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# Muswellbrook South Public School

## Year 2



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# Year 2 At Home Learning Plan:

## Term 3 Week 10

**If you wish to complete your activities online:**

The Seesaw column will assist you to access teaching videos and activities online. Activities completed online can be viewed and marked by classroom teachers.

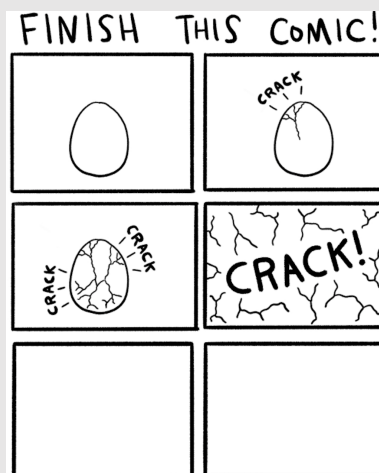
**If you wish to complete your activities in your workbook:**

You may use the instructions in the activities column to complete your work in your workbook.

Digital Resource List		
<a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>	<a href="https://www.getepic.com/">https://www.getepic.com/</a>	<a href="https://readingeggs.com.au/">https://readingeggs.com.au/</a>
<a href="https://www.phonicshero.com/">https://www.phonicshero.com/</a>	<a href="https://www.abcya.com/">https://www.abcya.com/</a>	<a href="https://www.youtube.com/user/JackHartmann">https://www.youtube.com/user/Jack Hartmann</a>
<a href="https://www.mathplayground.com/">https://www.mathplayground.com/</a>	<a href="https://au.ixl.com/">https://au.ixl.com/</a>	<a href="https://www.freechildrenstories.com/">https://www.freechildrenstories.com/</a>
<a href="https://new.phonicsplay.co.uk/resources">https://new.phonicsplay.co.uk/resources</a>	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>	<a href="https://kids.nationalgeographic.com/videos/topic/destination-world">https://kids.nationalgeographic.com/videos/topic/destination-world</a>

## Term 3 Week 10 Monday 13 September 2021

Activities	Seesaw	Optional
<p><b>English Reading</b></p> <p>After reading 'How to Catch a Leprechaun' on Seesaw, brainstorm with an adult or sibling in your house about how you would catch a Leprechaun! Once you have talked about your idea, draw a picture of the trap you would set in your workbook or on Seesaw.</p> <p><b>Alternate activity:</b> Find your favourite book, newspaper or magazine in your house and spend 10 minutes quietly reading in your cosy corner.</p>	<p>Log into Seesaw to view the 'Reading-Monday, Week 10' video and complete the activity.</p>	<p>Reading Eggs</p>
<p><b>Writing - Finish the Comic</b></p> <p>A comic strip is a series of panels with cartoon drawings in them that make a story. Sometimes comic strips are funny, and sometimes they are serious. We often see superheroes in comic strips.</p> <p><b>Comic Strip Activity</b></p> <p>Using the worksheet provided, you are going to finish the comic strip story.</p> <ul style="list-style-type: none"> <li>- You can see an egg that is beginning to crack but we do not know what is going to come out.</li> <li>- It is your job to finish the comic and draw what is going to come out of the egg.</li> <li>- Make sure you use detailed drawings, lots of bright colours and some key words to give more meaning to your story.</li> </ul> <p><b>Support:</b> Just use drawings in your comic strip. <b>Extension:</b> It is now your turn to create your own comic strip. You may want to create the whole comic strip or only fill in half of it and have a family member finish the rest of the story.</p>	<p>Log into Seesaw to complete the Monday writing task (Week 10).</p>	
<p><b>Brain Break</b></p> <p>Facetime, call or video chat with a friend or family member. If you are unable to use a phone, write them a letter instead.</p> <p><b>Spelling</b></p> <p>This week's spelling words are: boat, float, toast, load, goat, coat, soap, want, can, this</p> <p><b>Extension:</b> If you would like a challenge, add on another 5 'oa' words of your choosing.</p> <ol style="list-style-type: none"> <li>1. Write your spelling words in your workbook.</li> <li>2. Cut out the letters for your spelling words from an old magazine or a catalogue. Glue letters in order so they spell out each of your words.</li> </ol>	<p>Log into Seesaw to complete 'Spelling- Write and build (Monday, Week 10)'</p>	<p>Reading Eggs</p>
Lunch Break		



## Mathematics

### Number Work

Please complete the 'Monday Week 1' column of your maths mental sheet. (This is in your resource pack). Use your knowledge of mental strategies to complete the 10 questions.

