

PSHE WELLBEING

Task 1

Search the sky. Now we are allowed to spend more time outside let's look up. Spend at least 15 minutes outside, find a nice blanket lay down and search the sky. See if you can see any clouds that look like objects. This is a great way of relaxing and using our imagination.



Task 2

You may hear people say we are in unprecedented times right now. This is because as a country we have never been asked to stay at home like this before. Create a memory board, using pictures or words of all your experiences of lockdown. You can cut pictures out to make a collage from old magazine or papers. Alternatively, you can print off images or trace them. This is something you can keep as a reminder to show future generations of what you did when the world had to slow down and people stay at home.

Task 3

Challenge, you need to find an object that starts with each of the letters in your name. So if your name was Borris you might find a ball, orange, ruler, ribbon, iron and a sausage. Arrange the objects in order of your name, take a picture and send it to me. Why not challenge other members of your house hold to give it go too. If you can't take a picture you could make it out of images like mine below.



I would love to see your work please email me your completed tasks to:

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