



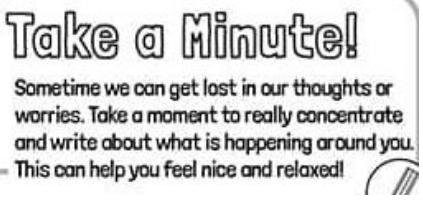


Middle School

Home Learning Grid WB 22.06.20

This week we will be focusing on **Health and Wellbeing** activities to prepare ourselves for back to school next week! You can complete these activities in your homework books, on paper or using a digital device. Please share any work you do on Twitter or in our Google Classroom. Keep up the brilliant work.

There is an extra grid for our Be Internet Awesome activities!

<p style="text-align: center; color: green;">Health and Wellbeing</p> <p>Everyone has different feelings about going back to school after lockdown. Can you write a letter to your class teacher to explain what you're looking forward to, things you're worried about and what us teachers can do to help! You can hand your letter in to your class teacher on your first day back.</p> 	<p style="text-align: center; color: green;">Health and Wellbeing</p> <p>Being in lockdown and planning to return back to school can be stressful and a worrying time for all. Can you practise different relaxation techniques to help you relax? You can make your own stress ball, blow bubbles in the garden using soapy water etc.</p> 	<p style="text-align: center; color: green;">Health and Wellbeing</p> <p>Complete this memory jar about your lockdown experience. You can complete it by printing out the large image below or by drawing and filling in your own version.</p> 
<p style="text-align: center; color: green;">Health and Wellbeing</p> <p style="text-align: center;">Five Things I've Learned About Me!</p>  <p>Think about the positive things about lockdown and what you've learned about yourself that you didn't know before. Write down 5 things that you have learned about yourself.</p> <p>Here are some ideas to help you.</p> <p><i>Do you like to be alone or in groups? What is your favourite thing to do? How much do you value your friends and teachers? Who did you miss the most? Did you learn a new skill?</i></p>	<p style="text-align: center; color: green;">Health and Wellbeing</p> <p style="text-align: center;">Take a Minute</p>  <p>What can I hear? <i>Machines? Birds? Wind? People? Music? Traffic? Breathing? The sound of your clothes?</i></p> <p>What can I smell? <i>My clothes? The room? Food? Flowers? Outdoors? Indoors?</i></p> <p>What can I feel? <i>Am I hot or cold? Are my feet touching the ground? Any pains? What do my hands feel like?</i></p> <p>What can I see?</p>	<p style="text-align: center; color: green;">Health and Wellbeing</p> <p>You have been a superstar staying at home and following all the rules that we have been asked to follow.</p> <p>Have a read of the story about returning to school.</p> <p style="text-align: center;">'Back to School: A Story About Returning to School'</p> <p>https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-for-Wales.pdf</p>

	<p><i>What do I see when I open or close my eyes? Is it sunny? What colours are around me? Where am I?</i></p> <p>What can I taste? <i>Any food? Sweet or savoury? Am i thirsty? Can I touch my tongue with my teeth?</i></p>	
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This memory jar belongs to...

With my family...

My favourite
moment...

MY BEST MEMORIES

Funniest moment...

Best thing I've learned...