### Maths Task

#### Number of the day:

The number of the day is 342. Answer the following questions about the number 342 in your book.

1. Write this number in numeral form
2. Write this number in word form
3. Is this number odd or even?
4. Using place value, write down how many hundreds, tens and ones are in 342
5. Write this number in expanded form (hundreds + tens + ones = )
6. Write a number that is greater than 342
7. Write a number that is less than 342

**Extension:** Answer these questions again for the number 795.

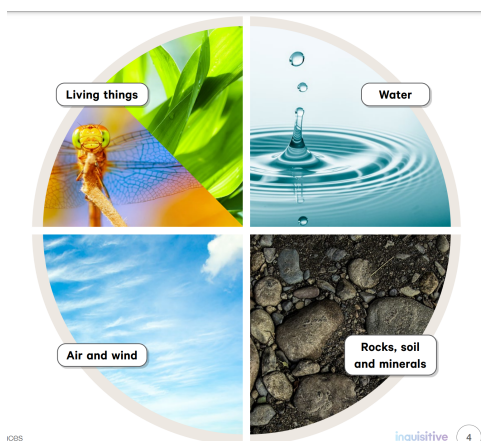
**Support:** Answer these questions for the number 35 (your place value will only have a tens and ones).

Log into Seesaw to complete 'Number of the day (Monday, Week 10)'

## Break

### Science (Optional)

The Earth has many different resources that we can use to make things. This helps make our lives easier.

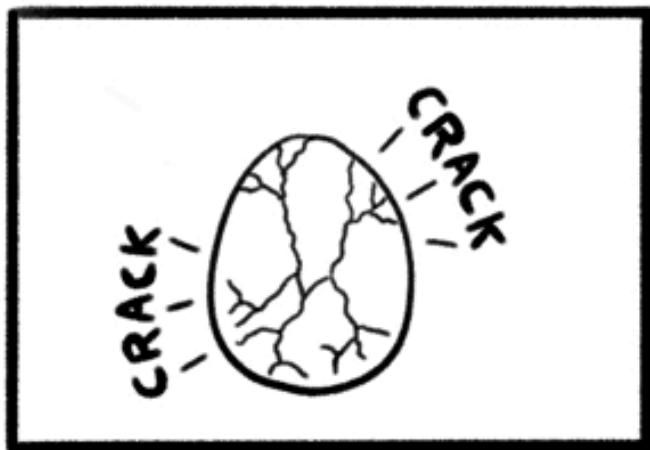
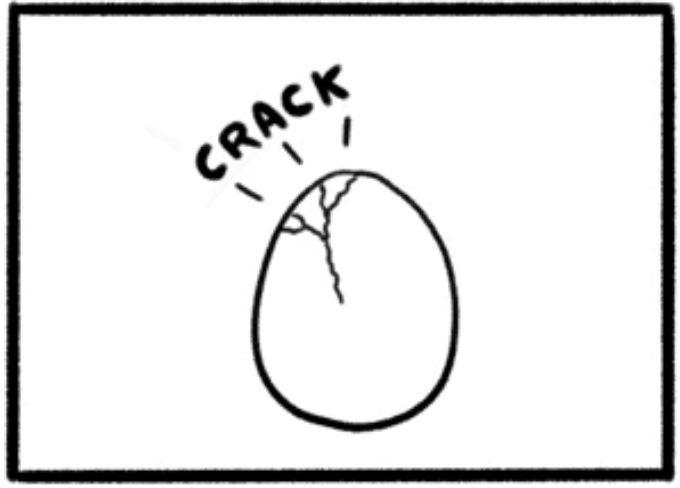
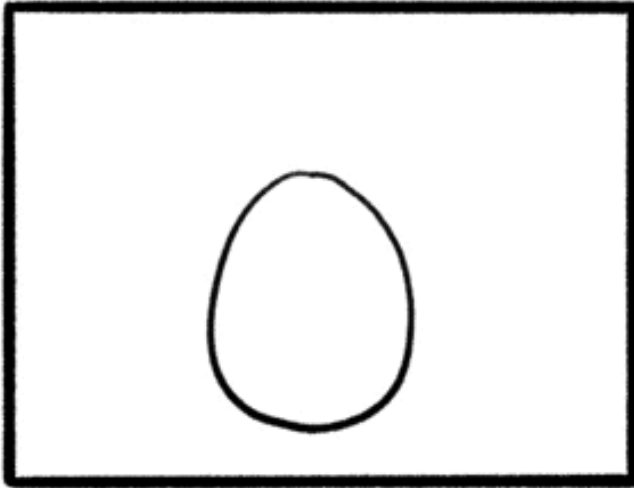


- Take a walk around your house and see if you can find any of these natural resources. Draw a picture in your book. Can you see what the resource is used for?
- **Extension:** Can you write a sentence to go with your picture?

