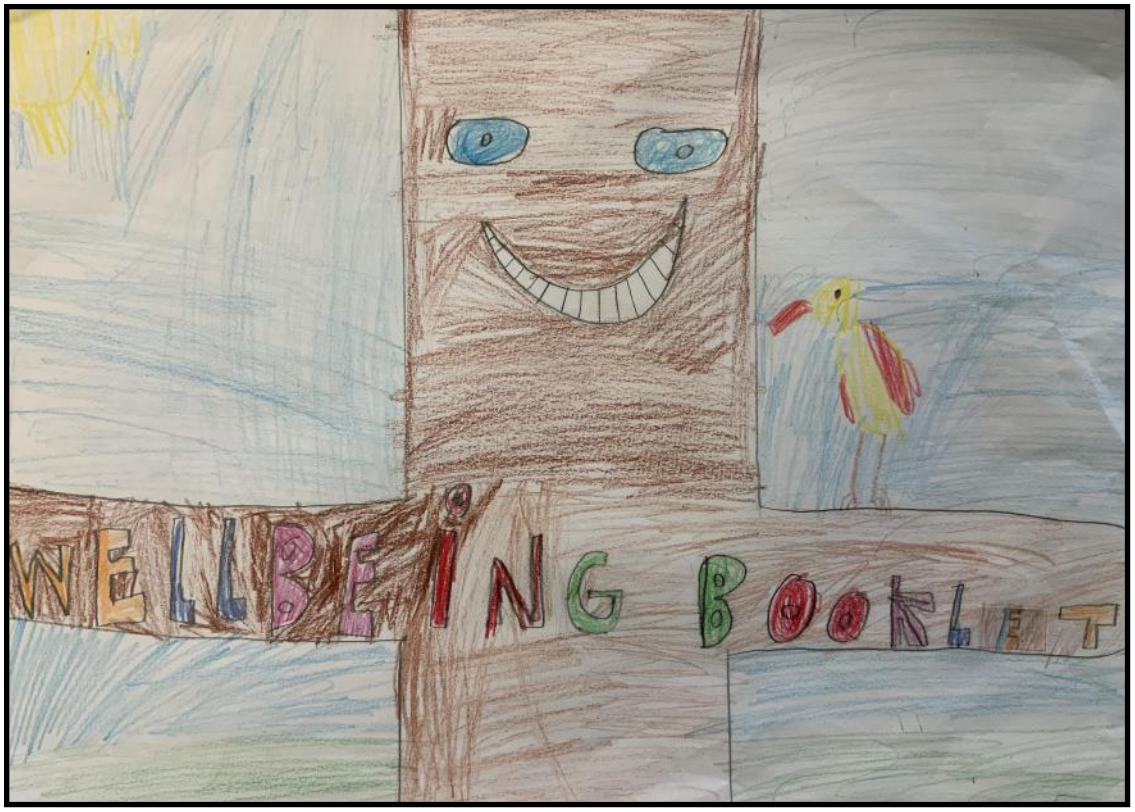
Health and Wellbeing



Wensum Junior School

norwich 2040 city vision

Evolution Academy Trust
Progress through Partnership

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Prologue

Dear Families, City of Norwich Residents and all that read this book.

Following an extended period of home learning due to the Covid-19 pandemic, July 2020 saw the return of a new normal within our schools across the country.

In July, we met with Pete Hubery (Deputy Head), Sam Naylor (English Lead) and Alan Denton (Aspire to STEM) via an online meeting platform to begin the process of planning our 'Working as Scientists' project.

The Year 3 brief was clear:

'To develop and deliver innovative approaches to bring about physical and mental well-being across both school sites and in the local community'.

Nobody could have imagined what our end product would look like or how keen, enthusiastic and ambitious the Year 3 children would be to work as scientists. Both have hugely exceeded our expectations! The children's dedication to the project is shown beautifully throughout the project and within this wonderful book.

To help the children with their understanding of the project brief, we have been extremely lucky to have had discussions with various professionals from fields related to physical and mental health. Professionals from local health teams, diagnostic radiologists and the magnificent Sir Norman Lamb (Chair of South London and Maudsley NHS Foundation Trust and former MP) took time out of their very busy schedules to have conversations with the Year 3 pupils about their jobs, their lives and the impact of physical and mental wellbeing in the community and nationally.

As well as input from these professionals, we also embarked on lessons within school and through home learning to really secure the children's knowledge and understanding. We have completed investigations, experiments, research, produced and analysed data and worked extremely hard to produce this final legacy book.

Due to the ongoing pandemic and rules that are in place, the schools usual 'Science Fair Showcase' has not been able to go ahead. However, a new, exciting, online media Science Fair Showcase was the new focus. Creating our book in a way that could be accessible for all, inclusive and online has been a real learning curve for everybody, but what an exciting journey we have been on.

We hope you enjoy our book and find it useful in helping with your physical and mental well-being. We have thoroughly enjoyed making this. The children's wonderful writing, editing and producing (with just a little bit of help) have together created this book, which we hope will help you, the local community and beyond.

Thank you,

Rianne, Rob and all of Year 3.

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Foreword

I was so pleased to be able to speak to the Year 3 students at Wensum Junior School and to see them interested at such a young age in learning about the links between mental and physical wellbeing.

More and more people are becoming aware about the need to treat mental and physical health and wellbeing equally and the importance of looking after not just our bodies but our minds too. This extraordinary crisis that we are going through with Covid-19 has also made this even more important, creating both physical and mental challenges for very many people. But there are things that we can all do that can make a difference to our wellbeing and for others too.

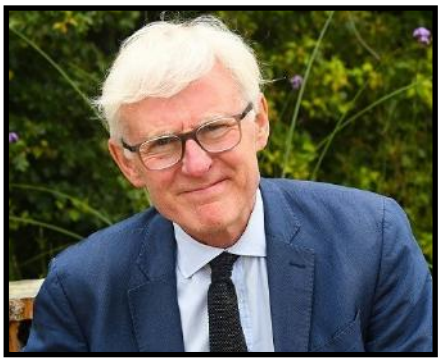
First of all, it's about staying connected – especially when many of us are having to stay at home or are isolated. Making sure we keep in touch with friends, family and loved ones is really important in these difficult times. If we are not able to meet in person then calling, messaging or writing helps people to feel connected and cared for.

Secondly, maintaining a daily routine I think is really useful. As part of that, it's important to get some exercise and fresh air. I try to get out on my bike as much as possible to clear my head. This is especially useful if you are sitting inside or in front of a screen in the same room day after day. Having those links to nature and the outside world reminds us that we are not alone.

Doing things that can be challenging but enjoyable such as trying out music, singing or art can also help our wellbeing. During the first lockdown, I took up drawing for the first time in years. I found that something that can focus your mind and take you away from everyday stresses or worries can be very useful.

Finally, it is also about getting a good amount of sleep – giving our bodies and minds the time to recover and rest – and that means getting to bed at a reasonable time!

I applaud the brilliant work of the Year 3 students in putting this booklet together and hope it acts as a useful reminder for them and others on looking after both our mental and physical health and wellbeing.



Sir Norman Lamb

Reflection by Jo Bivens- Children's Coach and International Education Hero of the Year 2020

Dear Wonderful Wensum Junior Year Three,

You are smart and creative and fab as can be!
You've written a book! How amazing are you?
You're the most brilliant year 3's I know- and that's true.

You've explored the nervous system, digestion and brain-
I will never look at my body the same!
You've taught me about muscles and my skeleton too
And how to eat healthily- wow, thank you!

I can see you love poetry, that's why I'm sharing in rhyme,
Your Colour Poems were a favourite of mine.
How clever to use your senses to explore
How colours make you feel- you had ideas galore!

You drew what feelings looked like for you,
Being alone, sad and happy too.
You showed people under clouds and in the rain,
A big smile and tears of pain.

I was totally and utterly amazed to see
That every one of you in Year Three
Created a Wellbeing Exercise for our body and mind-
Not only amazing, but so very kind!

Gardening, walking, planting a seed,
Making cupcakes for our bellies to feed!
Building a hotel for bugs, modelling clay,
Going up in a rocket- great ways to spend a day!

You showed us how make bracelets for our friends,
Pancake recipes, word-searches and yoga bends!
Colouring, climbing and karate too,
Tips to sleep well the whole night through.

You reminded us to play with our pet,
To walk in nature we mustn't forget,
To build our brain out of lego and colour it too,
And make a stick den- what fun things to do!

You gave us ideas of models to make,
To ride a scooter and bake a cake!
To draw a cat or your feelings within,
Even to be a Samurai- that made me grin!

Dear Year Three at Wonderful Wensum Junior School
Your book is fantastic and so very cool!
It will help all the children in the county
To keep their body and minds strong and healthy.

And why not further? Every child in the land
Would be helped if they too could understand
The importance of wellbeing which you've shared in your book.
Get it out to the world now! Well done, and good luck!

Jo Bivens
The Children's Coach

International Education Hero of the Year 2020

www.thechildrenscoach.com

The Nervous System

Our nervous system is amazing! It has lots of different parts that carry messages to and from our brain. These messages travel all around our body thanks to our nervous system. There are two main parts to our nervous system - the Central Nervous System and the Peripheral Nervous System. Everything think we do is controlled by our brain and the nervous system.

Did you know..?

The spinal cord is covered with a myelin sheath that protects it. The cord also helps messages to travel quickly between the ion channels.

What is the Nervous System?

The two main parts of our nervous system are the **Central Nervous System** and the **Peripheral Nervous System**.

The Central Nervous System is made up of our **brain** and the **spinal cord**. The Peripheral Nervous System covers the rest of our body from our fingers to our toes!

