



June 3<sup>rd</sup>-5<sup>th</sup>



#### Hi Everyone,

We want to thank you all for your hard work during this challenging time. We know it was not easy. To say a big thank you to you all, we have decided to try to bring some fun to you for the month of June. We would have been doing lots of active, exciting activities in school, so we thought we would bring them to your homes, gardens & local parks! We plan to have a different activity for every day, we hope that you take a photography of each activity & share it with us on Google Classroom. This week there will be only 3 activities due to the long weekend.

So let the fun begin....

We can't wait to hear all about it & see some pictures on google classroom.





# Well-Being Challenge for June

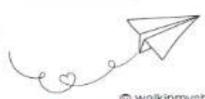
Say one Take time Do. Маке а Doa Tell to ask comething nice/positive plan to meet random act of someone important someone that makes thing to kindness for how much they someone how they are you happy someone today dear to you someone today mean to you Set a Offer Be nice Smile Give a huge to your good Thank at someone to someone example loved ones compliment people today today and friends today Take time Meditate Go for a Spend time Try a new to check in Sit, relax, focus Laugh 30 minute walk in nature activity today on sameone on breathing today Drink Sit in List 3 Introduce Enjoy a a glass of things you like the oun for sunset vourself to Write a poem water before cluttered drawer about yourself five minutes comeone new or sunrise each meal

Do samething you love

Send a mice text message to someone

Take a photo of comething nice







Go for

a walk

Write down

3 things

you are

grateful for

Draw or

paint a picture

Clean out a



walkinmyshoes

## Activity (1) Scavenger Hunts



Choose one of the following scavenger hunts to complete or do them both if you want. You can do it at your own pace or time yourself to see how fast you can complete it.

Feeling more competitive? Race against a sibling or willing parent.

No cheating !!!!





#### **Garden Hunt** - find the following things

- 1. Stone
- 2. Cobweb
- 3. Stick
- 4. Bird
- 5. Something beginning with the letter "d"
- 6. Minibeast
- 7. Something beginning with the letter "p"
- 8. Brown leaf
- 9. Garden tool
- 10. Green leaf
- 11. Feather
- 12. Worm
- 13. A Fallen Petal
- 14. A Weed



### **Neighbourhood Hunt -** find the following things

- 1. a flag
- 2. A dog on a walk
- 3. Motorbike
- 4. White fence
- 5. Red car
- 6. Father
- 7. Someone eating ice cream
- 8. Flowers on a window cill
- 9. Satellite dish
- 10. Someone running
- 11. Yellow house
- 12. For Sale sign
- 13. Tree stump
- 14. Someone wearing a hat







## Activity (2) Potato People







**Competition-**



We want you to decorate a potato as a <u>character from a</u> <u>book</u>. Take a photo of it & Send it to us on google classroom. Include the name of the character in a private comment!

The best character from 3<sup>rd</sup> + 4<sup>th</sup> will be posted on the blog!

Let the spud decorating begin!! ©



Outdoor Hut- When you are out on a walk try to collect as many sticks or small light branches with leaves as you can. These can be used to make the shape of your hut. I'm sure you'll be able to think of how to creatively use lots of things that you have at home in building & decorating your hut.

#### or

<u>Indoor Fort-</u> Everyone loves a well-built fort, whether you are an adult or a child. So grab some sofa cushions, bed sheets, chairs or **other items** to build an indoor fort. You could use fairy lights or a torch to light it up and make a cosy fort to escape to when lockdown blues kick in. If your parents allow you, you could even spend a night sleeping in your fort.



Take a picture of you inside your fort & send it to us on google classroom ©