Choose an activity from the digital resource list.



# FINISH THIS COMIC!



## Monday

1.  $17 + 5 =$  \_\_\_\_\_

2.  $3 - 2 =$  \_\_\_\_\_

3.  $5 - 1 =$  \_\_\_\_\_

4. Write the largest number you can using: 8, 9, 3.

\_\_\_\_\_

5. Complete this counting pattern:

11, 13, 15, 17, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

6. I have 19 dolls. Victoria has some dolls too.

Together we have 36 dolls. How many dolls does Victoria have? \_\_\_\_\_

7. Nathaniel has 2 apples. Natalie has 7 peaches.

Addison has 1 pear. How many pieces of fruit do they have altogether? \_\_\_\_\_

8. What is the value of this coin?

\_\_\_\_\_



9. 1 minute = \_\_\_\_\_ seconds

10. How many sides does a triangle have?

## Tuesday

1.  $19 + 10 =$  \_\_\_\_\_

2.  $6 - 1 =$  \_\_\_\_\_

3.  $4 - 2 =$  \_\_\_\_\_

4. Write the numeral for six hundred and eighty-two: \_\_\_\_\_

5. Complete this counting pattern:

5, 7, 9, 11, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

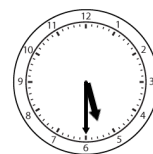
6. 6 minus 4 equals: \_\_\_\_\_

7. What is the sum of 12 and 12? \_\_\_\_\_

8. Colour in half of this shape:



9. What digital time does the clock show? \_\_\_\_\_



10. Draw this shape: pentagon

## Wednesday

1.  $3 + 18 =$  \_\_\_\_\_

2.  $5 - 1 =$  \_\_\_\_\_

3.  $16 + 5 =$  \_\_\_\_\_

4. Write the largest number you can using: 3, 3, 4.

\_\_\_\_\_

5. Complete this counting pattern:

8, 10, 12, 14, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

6. What is the sum of 5 and 10? \_\_\_\_\_

7. What is the difference between 15 and 11? \_\_\_\_\_

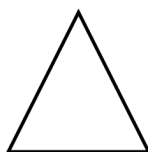
8. Colour in a quarter of this shape:



9. 1 hour = \_\_\_\_\_ minutes

10. What is the name of this shape?

\_\_\_\_\_



## Thursday

1.  $6 + 14 =$  \_\_\_\_\_

2.  $4 - 3 =$  \_\_\_\_\_

3.  $7 - 7 =$  \_\_\_\_\_

4. What is the number in the ones place in 772?

\_\_\_\_\_

5. Complete this counting pattern:

12, 17, 22, 27, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

6. In a group of 37 students, 17 would like to play netball and the rest want to play cricket. How many want to play cricket? \_\_\_\_\_

7. If there were 27 fans at a AFL game, 16 were wearing green and the rest were wearing orange, how many were wearing orange? \_\_\_\_\_

8. 5 cents + 20 cents = \_\_\_\_\_

9. At 6 o'clock, the hour hand points to \_\_\_\_\_.

10. How many sides does a oval have?



## Friday

1.  $8 + 15 =$  \_\_\_\_\_

2.  $8 - 3 =$  \_\_\_\_\_

3.  $9 + 10 =$  \_\_\_\_\_

4. What is the value of the number in the ones place in 452? \_\_\_\_\_

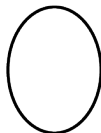
5. Complete this counting pattern:

17, 27, 37, 47, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

6. Subtract 12 from 20: \_\_\_\_\_

7. If there were 25 fans at a rugby league game, 15 were wearing pink and the rest were wearing yellow, how many were wearing yellow? \_\_\_\_\_