Key words and Glossary

Nerves - Nerves cover our whole body and transport messages.

Spinal Cord –Runs from our brain to the lower back in our spinal column.

Central Nervous System - The spinal cord and brain stem form this.

Peripheral Nervous System –The nerves that cover the rest of our body.

Ion channels –The cells inside our nerves that transport the messages.

Neurons –Cells in our brain that store information and send messages.

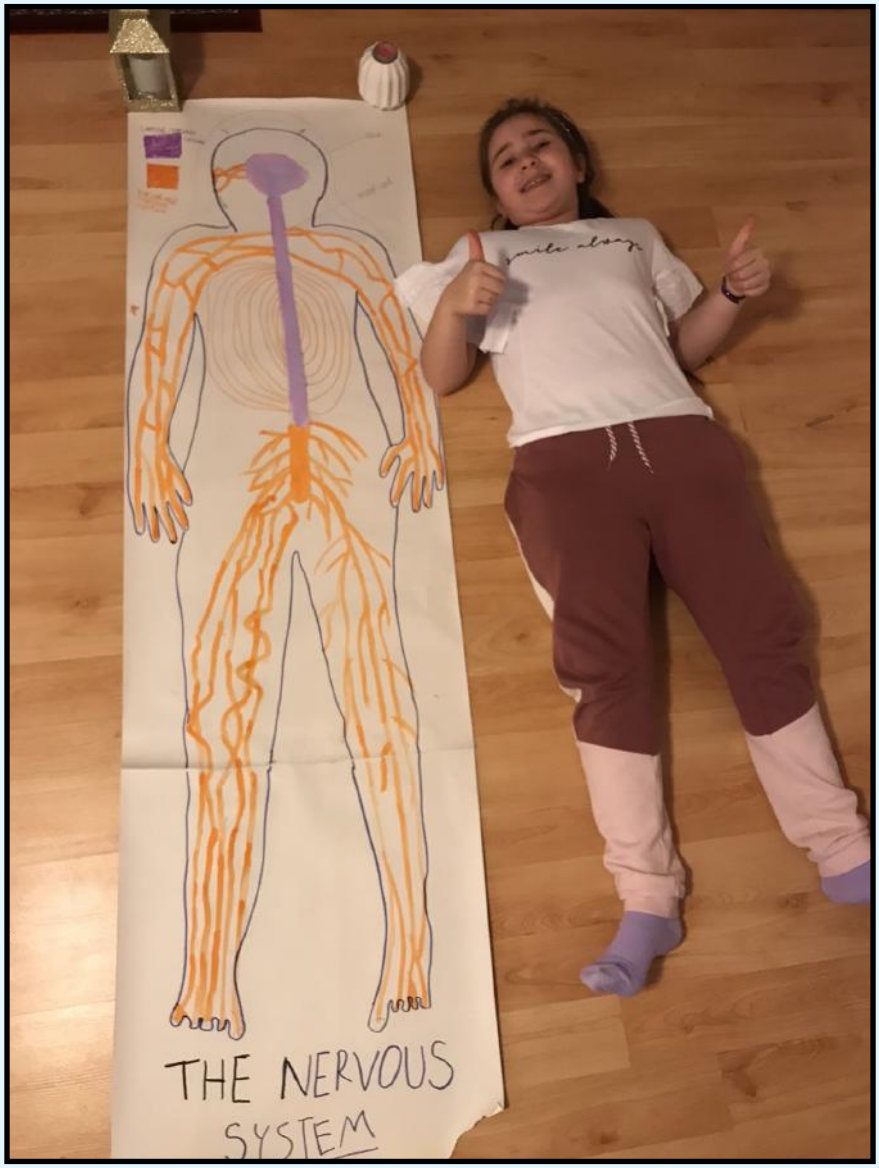
How do we send messages around our body?

Our body sends millions of messages every single minute! We send messages from our brain to the different parts of our bodies. **Ion Channels** transport the messages around our body at the speed of about 100 meters per second - that's faster than Usain Bolt!

Neurons are key cells that help store and send information from our brain. They help to process messages so that we can make all the movements we do every second. Without even know our brain is sending messages to keep us alive - it keeps our heart beating from the moment we are born.

Did you know..?

Without nerves to transport messages from the brain we would not be able to move or do anything!



Amelia drew a life-size model of the nervous system. The purple is the Central Nervous System. The orange is the Peripheral Nervous System.

Delightfully Disgusting Digestion!

The journey of your food begins at your mouth and ends when you go to the toilet! Our digestive system is deliciously disgusting! Now lets look at our disgusting digestive system!

Did you know..??

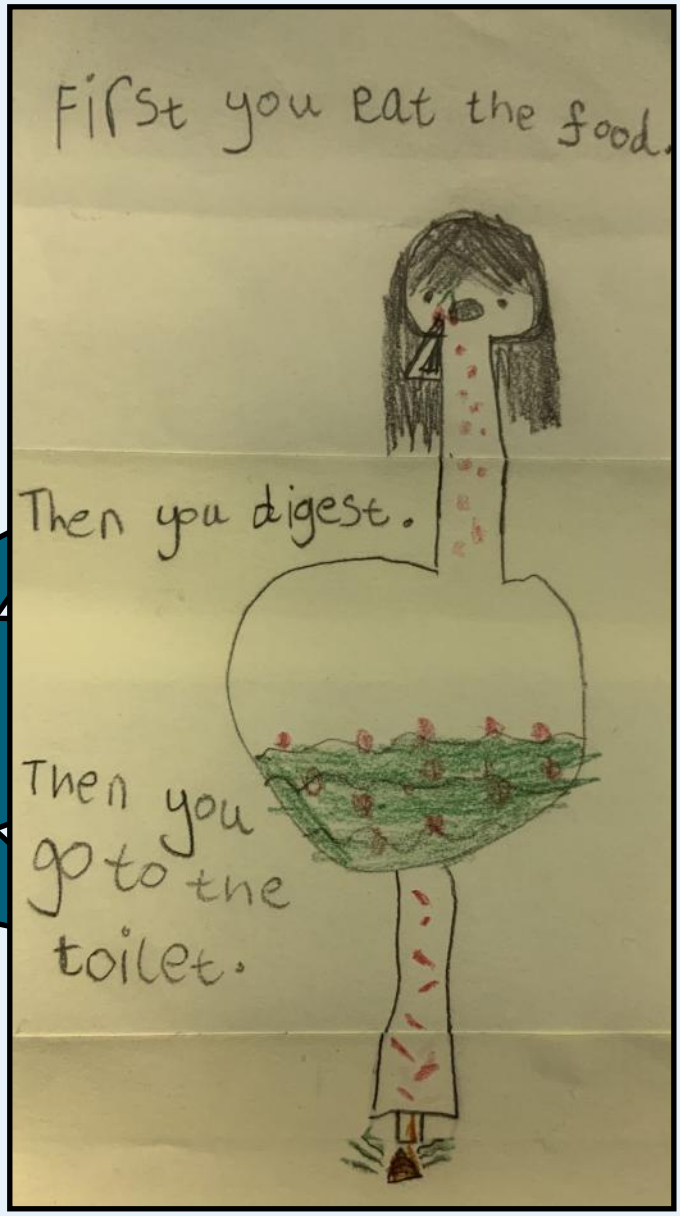
It is an 8 hour journey for food inside our body!

What is your digestive system?

The digestive system is a collection of organs that transport food and extract energy and nutrients that your body needs. Everything that we eat or drink goes through our digestive system.

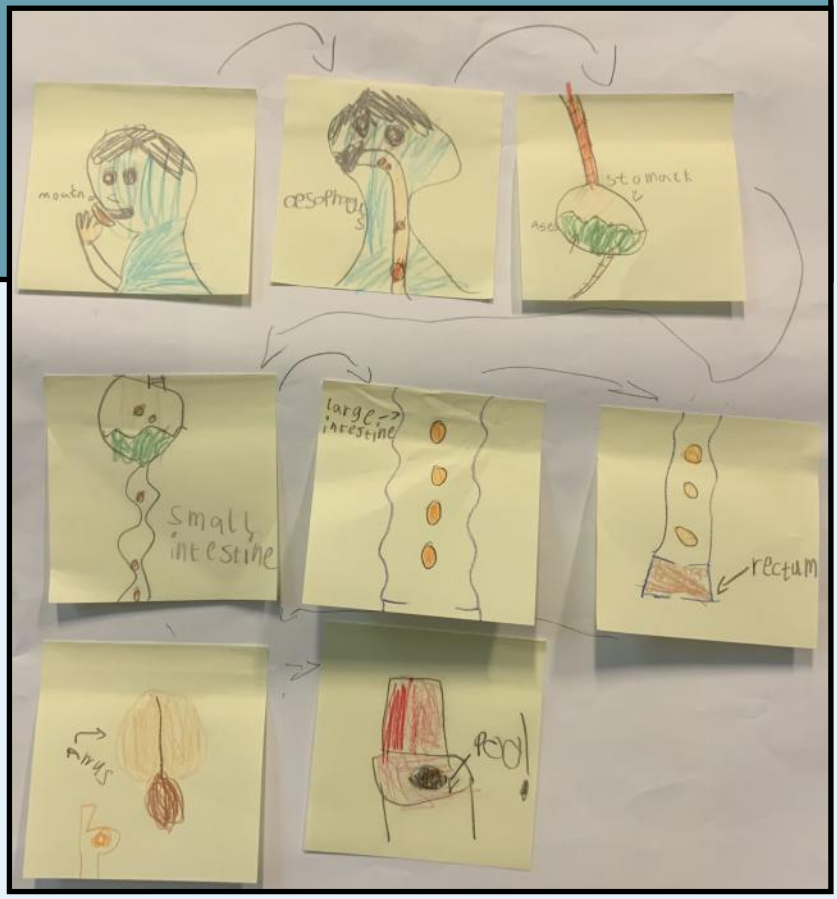
Did you know..??

