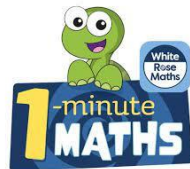


## Homework:

We have not sent the reading books home for half term. Please watch the phonics videos and continue reading at home.

For extra maths activities you can download this free app - 1-minute maths.



Please see below a 'Wellbeing Grid' for some ideas for the half term holiday, the wellbeing challenge and the Mark Mission.

School resumes on Tuesday 27th February.

We hope you have a lovely break.

Ann and Frankie

<p>Create your own mindfulness colouring and then enjoy colouring it in.</p> 	<p>Listen to some relaxing music. Try a Disney piano playlist <a href="#">here</a>.</p> 	<p>Play some board games with your family. It is important to spend time and have fun with the people you love.</p> 	<p>Ask an adult if you can go for a walk together. Fresh air and exercise really help to improve your mood!</p> 
<p>Bake something delicious</p> 	<h1 style="text-align: center;">Mental Wellbeing Activity Grid</h1>		<p>Spend some time reading a book for your own enjoyment. Curl up, get cosy and see where the story takes you!</p> 
 <p>Try some meditation with the help of these <a href="#">Go Noodle Videos</a>.</p>	<p><b>MINDFULNESS 5-4-3-2-1!</b></p> <p>THINK ABOUT:</p> <ul style="list-style-type: none"> <li>- 5 THINGS YOU CAN SEE</li> <li>- 4 THINGS YOU CAN TOUCH</li> <li>- 3 THINGS YOU CAN HEAR</li> <li>- 2 THINGS YOU CAN SMELL</li> <li>- 1 THING YOU CAN TASTE</li> </ul> 	<p>Create your own glitter jar</p> <ol style="list-style-type: none"> <li>1. Find a jar or plastic bottle. Decorate it if you like.</li> <li>2. Fill up ¾ of the jar/bottle with water. Next add clear glue, food colouring and glitter.</li> <li>3. Seal the lid tightly and enjoy watching the glitter glide around. Always ask an adult before trying this activity.</li> </ol> 	<p><b>Build-a-Skill</b></p> <p>This may be something that you have already tried, or it could be something completely new.</p> <p>This could be the start of an exciting journey! One day you could be a world-famous <u>baker</u>, <u>artist</u>, or <u>computer coder</u>!</p> 

## Five Ways to Wellbeing Challenge

### GIVE

In the week that Lent begins, think about a Lenten promise. It might be to say a special prayer for someone every day. It might be to do one kind or helpful thing each day. It might be to learn one new thing every day during Lent.

GIVE BE ACTIVE TAKE NOTICE CONNECT KEEP LEARNING

## THE MARK 10 *Mission*

