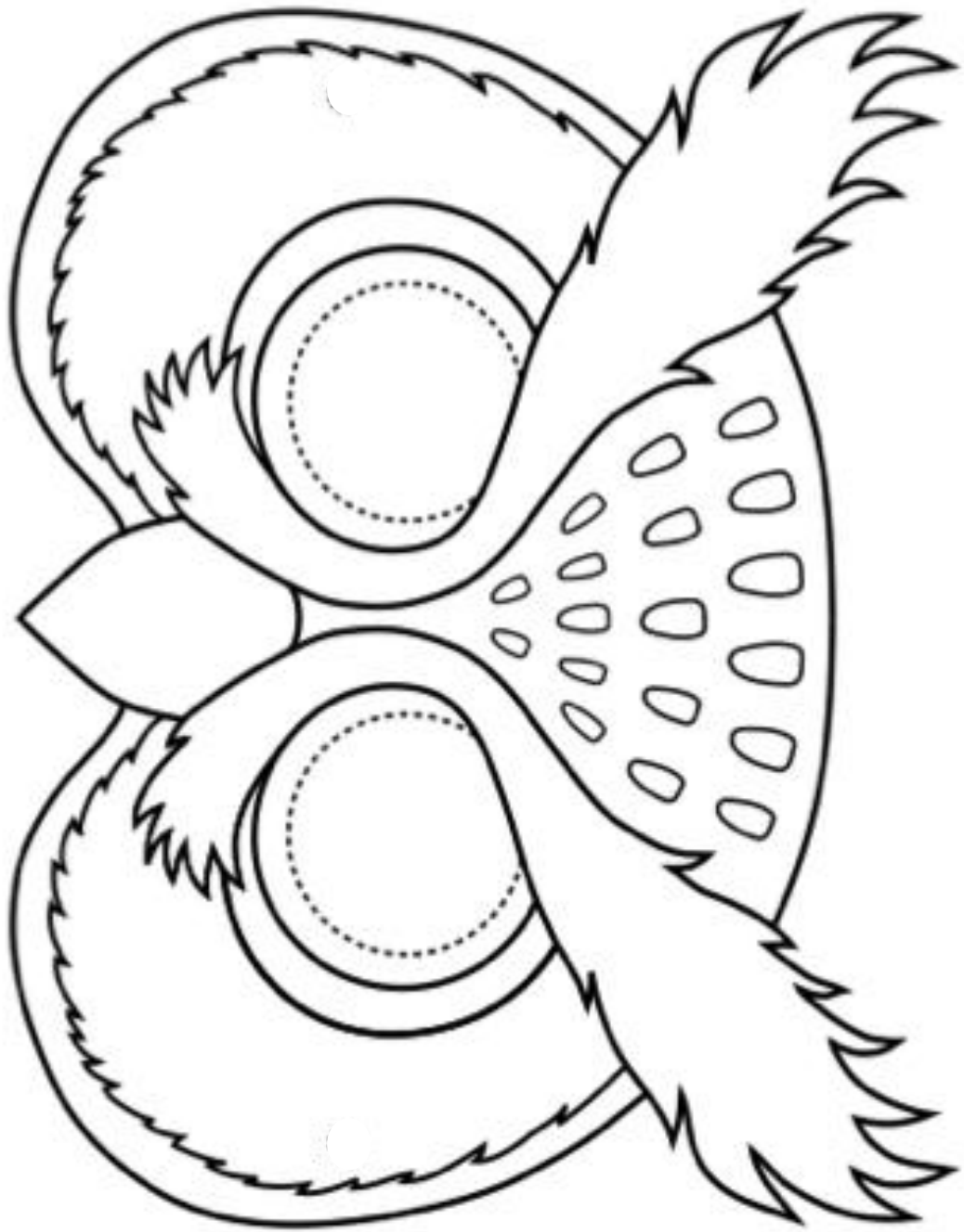


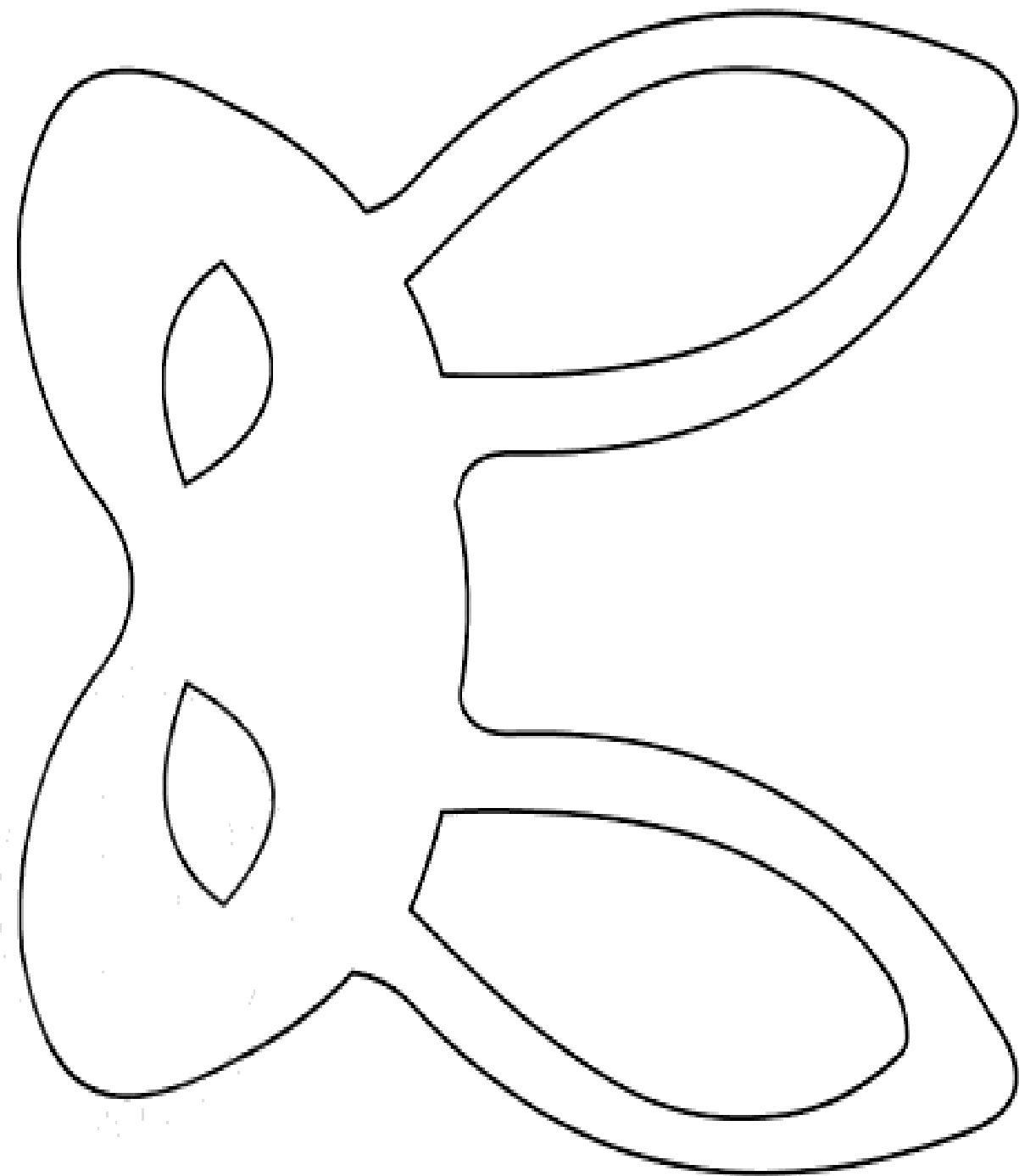