It takes 7 to 10 seconds for food to travel from the mouth to the stomach!



How do we digest food?

Digestion starts as soon as you put the food in your **mouth.** We chew the food with **saliva** to make it softer so that we can swallow it. The food travels down the **oesophagus** to the **stomach**. It spends two hours in our stomach—during this time the stomach acid helps to kill bacteria and clean the food. The food then travels to the **small intestine**—this is where we extract the nutrients, vitamins and energy from the food. The food then travels to the **large intestine** and it begins to turn it into POO! Finally, the waste travels through the **rectum** and leaves the body through the **anus.**



Did you know..??

The oesophagus is so strong it can move food even when you are upside down.

Key Words and Glossary

Mouth—The start of the digestive system

Saliva—A liquid in your mouth that softens food.

Oesophagus—The tube that transports food to the stomach.

Stomach—Where food is cleaned and the acid breaks it up further.

Small intestine— Absorbs the nutrients, vitamins and energy from food.

Large intestine—Separates the waste from the food.

Rectum—Moves the waste to the anus

Anus—The end of the digestive system.

The Brain!

The brain is the most powerful organ in your body. It controls everything we do, including helping you think and remember things. Your brain has over 100 billion neurons which is more than the amount of stars in the milky way galaxy!

All about the brain

The human brain is like a controlling computer that stores our memory and controls how we think and react. It has evolved over time but scientists still struggle to understand lots of details about it.

The brain is the centre of the human nervous system, controlling our thoughts, movements, memories and decisions.

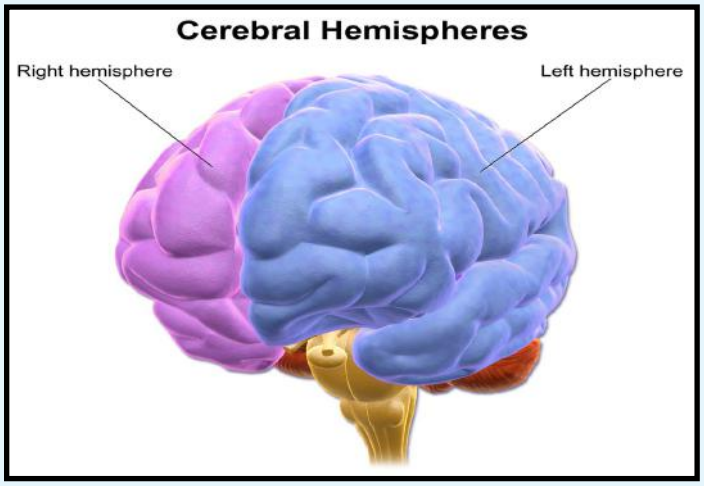
The brain uses between 20-30% of all the blood and oxygen in your body! That is a lot! Also, the average brain weighs 1.4kg and is around 15cm long.

The Brain's Hemispheres

The hemispheres are the two sides of the brain. The left side controls the right side of your body and the right hemisphere controls the left side of your body. The two hemispheres are very powerful things.

Did you know…?

The brain and the spinal cord together form the central nervous system



The Brain's main parts

The Cerebrum: Frontal lobe, is in charge of your personality, thinking, planning and problem solving.

The Cerebrum: Temporal lobe, controls our speech and hearing.

The Cerebrum: Parietal lobe, controls the way that you move, your speed, your senses and your writing.

Did you know?

Every brain cell makes connections with around 10,000 other brain cells

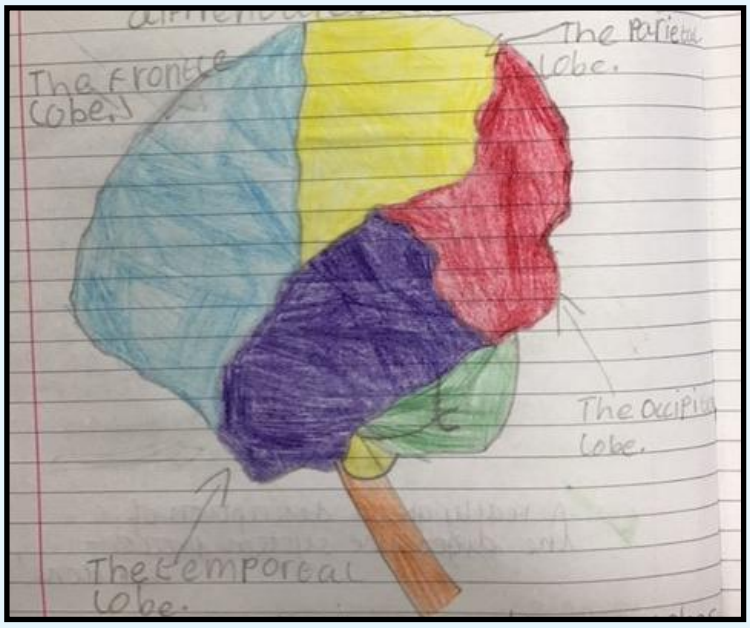
The Cerebellum is at the back of the brain and controls your movement, balance, voluntary motor skills and helps your muscles.

Did you know?

The brain stem (medulla spinalis) is the central part of the brain – like the apple core and connects to the spinal cord.

The Brain Stem: This part of the brain is at the bottom and connects your brain to your spinal cord. It controls all your bodies automatic things such as circulation. The brain stem is made up of three different parts, the medulla oblongata, the pons and the midbrain.

The Spinal Cord: links the brain to the rest of the body.



Key Words and Glossary

Brain - The control centre for your body

Cerebral Hemispheres - The rounded halves of the cerebrum/ brain

Frontal Lobe - Part of the brain that controls important cognitive skills

Temporal Lobe - Part of the brain that processes auditory information and encodes memory

Parietal Lobe - Part of the brain that processes sensory information

The Cerebellum - Part of the brain that co-ordinates and regulates muscle activity

Brain Stem - Part of the brain that regulates involuntary actions

The Circulatory System

The Circulatory System is a wonderful thing!
It helps carry oxygenated blood through the blood vessels and around your body.
The Circulatory System helps to keep us alive.

Did you know?

You have red and white blood cells! Red blood cells carry oxygen, nutrients and transport waste materials. White blood cells kill bacteria and help to fight infection.

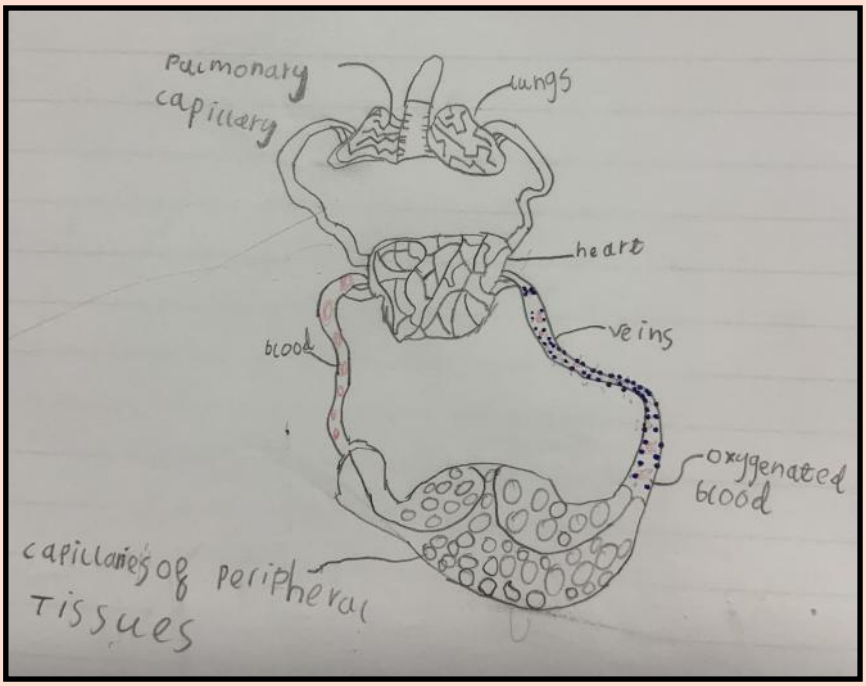
How does the heart work?

Your heart is a powerful muscle and is the same size as your fist. It beats around 100,000 times a day. When you exercise your heart rate increases, this helps more oxygen travel around your body. The heart continuously pumps around 5 litres of blood to your organs to make sure they work.

The Circulatory System Process

The diagram on the next page helps to understand the process explained below.

1. Blood from your heart is pumped into your lungs
2. The lungs fill the blood cells with oxygen, this means the blood is oxygenated.
3. Then, the blood travels back to the heart and the heart pumps again.
4. Next, the blood travels out of the heart and into the arteries.
5. The arteries carry the blood away from the heart.
6. Oxygenated blood travels around your body and to your organs.
7. Blood is then exchanged from the arteries, through the capillaries and to the veins.
8. The veins pick up waste material and carry the blood back to the heart
9. Finally, the process is a cycle, it starts again.



Did you know?

The right side of your heart receives blood from your veins and pumps it to your lungs, where it picks up oxygen and gets rid of carbon dioxide. The left side of your heart receives oxygenated blood from your lungs and pumps it through your arteries to the rest of your body.

Blood Vessels

Blood flows away from your heart through your arteries, these are connected to the capillaries that then help the blood cells travel through the veins. The veins collect all the waste material and help carbon dioxide to leave the body.

