



Wellbeing Menu

Year 1

Express yourself



COOKING	CREATIVE	FITNESS/WELLBEING
<p>Can you make a meal that looks like an animal? Maybe you can try and make these animal pancakes. Enjoy!</p>  <p>ANIMAL PANCAKES</p> <p>Send us some photos of your yummy pancakes!</p>	<p>Practice mindfulness colouring. Write a list of things you are grateful for, for example: I am grateful for the family I have</p> <p>Download the calm app onto phones or tablets. This has a lot of wellbeing activities both for you and your families.</p> 	<p>Pick your favourite song, can you make up a dance routine to show us all when you get back to school?</p> <p>Try this dance</p>  <p>https://youtu.be/HpOe8Ingp_o</p> <p>Did you enjoy this dance? Maybe you can get someone in your house to join in with you.</p>
<p>Can you make your own sandwich? Can you give instructions to someone? Maybe you draw instructions?</p>  <p>Can you try a new food you haven't tried before? How was your sandwich?</p>	<p>Have a go at making an animal sock puppet. Which animal will you make? Maybe you can make a few and then put on an animal puppet show for someone in your house.</p> 	<p>Following on with our paws and claws come and Join in some Yoga with Jamie and Parsnip the cat.</p>  <p>https://youtu.be/Nfd6e4wBQho</p>