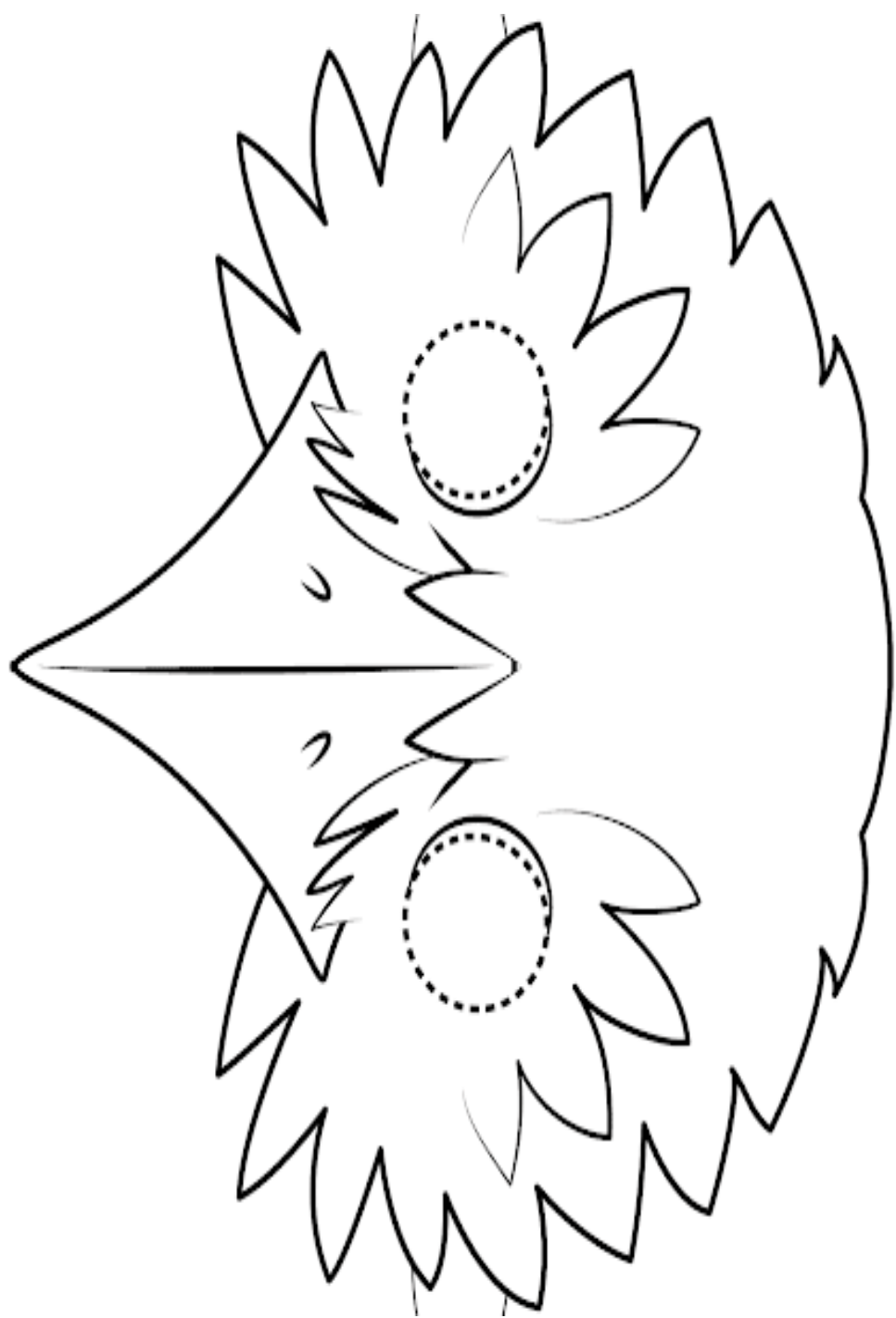
<https://www.youtube.com/watch?v=Qv5qsFGsWbQ>