Did you know? Your arteries are only one cell thick so oxygen and nutrients needed by your body can pass through easily. They carry bright red blood full of oxygen from your heart to lots of different organs in your body.

Did you know?

You can feel your pulse (to check how fast your heart beats) by placing two fingers on your wrist, your neck or by feeling your heart beating in your chest!

Key words and Glossary

Heart—The muscle that pumps blood around our body.

Lungs—Two large organs that store oxygen and help transfer it to the blood.

Arteries—Tubes that carry oxygenated blood around our body.

Veins—Tubes that carry de-oxygenated blood back to the heart and lungs.

Capillaries—Tiny cells that transfer the nutrients carried in the blood to our muscles and bones.

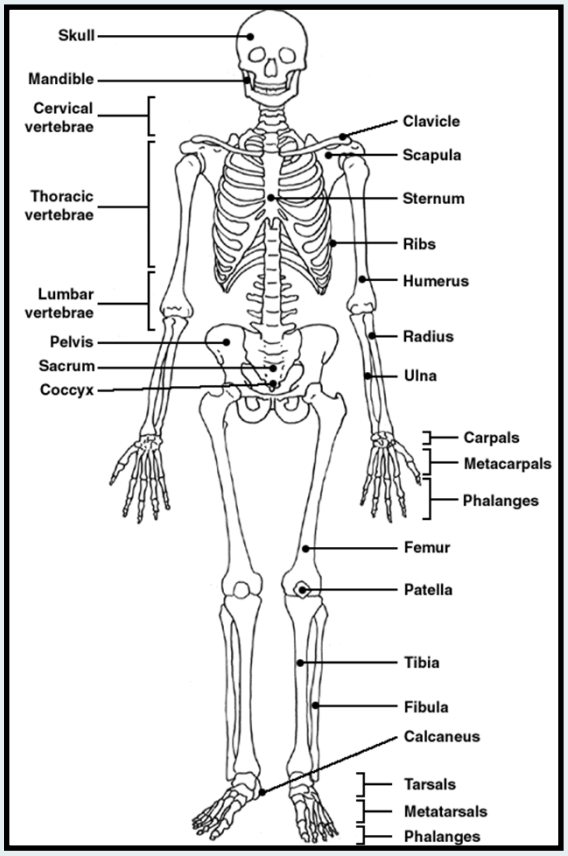
Oxygenated blood - Blood cells that are carrying oxygen around our body to provide energy to our muscles.

The Muscular-Skeletal System

Our skeleton is amazing! It starts at our skull and stretches to our phalanges (that's our toes!) Without our skeleton and muscles we would just be a blob on the floor. Our muscular-skeletal system helps

Did you know?

Some bones and muscles are always moving such as your ribcage and your heart. Your heart is a muscle!



Super skeletons! Magnificent muscles!

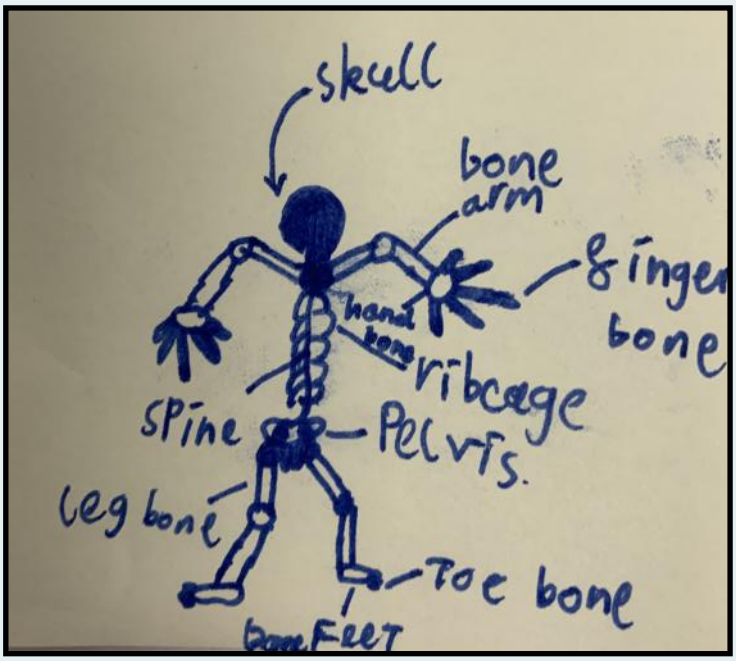
Our muscles and our bones work together to help us to move. They are very important. If we did not have muscles with would just be a bag of bones. The skull is one of the strongest bones our body. This is to help protect our brain. Bones have 3 main jobs. Protection, Movement and Support.

Did you know?

When you are born you have about 300 bones in your body. However as you grown older these bones fuse together and we end up with around 206 bones by the time we are an adult.

How do we move?

Our bones and muscles help us to move everywhere. Muscles work in pairs and run over our bones. They are connected at our joints. So… When we move our lower arm our biceps and triceps work together to create a smooth movement!



Did you know?

Some people think that the spine is the longest bone in our bodies. Actually, the spine is all separate bones called vertebrae. The longest bone in the human body is called the femur!

Protection, Movement and Support

These are the three main jobs of our bones:

Protection –our bones are designed to help protect our delicate organs such as our heart and lungs.

Support –our bones are designed support the weight of our skin and body. This is one of their main jobs.

Movement– without muscles and bones we would not be able to move. They are vital in keeping us moving.

If you break a bone you might meet Helen, a diagnostic radiographer. She takes X-Rays and looks to see what is broken. She is also Oliver's Mum!

Key words and Glossary

Muscle - A piece of tissue which connects two bones and which you use when you make a movement

Skeleton - The bones of a human or animal that creates the framework of protection for your organs

Healthy Eating

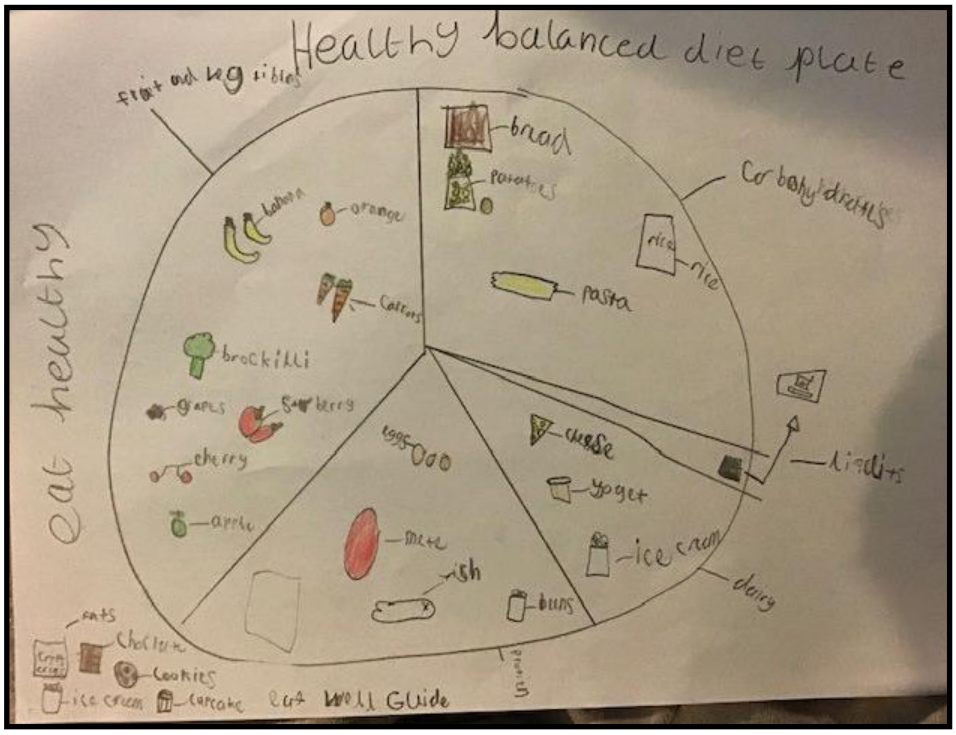
We have looked at healthy eating and how it affects our physical and mental well-being.

When looking at the different food groups; carbohydrates, protein, dairy, fats and fruit & vegetables we learnt that improving your diet can help improve your mood, give you more energy and can help you think more clearly.

It is also very important to drink lots of water and keep hydrated. If you don't drink enough water, you may find it hard to concentrate and it will also affect your digestive system.

Vegetables and fruit contain lots of vitamins and minerals which we need to stay mentally and physically healthy.

