

Hello Boys and Girls 😊

I hope you all keep busy and positive in this unusual time. I have a couple activities for you which I love doing with my children.

Go Tree Hugging!

Find a tree you can reach all the way round with your arms and give it a hug. Or, perhaps find a bigger tree and link with your sibling or parent. Hugging a tree increases in our brains level of hormone called oxytocin. This hormone is responsible for feeling calm and makes us feel happier 😊



Make a Bird-Feeding Roll

What you need:

- Empty toilet or paper towel roll
- Peanut butter
- Variety of seeds
- String

Put a layer of bird seeds on the plate.

Spread peanut butter on the outside of the roll.

Roll it in the seeds. Because of the peanut butter, the seeds will stick.

Loop the string through the paper roll and hang it on the tree.

Observe the birds who come to feed 😊