8. Colour in a quarter of this shape:



9. How many minutes in an hour? \_\_\_\_\_

10. How many corners does a triangle have?

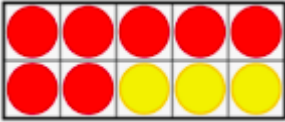


**Term 3 Week 10 Tuesday 14 September 2021**

Activities	Seesaw	Optional
<p><b>English Reading</b> Watch and listen to 'Harry the Dirty Dog' on Seesaw. Then click on the link and write or draw what happened in the orientation, complication and resolution.</p> <p><b>Alternate activity:</b> <i>Think of your favourite book. This could be a book at home or a book at school your teacher read to you. Draw a picture of what happens in the orientation, complication and resolution, then label each picture.</i></p>	<p>Log into Seesaw to view the 'Reading-Tuesday, Week 10' video.</p>	<p>Reading Eggs</p>
<p><b>Writing - Outdoor Sounds</b> For today's writing task you will need to find an interesting spot to sit either inside or outside your home. This could be in your garden or front yard. Once you have found a peaceful and comfortable place to sit all you have to do is close your eyes and listen.</p> <ul style="list-style-type: none"> <li>- In your workbook write down all the sounds you can hear e.g. birds chirping, leaves rustling, crickets buzzing, wind whooshing.</li> <li>- When you are finished listing all the sounds, draw a picture of where you are sitting.</li> <li>- Now write a short paragraph about where you're sitting and what you could hear. Start your writing with this sentence; <b><i>As I sat down and closed my eyes, I started to hear....</i></b></li> </ul> <p><b>Support:</b> <i>Instead of writing the short paragraph about what you hear, record yourself saying what you could hear. You can then send your recording to your teacher.</i></p> <p><b>Extension:</b> <i>Find another spot in your home and repeat the activity.</i></p>	<p>Log into Seesaw to complete the Tuesday writing task (Week 10).</p>	
<p><b>Brain Break</b> Do 10 high knee lifts, 10 star jumps and 10 push ups. Repeat twice.</p> <p><b>Spelling</b> On a blank page in your workbook, using your spelling list, to complete a 'Look, Say, Cover, Write and Check' activity. Instructions:</p> <ul style="list-style-type: none"> <li>- Divide your page into four columns and carefully copy your list into the first column.</li> <li>- Look at your first spelling word</li> <li>- Say the word out loud</li> <li>- Cover it over with a piece of paper or your hand</li> <li>- Write the spelling word again in the next column</li> <li>- Check the spelling word to see if you have got it right.</li> <li>- Repeat this process for each of your spelling words</li> </ul>	<p>Log into Seesaw to complete 'Spelling-LSCWC (Tuesday, Week 10)'</p>	<p>Reading Eggs</p>
<b>Lunch Break</b>		
<p><b>Mathematics Number Work</b> Please complete the 'Tuesday Week 1' column of your maths mental sheet. (This is in your resource pack). Use your knowledge of mental strategies to complete the 10 questions.</p>		

**Maths Task****Friends to 10**

Draw a tens frame in your book. Use small objects from around your house such as cotton wool balls, pasta, pebbles to place into your tens frame and make friends to 10. If you are making  $6 + 4 = 10$  you could place 6 pebbles in the tens frame and then place 4 cotton wool balls in the tens frame. Make sure you write the matching number sentence for each friend to 10 that you make.



**Extension:** Draw another tens frame and make a friend to 20.

Log into Seesaw to complete 'Friends to 10' (Tuesday, Week 10)

**Break****Geography**

Using the worksheet, Name all of our 7 continents (Asia, Australia, Antarctica, Europe, North America, South America, Africa).