If you don't look after your digestive system it can slow down or speed up, stress and anxiety can also do this to your gut. To help your digestive system stay healthy you need to make sure you are eating foods such as beans, pulses, fruits and vegetables, drinking water and exercising regularly.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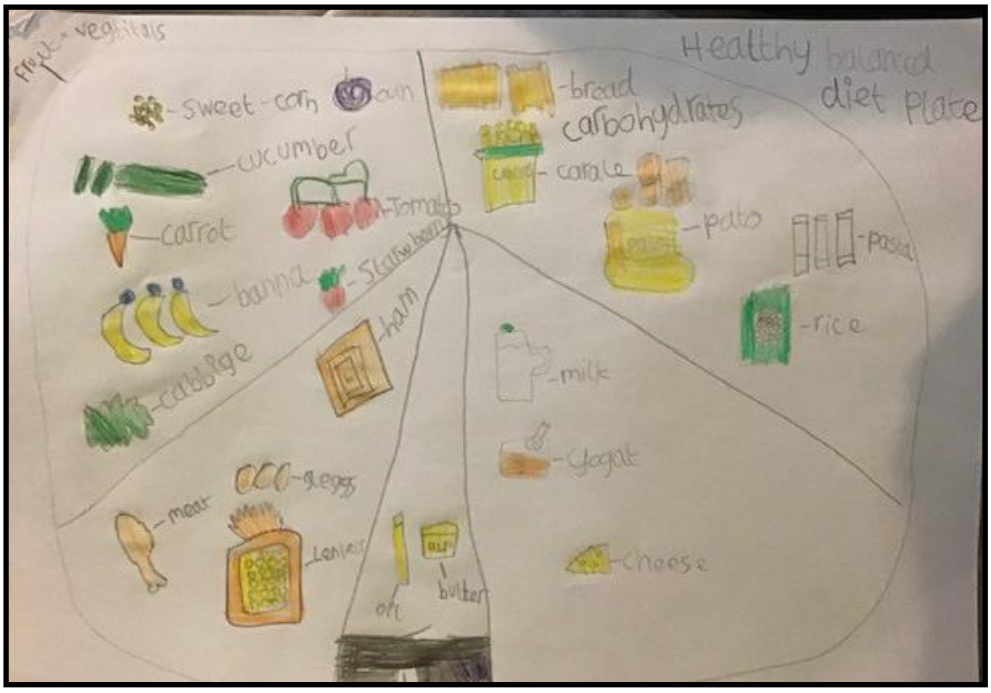
Healthy balanced diet Plate
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ham
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carale
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rice
milk
yogat
cheese
oil
butter

Colour Poems

Within our English sessions, we have been investigating how colour can help to portray our feelings. To get a good understanding of using colour within poetry, we used our senses to think creatively and to write these wonderful poems . We thought that they were so good that we have included some of them in here! What colour is your favourite?

Pink Love – *by Amelia H*

Pink is like a bunch of beautiful flowers.
Pink is angels dancing in the moonlight.
Pink is like a fresh summer breeze.
Pink feels smooth and fluffy like cotton candy.
Pink tastes like the ice-cream you get from the beach on a hot summers day.
Pink is relaxing and makes me feel warm inside.
Pink is fairies and princesses.

Blue – *by Eli-James*

Blue looks like the waves from the sea.
Blue sounds like the wind in a storm.
Blue smells like blackcurrants.
Blue feels like blueberries getting squashed.
Blue tastes like water.
Blue makes me feel happy.

Red – *by Bertie*

Red is like a pile of red crayons.
Red sounds like a fire engine.
Red smells like love heart wax melts.
Red feels like a blanket.
Red tastes like strawberries.
Red makes me angry.

Blue – *by Ezekiel*

Blue looks like the sky on a clear day.
Blue sounds like the waves crashing at sea.
Blue smells like blueberry muffins.
Blue feels like cold water.
Blue tastes like bubble-gum sweets.
Blue is when you feel sad.

Orange – *by Finley*

Orange looks like an erupting volcano,
and sounds like bubbling lava.
Orange smells like a fiery, hot pepper,
and feels like sand which has been on the sun for 100 years.
Orange tastes like an explosion.
Orange is exciting like a firework display.

Yellow – *by Poppy*

Yellow is happiness.
Yellow is the colour of the beautiful, shimmering sun.
Yellow smells like dandelions.
Yellow is a wonderful colour.
Yellow is the best.

Blue – *by Parker*

Blue looks like the sea.
Blue sounds like chirping birds.
Blue smells like fish and chips.
Blue feels cold and wet.
Blue tastes like salt.

Purple – *by Lexi*

Purple looks like a bunch of juicy grapes.
Purple sounds like mermaids splashing in the sea.
Purple smells like freshly cut flowers.
Purple feels like my soft teddy.
Purple tastes like sweet ice-cream in the summer.
Purple is calm.

Blue – *by Jayden*

Blue looks like a deep ocean.
Blue smells like cherry bubble-gum.
Blue feels like smooth sand.
Blue tastes like savoury, salty crisps.

Green – *by Amelia N*

Green looks like a big pile of fresh leaves.
Green sounds like large black rocks hitting a tree.
Green smells like freshly cut grass from the ground.
Green feels like a pile of sticky slime.
Green tastes like a fresh apple washed in a bowl with ice water.
Green is a mist of jealousy.

Red – *by Jack*

Red looks like a bunch of roses.
Red sounds angry.
Red smells like fire.
Red feels hot to touch.
Red tastes like love.

Blue – *by Harry*

Blue looks like the ocean.
Waves sound like blue.
The fresh water and bath smell like blue.
Blue feels smooth.
It feels like touching the clouds in the sky.
Jelly beans taste like blue.
Blue makes me feel calm, like watching the ocean waves.

Orange – *by Oliver*

Orange looks like the sun.
Orange sounds like a fire.
Orange smells like candles.
Orange feels like crunchy leaves.
Orange tastes like spicy curry.
Orange is happy.

Red – *by Elias*

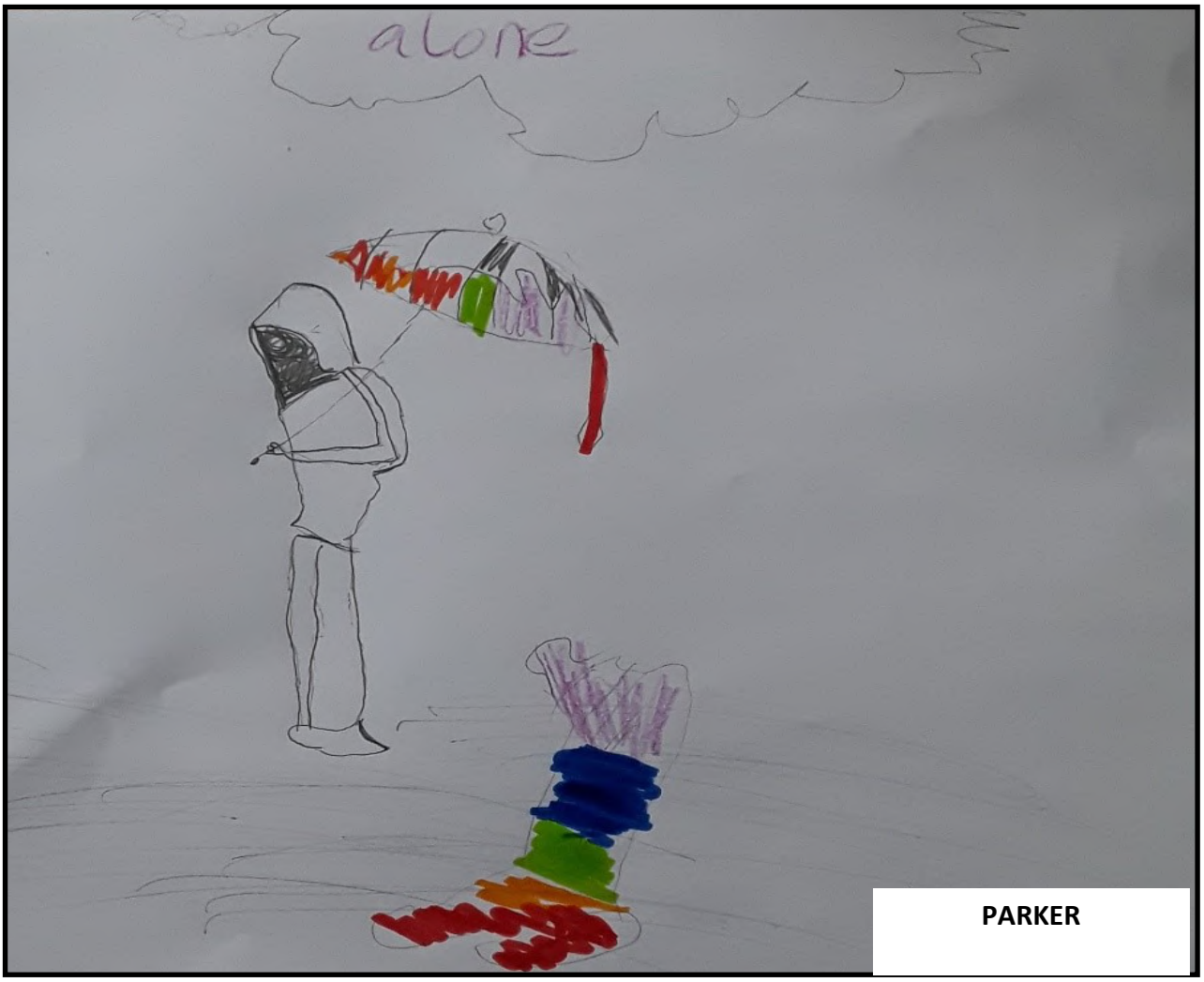
Red looks like lava.
Red sounds like an angry giant coming to get you.
Red smells like smoke – is something burning?
Red feels like a nightmare.
Red tastes like chilli.
Red is anger.

Red – *by Jasmine*

Red looks like a big, bright fire engine.
Red sounds like a heart beating as fast as a steam train.
Red smells like a fresh bowl of yummy berries.
Red feels like a fluffy monster trying to get you.
Red tastes like hot, hot, hot chilli.
Red is ANGER it can sometimes make you do silly things.

Feelings Artwork

As part of our project, we asked the children to explore how we can portray feelings using art. We looked at a range of different pieces of art work and then asked the children to create their own feelings drawings. Here are some of their examples.



