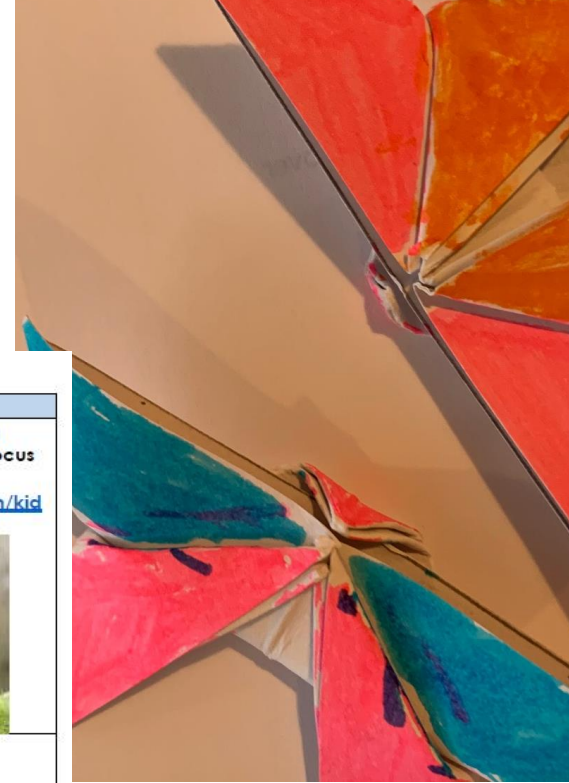
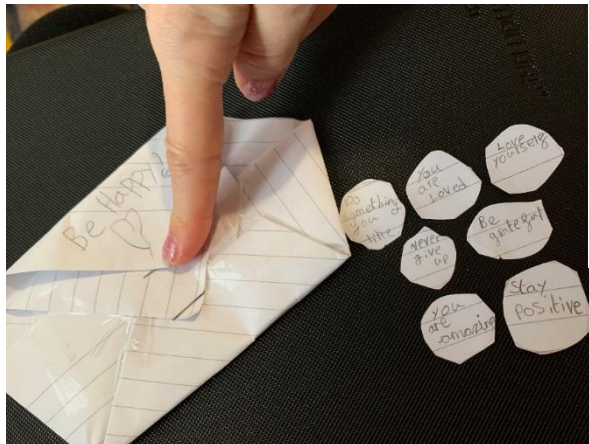


Well being activities from Year 6.

Well done to those who have tried some of the activities.



Try to choose one activity each day- some may take two days to complete.		
<p>ART/DT Optical illusions. In this lesson we will look at an Optical Illusion artwork before creating our own. You will learn to shade in to show that an object is three-dimensional. https://www.thenational.academy/year-6/foundation/optical-illusions-and-using-shading-to-show-form-year-6-wk3-5 Good link to current Science on Light</p>	<p>PERSONAL DEVELOPMENT  3min butterfly https://www.youtube.com/watch?v=cZdO2e8K29o</p>	<p>PERSONAL DEVELOPMENT/Well Being Meditation is good for increasing your focus and taking care of yourself. https://www.headspace.com/meditation/kids  Meditation for Children</p>
<p>PERSONAL DEVELOPMENT/Wellbeing Kindness Jar. Take turns coming up with acts of kindness that you would like to do as a family and write them on a piece of paper. Put all papers in the jar and decide are you are going to complete these acts of kindness. Weekly or daily. </p>	<p>PE/Fitness Make an obstacle course in the garden or lounge (please ask permission first). Which member of the family can complete it the fastest? GoNoodle has PE, dance and yoga. https://www.gonoodle.com/for-families/ </p>	<p>SCIENCE What is a microorganism? https://www.bbc.co.uk/bitesize/topics/zfxxsbk/articles/zsqrwx You could write a non-chronological report, draw a mind map, make a power point or art work to explain your findings. There are different examples of activities on this site. Choose one you like! </p>



Which activity will you try today?