



HOME LEARNING

Subject: Mindfulness

Time: up to 1 hour

Learning Objective: exploring something different

Rules and regulations:

- ❖ You **MUST** provide some sort of evidence to prove you have completed each task.
- ❖ Before completing each task, you will need to get permission from a parent/carer.
- ❖ You can work together with people at home to help you complete the challenge but **YOU** must be involved in each task.
- ❖ For each task, you will need to demonstrate a Take Care approach ensuring you are respectful towards other people.
- ❖ This challenge is solely based on having **FUN!**

Task 1: You must complete at least three of the challenges, but I will be impressed if you try more! For each one that you try, explain what you liked or disliked about it and whether you would do it again.

| | CHALLENGE | THOUGHTS |
|-----------|---|----------|
| 1 | Read a book in the most unusual place you can think of | |
| 2 | Write your own rap/song | |
| 3 | Build the highest tower you can out of household items | |
| 4 | Create an obstacle course in your garden | |
| 5 | Build a den that can fit at least two people in | |
| 6 | Dress somebody up in the craziest outfit you can think of | |
| 7 | Create a video message which can be shared with family/friends/teachers | |
| 8 | Have an indoor treasure hunt | |
| 9 | Learn or choreograph a dance routine | |
| 10 | Make an indoor restaurant and serve your family | |

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| 11 | Make a card for everyone at home | |
| 12 | Arrange your food into an animal | |
| 13 | Tidy your bedroom without being asked to by a parent (parents signatures required to confirm!) | |
| 14 | Make a fitness routine and put your family through their paces | |
| 15 | Give five compliments to people throughout the day | |
| 16 | Have an upside-down meals day (breakfast for lunch etc) | |
| 17 | Order your books alphabetically | |
| 18 | Have a game of noughts and crosses | |
| 19 | Sketch something in your house/garden | |
| 20 | Tell a joke to make people laugh | |
| 21 | Help your parent with a job/chore | |
| 22 | Set up your own indoor bowling alley | |
| 23 | Use the resources in your house to make a musical instrument | |
| 24 | Create your own science experiment using the things you have at home | |
| 25 | Complete 50 star jumps in one day | |
| 26 | Design your own paper aeroplane | |

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.

For example: T.Smith PSHE 8 April

If you would like us to see or mark your work please email it or send a photo of your completed work to: gmonk@glebe.bromley.sch.uk Thank you