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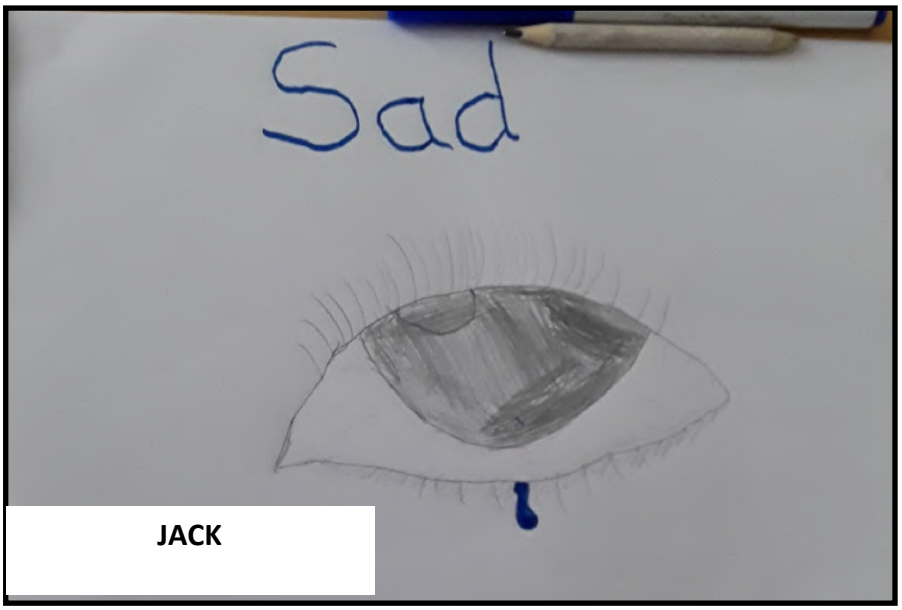
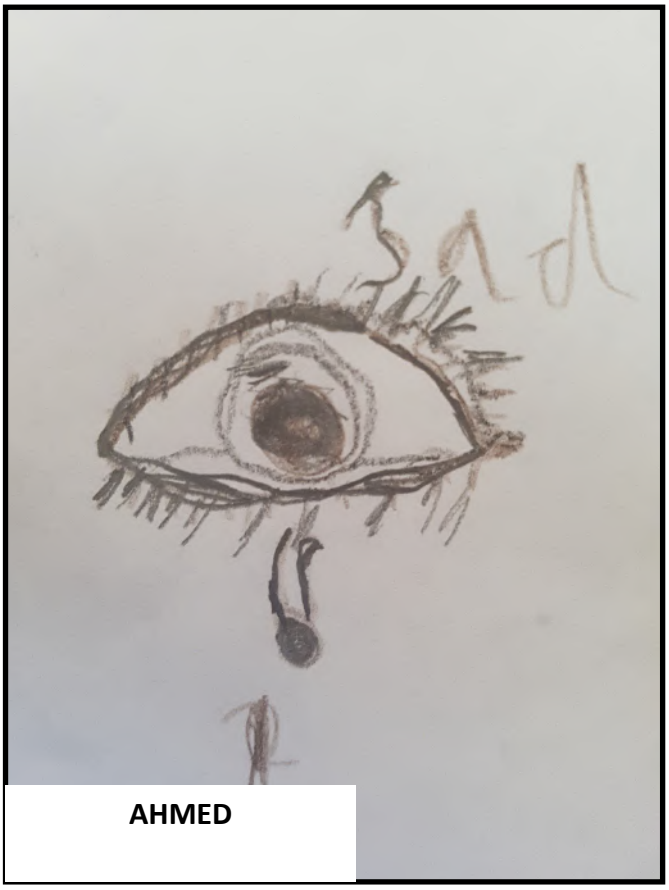
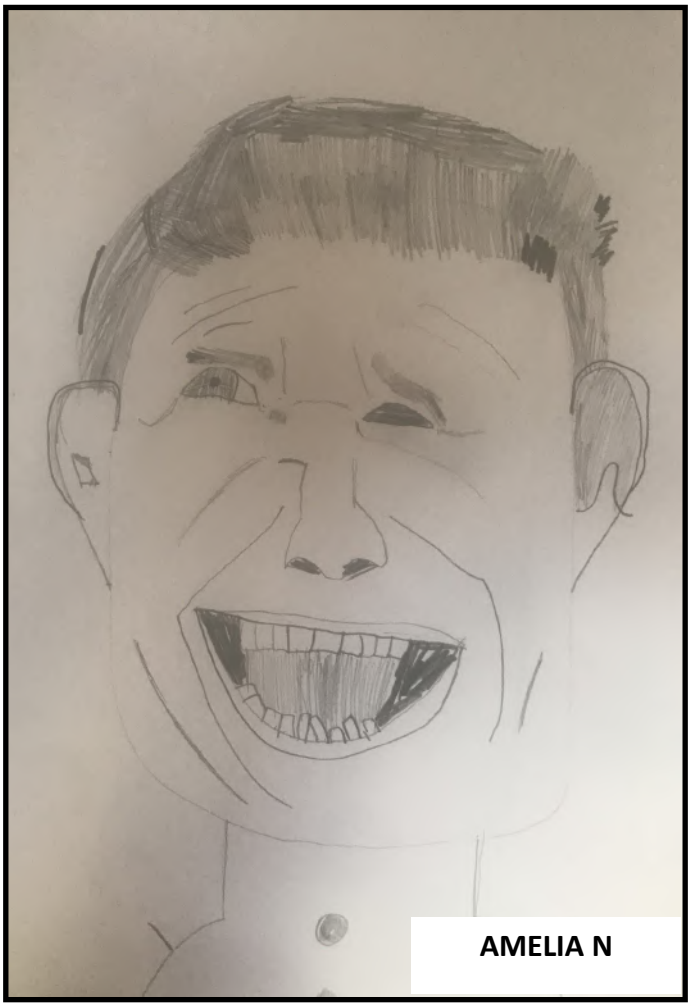