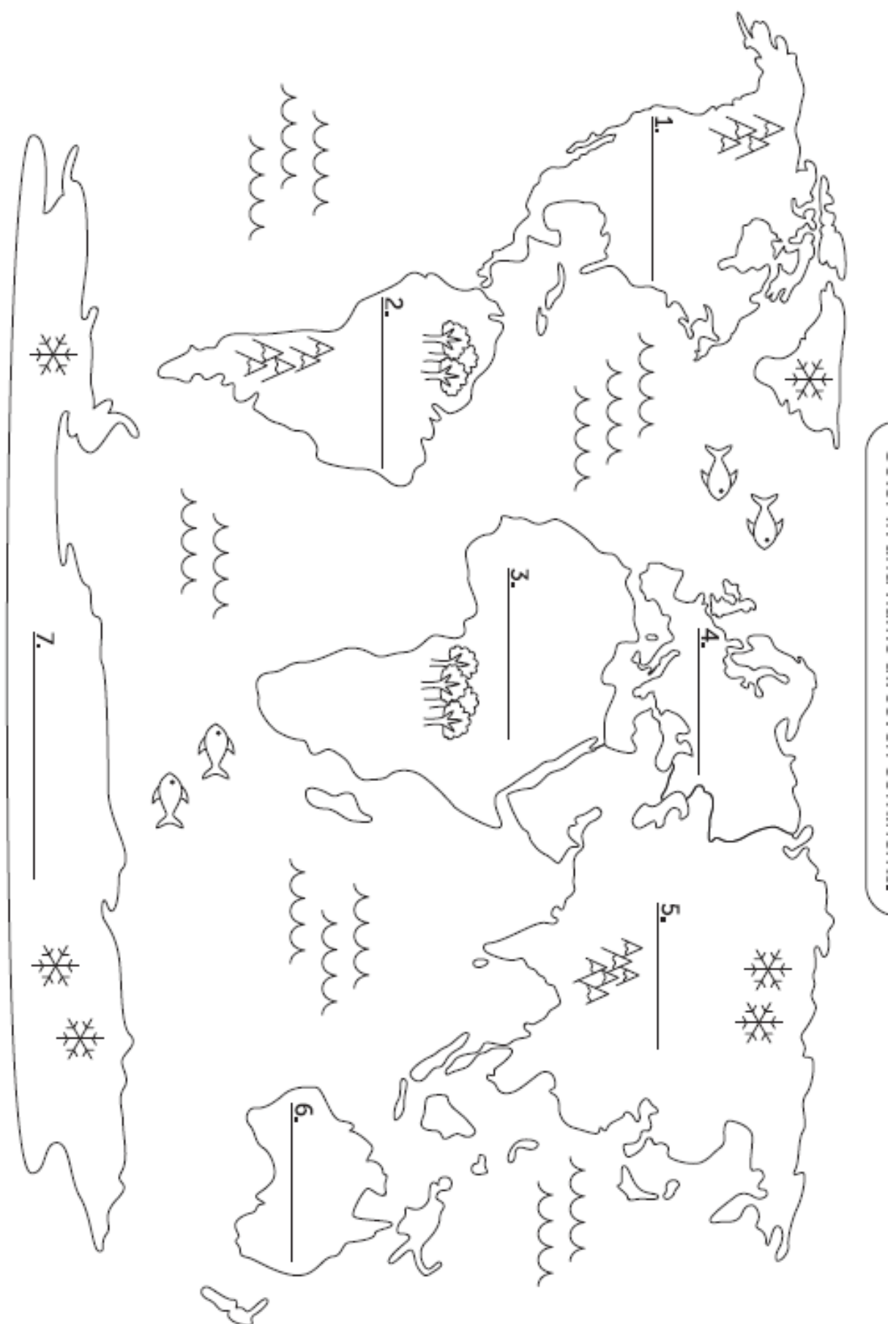
**Optional Extra:**

Can you label each ocean? There are five oceans: Southern, Indian, Arctic, Pacific, Atlantic.

Research and find some interesting facts about each continent using the following link: <https://kids.nationalgeographic.com/videos/topic/destination-world>

(some fantastic and interesting videos on each continent)


Choose an activity from the digital resource list.



## Term 3 Week 10 Wednesday 15 September 2021

Activities	Seesaw	Optional
<b>English Reading</b> Read the book 'One Plastic Bag' and really think about the story. Once you have finished reading, click on the Seesaw link and match each picture and paragraph to the right box so that the story is in the correct order.  <b>Alternate activity:</b> <i>Using an old magazine, find and circle as many 'ee' words as you can! Make a list of all the words you found in your workbook and write or say 3 of them in a sentence.</i>	Log into Seesaw to view the 'Reading-Wednesday, Week 10' video.	Reading Eggs
<b>Writing - Share a Favourite Family Story</b> Today you are going to write about a favourite family memory that you have shared with someone in your home. <ol style="list-style-type: none"> <li>1. Talk to a family member about one of their favourite memories. Ask them to tell you the story and to share lots of details.</li> <li>2. Next draw a picture in your workbook of your favourite part of the story.</li> <li>3. Then practice telling the story back to your family member using your picture.</li> <li>4. Now write a short recount about the story that was shared with you. Remember to include who, what, where and when.</li> </ol> <b>Remember to use</b> <ul style="list-style-type: none"> <li>- Capital letters at the start of a sentence</li> <li>- A full stop at the end of a sentence</li> <li>- A range of connectives e.g., and, but, so, because, then, also</li> </ul> <b>Support:</b> <i>Instead of writing the recount about the story, record yourself saying the story back to a family member. You can then send your recording to your teacher.</i>	Log into Seesaw to complete the Wednesday writing task (Week 10).	
<b>Brain Break</b> Play some naughts and crosses with a family member.  <b>Spelling Rainbow words:</b> Write out your spelling words in rainbow, using a different colour for each letter <b>Extension:</b> <i>See if you can use the same colour for all the vowels in your spelling words.</i>	Log into Seesaw to complete 'Spelling-Rainbow words (Wednesday Week 10)'	Reading Eggs
<b>Lunch Break</b>		
<b>Mathematics Number Work</b> Please complete the 'Wednesday Week 1' column of your maths mental sheet. (This is in your resource pack). Use your knowledge of mental strategies to complete the 10 questions.  <b>Maths Task Place Value</b> Choose four different digits between 1 and 9. How many possible 2 digit numbers can you make using these digits?		



