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| **1** Connected | |
| Activity 1: Emotional Charades | Instructions on PPT slide 5. |
| Activity 2: Islands | Hula hoops are required for this activity. One hoop per three children. Instructions on PPT slide 6. |
| Activity 3: Reconnect at home | Activity to be completed at home. Instructions on PPT slide 7. |
| **2** Be Active | |
| Activity 1: Ways to be active | Instructions on PPT slide 10. |
| Activity 2: Classroom Yoga | As a class, watch the video of Sophie teaching yoga on PPT slide 11. |
| Activity 3: Mirror Mirror | Instructions on PPT slide 12. The embedded song is ‘Can’t Stop the Feeling’ by Justin Timberlake [YouTube Can't Stop the Feeling](https://www.youtube.com/watch?v=ru0K8uYEZWw) |
| Activity 4: Be active at home | Activity to be completed at home. Instructions on PPT slide 13. |
| **3** Be Curious | |
| Activity 1: Be curious about yourself | This simple exercise gets children to be more aware of their bodies and helps them find a way to be present in the moment.  Begin by asking pupils to sit comfortably in their chairs and place one hand on their heart and one hand on their tummy (if comfortable for them).  Play the video on slide 16 to help guide them with breathing in for 4 seconds, holding for 4 seconds and breathing out for 4 seconds. Repeat this for about a minute.  Next ask pupils to rest their hands by their sides and close their eyes (or rest them toward the floor).  Then tell them to squeeze every muscle in their body as tight as they can.  Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone.  After a few seconds, ask them to release all their muscles and relax for a few minutes. Repeat this two or three times.  Encourage pupils to think about how their body is feeling throughout the activity. |
| Activity 2: Turn on your spidey senses! | The aim of this exercise is to help children to tune into their bodies and their surroundings and to practice being aware and curious in the present moment throughout the day.  Slowly guide them through the instructions on PPT slide 17. You can also add some of your own instructions.  Afterwards, you can ask the children to draw some of the things they sensed during this exercise. |
| Activity 3: Hello Name Song | Sing this song to the tune ‘Skip to my Lou’ available here [YouTube Instrumental Skip to my Lou](https://www.youtube.com/watch?v=2FAaCBRMsJY)  The aim of this song is to help children be curious about and aware of others in the present moment. It also helps children to feel noticed and connected to the people around them.  The song lyrics are on PPT slide 18.  If possible, have the children sit or stand in a circle.  The teacher sings the first part, including three children’s names at a time.  Then the whole class sing the chorus together.  When a child hears their name they can jump inside the circle or make a funny pose. Repeat this until all the children’s names have been included.  Once the children have got the hang of it. They can then take turns to sing the first part to each other around the circle. |
| Activity 4: Be curious at home | Activity to be completed at home. Instructions on PPT slide 19. You can print the instructions from this slide to send home to parents/carers so that they can help their child with this activity at home. |
| **4** Keep Learning | |
| Activity 1: Sit or stand game | Instructions on PPT slide 22. |
| Activity 2: Learning Leaf | Leaf templates (one per pupil), colouring pencils/pens are required for this activity. A leaf template is included on p.4 of this document, or you could ask pupils to draw their own leaf outline.  Instructions on PPT slide 23. |
| Activity 3: Keep learning at home | Activity to be completed at home. Instructions on PPT slide 24. |
| **5** Give | |
| Activity 1: Playground Messages | Chalk or colouring pencils/pens are required for this activity. The idea of this activity is for children to spread positivity within their school community by creating colourful and positive images or phrases on the ground for all to see.  Lead a discussion on positivity using PPT slide 27. Encourage children to think about what positivity means and why it’s important to share positivity (positivity can make us and others feel happy, valued, motivated and part of a community)  PPT slide 28 shows examples of positive phrases and images. |
| Activity 2: Post Pals | Card and colouring pencils/pens are required for this activity. Post Pals is a small charity for very sick children and their siblings aged 3 to 17 years. They ask the public to send in cards to the children in their network.  Pupils can choose or be allocated a Post Pal via their website <https://www.postpals.co.uk/>  Through this activity, pupils will benefit from learning about children with disabilities and developing social skills, empathy and self-esteem.  Please see the website for further details on sending the cards. |
| Activity 3: Give at home | Activity to be completed at home. Instructions on PPT slide 30. |

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Diagram, venn diagram

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