JACK



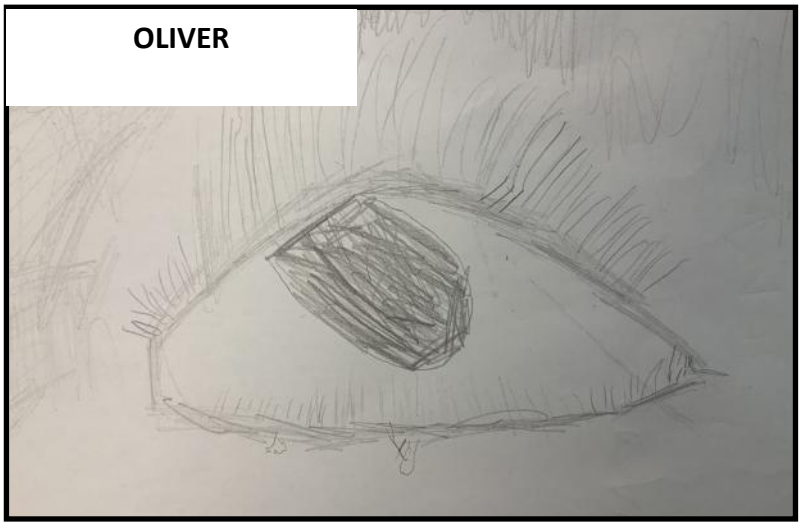
AHMED

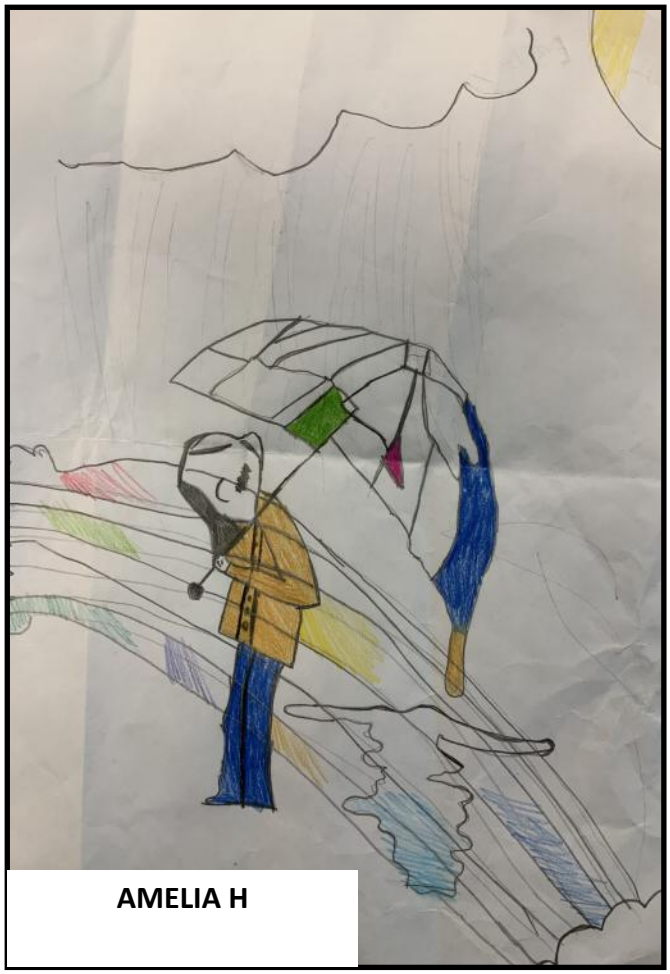


AMELIA N

LULA

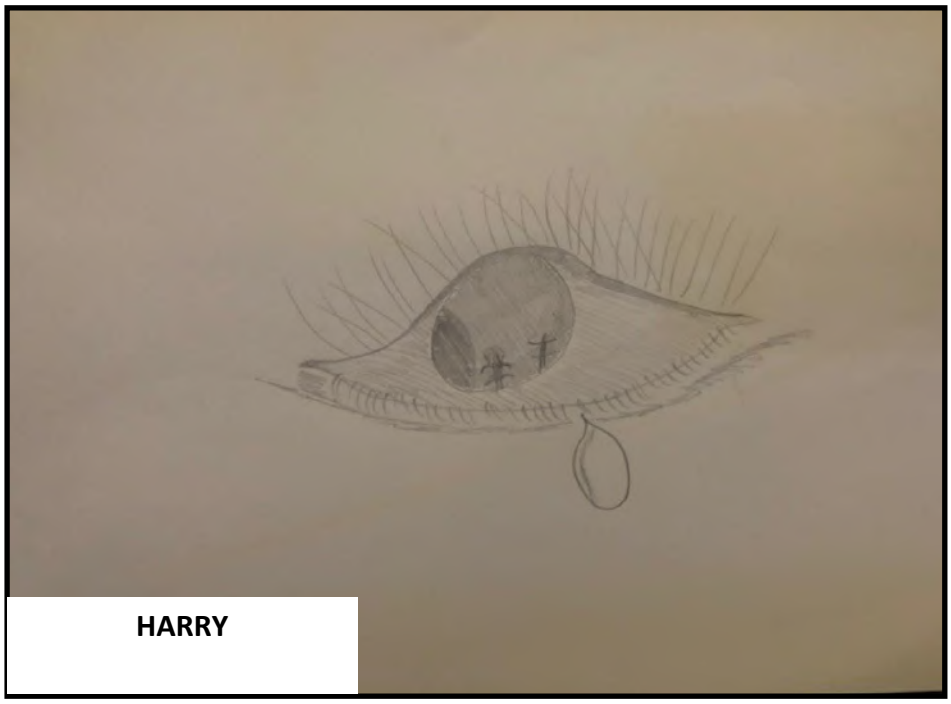
OLIVER





AMELIA H

JASMINE



HARRY

Feelings Poetry

In the final part of our English sessions, we focused on writing poetry that could share our feelings, and to look at the way our emotions change in different situations. Sometimes we are happy, sometimes we are sad. We all have feelings and here we have shared our classes experience with their own feelings through poetry.

HAPPY
By Amalia

Happy is when we get together and celebrate.
Happy is when we are under the boiling hot sun.
Happy is when we have a wonderful meal with each other.
Happy is when we play with our friends.
Happy is when we go on holiday with our family.
Happy is when we laugh together when we are having a great time.
Happy is when we drink hot chocolate when it is cold.

Unhappy
By Lula

I was unhappy.
Everywhere was scrappy.
I was snappy.

Excitement
By Amelia H

Excitement is like being on a rollercoaster, screaming as loud as you can.
Excitement is the feeling of stepping on a plane to go on a sunny holiday.
Excitement is the smell of fresh popcorn cooking at the circus.
Excitement is the sound of fireworks dancing to music.
Excitement is the feeling of waking up on Christmas morning knowing Santa has been.

Calm
By Amelia N

I am calm when the wind blows in my ears, it feels like a feather tickling my skin.
Calm reminds me of a rainbow high up in the sky as light as a star.
When I am calm I like to relax.
Listen to music, clearing my head.
I lay on my large, fluffy bed.
I am calm as can be.
I walk down to the fresh, blue sea.
As the cool water rises over my feet.

Exciting
By Bertie

My birthday was exciting.
I got cards and presents.
But yesterday night.
I couldn't wait.
I'm happy about my Switch Lite.
The game card and Mario Kart 8.
Like my age.

Birthday Sleepover
By Betty

My birthday present was round and colourful.
Our warm, deep bath sounded like tiny waves.
I smelled yummy dinner cooking.
The pizza tasted fantastic.
When we got in bed it felt comfortable.
I was as energetic as a rocket.
Celeste was as jumpy as a good grasshopper.

Sad
By Cody

Sad is like tears in the ocean.
Sad makes you feel blue.
Sad makes you feel as loved as a dead flower.
Sad makes you want alone time.

When I am sad
By Aira

When I am sad,
I feel like I am on the stormy sea.
When I am sad,
I feel like I am trapped in a sad movie.
When I am sad,
I sing and sing and sing.

I sing as loud as an elephants trunk.
Then my sadness floats away.
It is like a balloon in the wind.

Jealous
By Iliyas

Jealousy comes to you.
When someone has what you want.
A green, emerald mist rolls in.
It tells you to steal the thing.
The thing that you want

HOPE
By Kaustubh

Hope is good.
Hope gives life.
Hope gives confidence.
Hope is our help.
Hope is a dream.
Hope comes when we believe in ourselves.

Calm is watching the sea
By Jack

Calm is watching the sea.
Calm is quiet, like reading in a library.
Calm is my soft pillow, that I like to cuddle.
Calm tastes like a hot cup of tea.
Calm is when I am watching TV.
Calm is the smell of popcorn, when waiting for a movie to start.

Happy
By Mackenzie

I feel happy.
As bright as the yellow sun.
like a spark is in the sky.

My smile is as big as a clown.
I feel glad when I see my family.
Happy and not sad and blue.

I love my family in the entire world.
They bring me joy.
Like the yellow and orange sun.

Happy
By Parker

Happy is the smell of pizza.
It makes my belly full.
Happy is the taste of eclairs.
They make me excited like Christmas.
Happy is when I go to the park.
I like the swings and go as high as a bird.
Happy is the sound of laughing.
Like when I tickle my brother.
Happy is when I cuddle my guinea pig.
She is soft and warm.

Feelings Poetry - Part 2

Happy
By Oliver

Happy is like eating a chocolate covered donut.
Happy feels like catching my first fish.
Happy sounds like Father Christmas saying "HO, HO, HO!"
Happy is having a big holiday at Center Parcs.
Happy is seeing the big camp on a bike.
Happy is playing rugby with 'Crusaders'.
Happy looks like when I run and score a try.
Happy is being with my friends.

Bright, beautiful sky
By Ahmed

Bright, beautiful sky.
Like a high diamond cloud in the sky.
As I look at it, it makes me happy and shy.

White roses across the field.
They are just like my brothers eyes.
Those eyes are beautiful, to the point I can't say bye.

Nice birds and bees.
They are sitting on flowers.
It is like they are going to say 'goodbye'.

Confusion
By Elias

Confusion is wondering "what is happening?"
He keeps asking but doesn't understand the answer.
Confusion is like tangled up rope.
Confusion wears shorts in the winter and feels embarrassed.
Confusion is asking "where am I?"

Sad
By Jasmine

I was frightened and scared.
As the thunder flashed.
The lightening crashed.
Overhead.

It made me upset and sad.
To think about my poor little cat.
All alone.
On this very dark and gloomy night.

My heart was feeling sick.
My little Daisy outside alone.
She might be afraid in the lightening.
I was scared.

My tummy hurt.
My tummy felt like a washing machine.
Spinning around very fast.
A loud BANG!

A lightning bolt shot.
It shot out of the sky.
Towards a big oak.
"DAISY!", I shouted.
As the oak tree was her favourite place to play.
I was heartbroken.
Heartbroken at the awful sight.
To see this big tree.
It split into three.

"Daisy, oh Daisy!" I said again and again.
I felt very glum.

Worry
By Harry

Covid-19 makes me worry.
Makes me feel like I'm going insane.
Mainly because I can't play my game.
I can't see my friends.
Interactions are so low.
It can sometimes feel dark.
I can't go to the park.
I'm happy we are keeping safe.
I have faith it will all go away soon.

Happy
By Kaustubh

Happy is an enjoyable time.
Happy is like sky diving.
Happy is like watching a movie.
Happy can make you smile.
Happy is better than sad.
Happy can make you party.
Happy is great and calm.
Happy is spending time with my Dad.

Angry
By Jayden

When you are angry, you feel like a bursting volcano.
You are red hot with anger and you are raging.
You are furious and you turn as red as a pepper.
You see pitch black voices talking to you.
Your fingers are hard as a rock.
Determined to use violence.
You taste hot fire in your mouth.
You smell blank air.

Sad
By Haldor

Sadness is like being blue.
Sad is tears.
Flowing in the waves.
It is as if you are lost.
Sadness feels like the sea.

Nervous
By Lexi

As I leave my home to go to my new school,
there is a strange feeling in my tummy.
As I walk closer to the gate,
I grip the hand of my Mummy.
I wipe away a tear, that runs down my face.
I can hear my heart begin to race.
As I look around to search for my friend,
I feel like this is all pretend.
But it is real,
So I have to confront the way that I feel.
As the days went by,
I was brave and gave everything a try.