<p>Write your numbers in ascending and descending order.  Add the two largest numbers together using any strategy.  What is the difference between the largest and smallest numbers?  Write a word problem involving some of your numbers.</p> <p><b>Extension:</b> Choose six different digits between 1 and 9.  <b>Support:</b> Choose three different digits between 1 and 9.</p>		
<b>Break</b>		
<p><b>Physical Activity</b>  <b>Hopscotch</b>  Before starting follow this link to watch a clip about today's activity;  <a href="https://www.community.cricket.com.au/coach/resources/cricket-blast-hopscotch/R75spQ4LYkSJeyggFCCGOg">https://www.community.cricket.com.au/coach/resources/cricket-blast-hopscotch/R75spQ4LYkSJeyggFCCGOg</a></p> <p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>- Create a hopscotch grid using chalk, tape, sticks or little stones.</li> <li>- You have 30 seconds to complete your hopscotch grid as many times as you can without making a mistake.</li> </ul> <p><b>Things to focus on:</b>  <b>Hop:</b></p> <ul style="list-style-type: none"> <li>- Head and trunk stable, eyes focused forward</li> <li>- Non-jumping leg bent and swings in rhythm with the support leg</li> <li>- Jumping leg bends</li> <li>- Arms bent and swing forward as the jumping leg pushes off the ground</li> <li>- Balanced and quiet landing</li> <li>- Able to hop on both left and right legs</li> <li>- Think 'Swing and Spring'</li> </ul>  <p><b>Alternative tasks:</b></p> <ul style="list-style-type: none"> <li>- Do it using alternate feet (left, right, left, right)</li> <li>- Add in a bowl or throw at a target at the end</li> <li>- Throw a ball to yourself while doing the grid</li> <li>- Pass the ball around your waist as you complete your grid</li> <li>- Come up with your own challenging change</li> </ul>	<p>Log into Seesaw to complete the Physical Activity Task (Wednesday Week 10)'</p>	<p>Choose an activity from the digital resource list.</p>

**Term 3 Week 10 Thursday 16 September 2021**

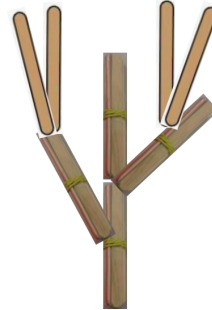
Activities	Seesaw	Optional
<p><b>English Reading</b> Listen to the story 'Turkey Trouble' on Seesaw then design a costume for your own turkey. Tap the microphone and tell me what your costume is and why you chose to create that costume.</p> <p><b>Alternate activity:</b> <i>Read your favourite book to someone in your family outside in the sunshine. Or, find your favourite book, newspaper or magazine in your house and spend 10 minutes quietly reading in your cosy corner.</i></p>	<p>Log into Seesaw to view the 'Reading-Thursday, Week 10' video.</p>	<p>Reading Eggs</p>
<p><b>Writing – Adjectives</b> An adjective is a word that describes an animal, person, thing, or thought. Adjectives include words that describe what something looks like and what it feels like to touch, taste, or smell.</p> <p>Watch the clip below as it provides some really great information about what adjectives are and how we use them in writing. <a href="https://www.youtube.com/watch?v=4f3H12YNlXo">https://www.youtube.com/watch?v=4f3H12YNlXo</a></p> <p><b>Adjective Activity</b></p> <ul style="list-style-type: none"> <li>- Write 3 adjectives to describe the dog, another 3 to describe the car and lastly 3 more to describe the flower.</li> <li>- Now write a descriptive sentence for each picture using at least 2 of the adjectives you have written.</li> </ul> <div data-bbox="108 1205 429 1417" data-label="Image"> </div> <div data-bbox="435 1205 807 1417" data-label="Image"> </div> <div data-bbox="813 1176 1075 1417" data-label="Image"> </div> <p><b>Support:</b> Only come up with one adjective for each of the pictures <b>Extension:</b> Once you have finished, find a toy or another object in your home to do the same activity again.</p>	<p>Log into Seesaw to complete the Thursday writing task (Week 10).</p>	
<p><b>Brain Break</b> Turn on some music and play a game of musical freeze.</p> <p><b>Spelling Sentences</b> Put each of your spelling words into a sentence, don't forget to use capital letters and full stops. <b>Extension:</b> See how many spelling words you can write in one sentence.</p>	<p>Log into Seesaw to complete 'Spelling-Sentences (Thursday Week 10)'</p>	<p>Reading Eggs</p>
<b>Lunch Break</b>		
<p><b>Mathematics Number Work</b> Please complete the 'Thursday Week 1' column of your maths mental sheet. (This is in your resource pack). Use your knowledge of mental strategies to complete the 10 questions.</p>		

