

# Wellbeing Wednesdays

## 3rd and 10th February

You might like to choose an activity from the options below or feel free to think of your own. These do not need to be uploaded to dojo, they are just for you to have a break from your screen and school work at home. Have fun.

### LEGO CHALLENGE

NASA need you to build them a new rocket. Can you help? Maybe you could draw your design first?

### OUTDOORS CHALLENGE

Why not make a bird feeder or go bird watching in your garden? You could keep a tally of the birds you spot and draw pictures of birds that visit.

### D&T CHALLENGES

Why not use an old sock or wooden spoon to make an alien puppet? You could even use your puppet to tell a story. Don't forget to give them a name!

Could you make an alien spaceship from things you have around the house or in your recycling bin? Where will your spaceship travel to? Does the planet have a name?

### YOGA CHALLENGE

We've had lots of fun doing Cosmic Yoga, now it's your turn to make up a yoga routine and try it out.

### ART CHALLENGE

Could you create a space scene using your imagination? Maybe you will collage, draw or paint using whatever you have to hand at home.