

St Clare's



R.C. Primary School



Wellbeing Wednesday

On wellbeing Wednesday, we give ourselves a break and some time away from the computer to do different activities. Here is a list of what you as year 5 came up together.



Creating:

Arts and crafts

<https://www.youtube.com/channel/UCEG2kLhJofJDIdxVR8-h7HA>

Making items/crafts using recycled materials (like we did with the RE lesson where we created a bird feeder)

Drawing/painting (here are some good Youtube videos to follow)

<http://www.robbidulph.com/draw-with-rob>

<https://www.youtube.com/user/ArtforKidsHub>

Baking:

I have added BBC Good Food baking for Kids, there are 10 different things you can bake! You can also use BBC Good Food to look for different and harder recipes if you feel like you're up for the challenge!

<https://www.bbcgoodfood.com/howto/guide/top-5-easy-bakes-kids>

www.bbcgoodfood.com

Outdoors:

- Going for family walks
- Going to the local woods and trying to see how many different types of animals you see
- Go for a bike ride
- Do some gardening or planting

Other:

- Playing with Lego
- Reading
- Science investigations
- Build a fort (a comfortable place for you to relax)
- Dressing up
- Playing games
- Listen to and/or make music
- Dance
- Exercise
- Phoning/Facetimeing family and friends