## Maths Task

### Chikka Chikka Boom Boom

Use two hands to grab a large pile of paddle pop sticks or cotton buds and or twigs (or stick-like objects from your house, that can be bundled). Bundle your collection using rubber bands, in groups of ten. You may have some left overs. Arrange these bundles in a tree like formation (see image).

Can you tell me how many tens you see? How many single sticks you see? Can you rename that number? Call it out and say "Chikka Chikka!" E.g. '4 tens, 4 ones, 44 Chikka Chikka!'



**Extension:** Make two trees and see which is the biggest number or find the difference between the two.  
**Support:** Use less paddle pop sticks.

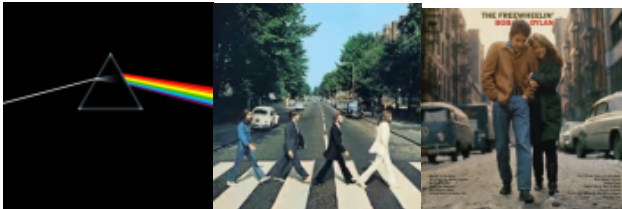
## Break

## Creative Arts

### Music and Art

Like many creative arts, Music and Visual Arts often go together. Before music was available online or places like Spotify (like when I was young!) the only place we could hear new music was on the radio or going to the 'Record Shop' and hearing new music there. We used to get our music on vinyl to play on a record player. Records were easy to scratch and took up more space than a phone or iPod, but one awesome thing about them is that they had amazing cover art.

Album art designers can win a Grammy for the best album art. Some of the records I listened to as a kid I have kept because I love the picture on the front cover. Some album art is so famous, it is instantly recognisable today. Here are some examples of famous album covers:



Dark Side of the Moon by Pink Floyd Abbey Road by The Beatles The Freewheelin' by Bob Dylan

### Design your own album art

Imagine that you have written an album of songs all about yourself. Use the square provided to draw your own album cover, one that is all about you. Think about things that make you special, things you love to do, things you like or are good at and use those ideas to design a record cover for your album. Name it after yourself, or maybe use your nickname if you have one.

Choose an activity from the digital resource list.

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# My Album Cover



## Term 3 Week 10 Friday 17 September 2021

Activities	Seesaw	Optional
<b>English Reading</b> Listen carefully to the story 'The Rainbow Fish' on Seesaw. Afterwards, draw four pictures in the template provided of the main character, setting, complication and resolution.  <b>Alternate activity:</b> <i>Today is the last week of school, wow! Make a list of all the fun and creative things you would like to do these school holidays in your workbook. Then find someone in your family to read your list of activities to.</i>	Log into Seesaw to view the 'Reading-Friday, Week 10' video and complete the activity.	Reading Eggs
<b>Writing Editing Sentences</b> When we are writing, it is important that we have a clear message. This means that our words are spelt correctly, we use punctuation, and our handwriting is neat.  <b>Editing Task</b> <ul style="list-style-type: none"> <li>- The sentences below have been written but there are quite a few spelling mistakes and missing punctuation.</li> <li>- Write out the sentences again so that they are spelt accurately and have the correct capital letters and full-stops.</li> </ul> <ol style="list-style-type: none"> <li>1. mis Shannon went down the lized slid and skreamed</li> <li>2. a litle mouse ate oll of miss flannery's cheeze!</li> <li>3. miss francis fownd a spidr in her cup of te</li> <li>4. the cat chazed the mose arownd the hose!</li> </ol> <b>Support:</b> <i>Do this activity with a parent/caregiver and use a dictionary or google for the words you do not know how to spell.</i> <b>Extension:</b> <i>Challenge yourself to write out 4 more sentences that have mistakes in them. Ask a parent/caregiver to correct your mistakes.</i>	Log into Seesaw to complete the Friday writing task (Week 10).	
<b>Brain Break</b> With a parent/carer or sibling play 'Paper, Scissors, Rock'.  <b>Spelling Final Test:</b> Ask your parents/carer to test you on your spelling list. Write your words in your workbook. Check to see which ones you got correct and practise writing out any words that were incorrect.	Log into Seesaw to complete 'Spelling- Final test (Friday Week 10)'	Reading Eggs
<b>Lunch Break</b>		
<b>Mathematics Number Work</b> Please complete the 'Friday Week 1' column of your maths mental sheet. (This is in your resource pack). Use your knowledge of mental strategies to complete the 10 questions. <b>Maths Task</b> Complete the worksheet 'Penny's place value puzzle' (in your resources pack or on seesaw). Colour in the puzzle using the clues: If there is a 4 in the hundreds place, colour the piece red.	Log into Seesaw to complete 'Maths Task - Friday Week 10'	

