

Monday 25th May – Half Term Activities

A Message From Your Teachers

It has been quite some time now since we were all last together in our classrooms. We are both missing you very much and have loved seeing all of the wonderful learning that you've been carrying out at home. You make us proud every single day!

We know that lots of you can't wait to be back at school with your friends and are looking forward to seeing each other in the future. Until that time comes, it's important for you to remain healthy and happy by continuing to stay at home.

The mental health and well-being of both you and your family is something that is very important to us here at Laurance Haines. This is why we have provided you with a range of well-being centred activities that you may choose to take part in over the half term holiday.

Speak to you soon,

Miss Ali and Miss Tobie

Virtual Music Concert



Why not create a family band and put on a virtual concert for your friends and wider family members to watch?! Not only will this support your mental health but your performance will also help to 'fill up the buckets' of others!

You could sing along to one of your favourite songs or even create your own melody using the instruments you created from your previous home learning.

Keep Connected



You have all been working so hard during the school closure. Please do keep in touch with us during the half term holiday – even if it's just to say hello!

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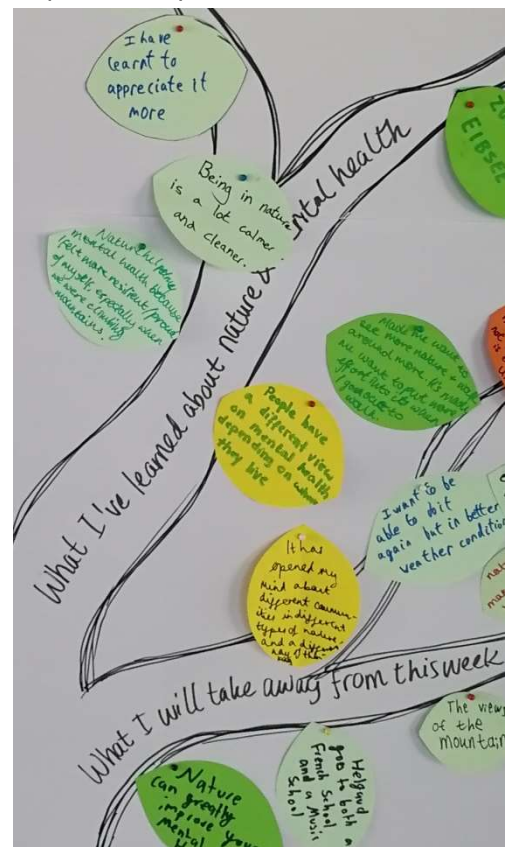
Head on over to our Twiducate blogs to catch up with your teachers and your friends!

Get Outside



Many studies have found that there is a link between nature and good mental health. Try to spend some time outdoors this week – this could be in your garden or you could visit a local park/woodland area.

Once you're home, try to reflect on how connecting with nature makes you and your family feel. There is an example of how you could record this below:



Visit Kidzania (Online)



Working towards an achievable goal is something that really helps you to feel good about yourself. In the Spring term, you all thought really hard about what you wanted to be when you grew up and we had planned to take you on a trip to Kidzania to support you with this. We know that lots of you were disappointed that we couldn't go – but just because we weren't able to take you in person, it doesn't mean you have to miss out on the fun!

Over on Kidzania's website, they have activity packs for budding nurses and doctors, actors, astronauts, dentists and much more. Click on the link below to take part in their fun activities:

<https://kidzania.co.uk/important-information-covid19/kidzania-at-home/kidzania-at-home-activity-packs>

Freeze, Flight and Fight



Click on the link below to read a story about freeze, flight, and fight. This is our bodies' way of protecting us when our feelings get big. Everyone gets big feelings, grown-ups and children. Please take all the time you need to read this story and speak to someone on your network hand if you need to.

https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf

How does understanding freeze, flight and fight help to manage feelings?

Stress Ball



This exercise releases muscle tension and massages your hands.

Have a go at making your own stress ball(s) by watching the following link:

<https://www.youtube.com/watch?v=ndp2gg6wveM>

1. Take the ball(s) in one or both hands and squeeze and release.
2. Experiment with squeezing the ball.
3. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Find Your Brave



You've all had to show a great deal of bravery and courage during this challenging time. Watch the link below of Ron Weasley facing one of his fears:

https://www.youtube.com/watch?v=FRtrlAAf_y0

What advice would you give him when walking into the forest to help him be a little braver?

Challenge:

With the support of an adult, could you find the courage to face one of your fears?

Relax like a cat



If you have ever watched a cat sleeping, you will know that cats sleep like they don't have a care in the world. They curl up in a ball or stretch out flat and snooze away in the softest, comfiest spot they can find. Cats are very good at relaxing. They could probably teach us a thing or two about how to relax. During these anxious times it important to take a minute and practice some mindfulness and relaxation.

Click on the link below, and have a go at relaxing like a cat.

<http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>

Kindness Rocks



A kind message can make all the different when helping someone. Have a go at making your own!

<https://www.youtube.com/watch?v=b157nO66bcQ>

<https://www.scouts.org.uk/activities/kindness-rocks/>

Imagine that you found one of the rocks while having a bad day.

1. How would it make you feel to find the kindness rock?
2. Would it make you want to reach out to other people having a bad time?
3. What impact could the kindness rock have on the people who see it?
4. Will it make a difference in the community or with your friend?
5. How will the kind message help?



Laurance Haines
School