Make a mask of the animal you chose in your English task today. Bring the mask with you to the Zoom meeting tomorrow morning (Tuesday).

There are some outlines on the next slides to help you.







# PHSE

## Tuesday 12<sup>th</sup> January

GIVING	 Do things for others
RELATING	 Connect with people
EXERCISING	 Take care of your body
AWARENESS	 Live life mindfully
TRYING OUT	 Keep learning new things
DIRECTION	 Have goals to look forward to
RESILIENCE	 Find ways to bounce back
EMOTIONS	 Look for what's good
ACCEPTANCE	 Be comfortable with who you are
MEANING	 Be part of something bigger

### Happiness Project

#### Awareness: Live Life Mindfully

The skill of focusing your attention on the present is an important skills for happiness. Everyone's mind naturally wanders but if you can train yourself to focus your attention more mindfully on the present, it can help you to feel calm. It sounds easy but takes practise! The good news is, you can practise being mindful in lots of ways.

Here are some activity ideas to help with the **Happiness Project** theme **Awareness**.

You might also be able to come up with some of your own ideas.

Have a 'mindful' snack by describing the smell, texture and taste of the food.

Explore textures in nature, take a walk to collect several different objects and describe how each feels.

Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowing releasing.

Listen to some music and see how many different instruments you can each hear.

Try 'buddy breathing' by placing a teddy on your tummy while you lay down. Take slow breaths, in through the nose and out through the mouth.

Tune into the body by feeling your heartbeat.



# Science

I have decided to do the seed experiment on Friday to make sure everyone has plenty of time to receive their seeds.

## Wednesday 13<sup>th</sup> January



What did you see?	Tally	Description of habitat
	Birds	
	Snails	
	Bees	
	Flies	
	Woodlouse	
	Worms	
	Slugs	
	Squirrels	

**We are recording which animals visit our local area**  
I need to:

- Complete the chart and questions in your local area or looking out of your window.

1. What wildlife did you see?

2. What wildlife have you seen at other times?

3. What habitats attract the wildlife you saw?

4. What wildlife didn't you see?

5. Why do you think you didn't see some animals?

6. How can we change our local area so more wildlife visit it?



# PE - Thursday 14<sup>th</sup> January



<https://www.youtube.com/watch?v=TQvPiiXIg0>

Join in with Yoga Club inspired by the great outdoors.

# Science - Friday 15<sup>th</sup> January



<https://vimeo.com/498909266>

Watch the video to help you complete the growing experiment