If there is a 7 in the tens place, colour the piece yellow.  
If there is a 3 in the ones place, colour the piece blue.

**Extension:** Make your own puzzle with different clues, see if a sibling or someone at home can complete your puzzle.

### Break

#### Catch-up

Finish tasks from Monday-Thursday and/or

#### Personal Development and Health

Taking care of our *wellbeing* means we take care of our physical health (our bodies), our mental health (our brains) and our emotional health (how we feel). Taking time to focus on our wellbeing helps us to stay healthy and happy. Choose 3 squares from the wellbeing grid to complete with a family member. In your book, reflect on the activities and write down what you liked most about them.

Log into Seesaw to complete this activity online.  
'FRIDAY, Week 10 - PDH'

Choose an activity from the digital resource list.

### HOLIDAY CHALLENGE

During the school holidays, try to complete as many of the activities from the wellbeing grid as you can. You can send photos to your teacher on Seesaw to show them how much fun you are having!

Name \_\_\_\_\_

Date \_\_\_\_\_

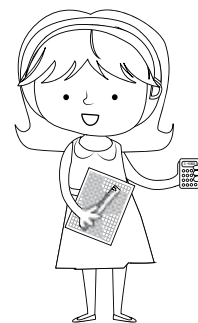
## Penny's Place Value Puzzle

Penny created a great number puzzle... but she forgot to colour it in!  
Use the place value clues below to colour in Penny's puzzle.

If there is a 4 in the hundreds place, colour the piece red.

If there is a 7 in the tens place, colour the piece yellow.

If there is a 3 in a ones place, colour the piece blue.



83	972	461	74	103
407	233	579	418	70
77	495	623	370	484
53	72	458	643	179
400	193	79	446	23







How many wellbeing activities will you and your family be able to tick off?

Send a letter to an elderly relative	Take a family photo	Sing your favourite song out loud like no one is listening	<i>Own choice</i>	Take a few minutes to write down how you feel	Cook a meal with your parent or carer	Do something nice for a family member	Go for a walk in the woods	Use 10 Spanish words throughout the day	Read your favourite book again
Tidy or reorganise your room	Take an exercise class online	Bake and decorate cookies	Sit down, close your eyes, and focus on breathing for 5 minutes	Research places you would like to travel	Eat five fruits and vegetables	Design a pair of trainers or shoes	Listen to your favourite music and dance like no one is watching	Do some gardening or look after a house plant	Play your favourite board game
Create your own vision board	Go to bed 1 hour earlier and wake up 1 hour earlier	Make a pizza with healthy toppings	Leave a thank you note for someone	Write down 10 positive things about yourself	Write an acrostic poem for WELLBEING	Spend time outside, watching clouds, blowing bubbles, just relax	Visit a virtual zoo	Share something inspirational on your class page	Find some pet rocks and decorate them
Visit a virtual museum	Write down anything that come into your mind for 5 minutes	Learn a new dance sequence	Record a video of doing something you enjoy and share with others	Dress up and wear your favourite out fit	<i>Own choice</i>	Create a gratitude jar	Create your favourite animal using geometric shapes	Blow bubbles	Make a gift for someone – handmade only
Use 10 French words throughout the day	Create a family picture with handprints and do not forget to add the date	Eat something new	<i>Own choice</i>	Create a name plaque using only natural materials	Read another book	Have a family movie night	Complete a self-portrait in your own style	Write a kindness poem	Camp out in the back garden