Anger
By Logan

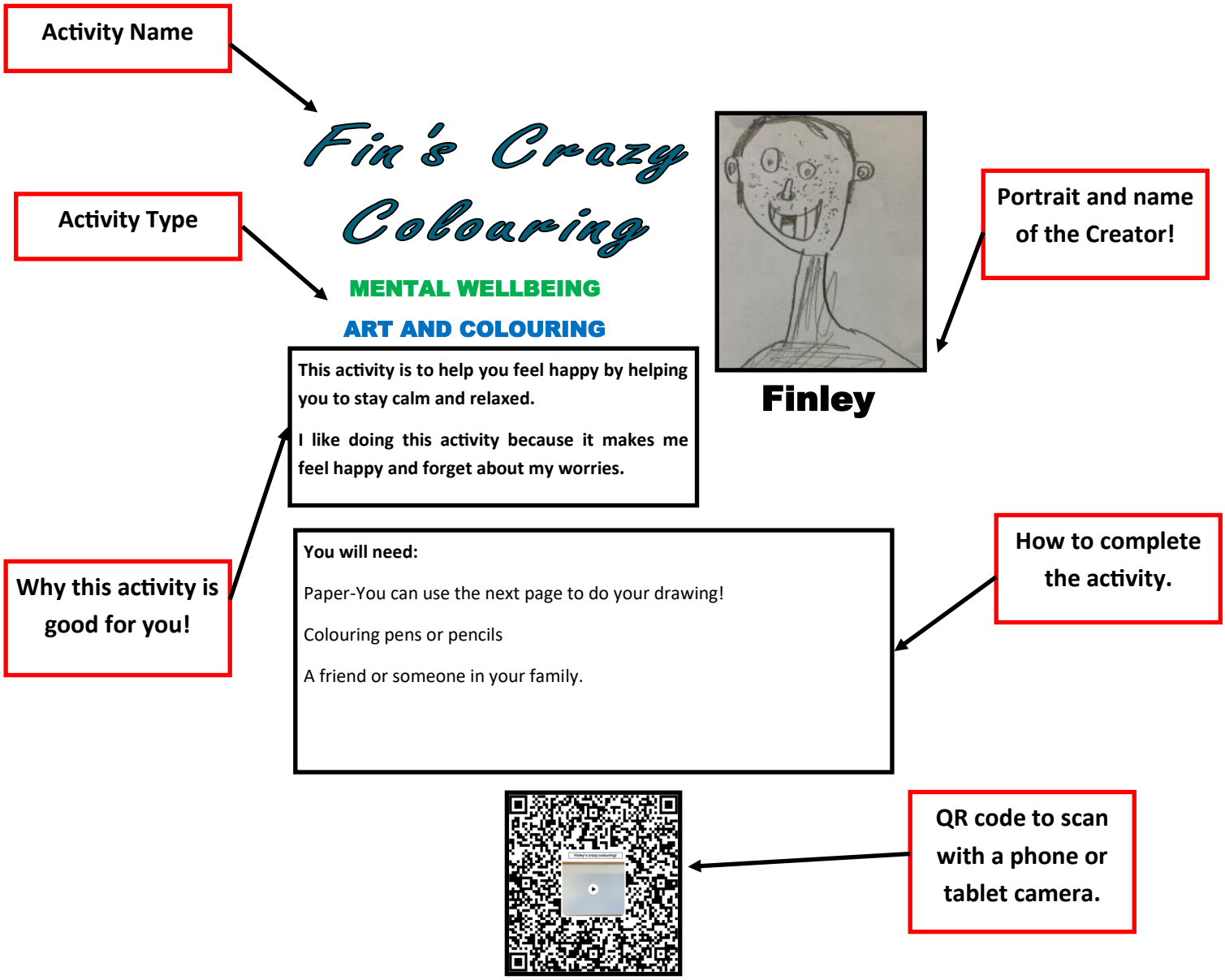
Anger is explosive like a volcano.
Out of control about to erupt.
Burning hot like wildfire.
Anger is red like lava.
It takes time for anger to build up.
It is hard to escape, like a pain.
Anger is unpredictable like a bomb-shell.

Wellbeing Activities

As part of our project, we have worked to include an activity designed by every child in our Year. The activities have all been created and designed by them!

The activities are designed to support mental and physical wellbeing. At the start of each activity there is a box that shares which area the activity focuses on and a short introduction to the activity.

We really hope that you enjoy the activities that we have created. It would be great if you could share them with your friends, family and school.



Friendship Bracelets

MENTAL WELLBEING

ARTS AND CRAFTS

Ellie-Mai

Making friendships bracelets is really relaxing and helps you do something other than watching TV.

It is great to do indoors especially when it is raining outside. You could even make some for your friends.

How to make a friendship bracelet…

1. Choose 3 different colours of thread
2. Bunch them together
3. Tie a knot at the top (make sure all three strands are in the knot)
4. Plait all the strands of thread from the top to the bottom
5. Tie another knot at the bottom once plaited
6. Wrap around your wrist (not too tight) and tie another knot
7. You now have a lovely friendship bracelet
8. You could make lots of them for your friends and family

Cody's Cool Colouring

MENTAL WELLBEING COLOURING

Cody

This activity is something to help you forget about your worries.

Colouring can help you to forget about things that are worrying you by giving you something to focus on. All you have to do is focus on the colouring.

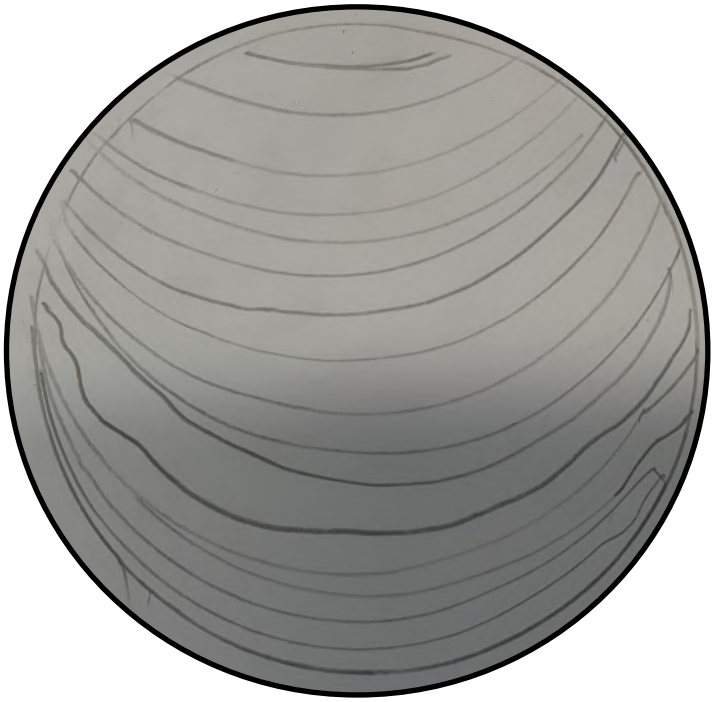
I find that this really helps me if I am worried about something. I hope that it will help you too!

Instructions:

Focus on staying inside the lines and use some colours that you think are happy colours!

Find an object with a circular face to draw around.
Then, use the edge of the circular face to make the lines.

Top Tip: A plate would be a great object to use!



Maria's Flower Pot

MENTAL WELLBEING
OUTDOOR AND NATURE

Maria

This activity will help you to get a fresh mind - growing plants is great for the environment and also takes your mind off any worries you may have or stress that you may be feeling.

You can grow one plant or lots of plants—its up to you!

You will need:

A trowel or spade.

A pot.

Some flower seeds.

Soil or compost

Water—a hose or bottle will do!

Making your pot plant:

1. First get a pot to put the soil in.
2. Fill the pot 3/4 of the way with soil
3. Put some seeds in the soil.
4. Putting a plant description label in the pot will help you remember what you have planted!
5. Water
6. Leave the seeds to grow.
7. Water every 2 days!

Peaceful Meditation

PHYSICAL WELLBEING

RELAXATION

Amalia

This activity is designed to help you feel calm. We sometimes feel upset, worried or angry. When this happens we need to find our 'calmness' again.

Meditation can help you feel happy and calm. It can also help at bedtime if you want to clear your mind and get a great nights sleep.

I like meditation because it makes me feel calm and tired before I go to bed!

What you will need:

A mat, blanket or cushion to sit on.

A drink of water.

A healthy snack.

What you need to do:

1. Sit with your legs crossed and back straight. (Like the picture!)
2. Lay your hands on top of your knees—palms up.
3. Close your eyes and think of your most amazing memory.
4. Choose a good memory!
5. Focus on your breathing - take 3 seconds to breathe in, and 3 seconds to breathe out.
6. Repeat this 10 times.
7. When you have done this—Have a drink of water and you are ready for bed!

Victor's Crazy Climbing

PHYSICAL WELLBEING

EXERCISE

Victor

The activity that I have created is designed to help your upper body strength.

This can help you to stay strong in your upper body and helps you to have a good posture. This can help your bones and spine to stay healthy and strong!

I like doing climbing because it helps me when I do parkour (climbing and jumping over things you find in the community) and free-running.

What you will need:

Outdoor space

A climbing frame or similar.

A grown up to help you stay safe.

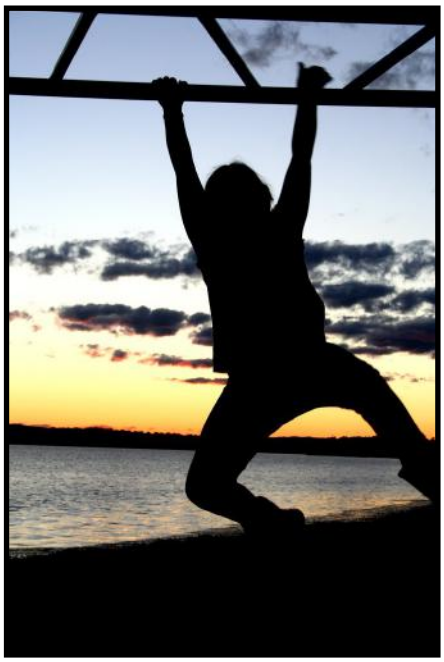
What you have to do:

Go outside or go to the park. (Sometimes at a play park there is a climbing frame that you could use!)

When you have found something to climb on, try to hold on using your arms and legs to stay off the ground for as long as possible! Your arms might start to ache a little-but that means your muscles are working hard!

If you want a challenge - just use your arms!! This might be hard work at the start! Try and climb using your arms.

Monkey bars are a real challenge to help with climbing too.



Lego Model - Create your own home!

MENTAL WELLBEING

MODEL MAKING

Logan C

Building your home using lego shows you everything you can be grateful for. You may have lots of things at home that are really great, like your bed for getting a good nights sleep, your dinner table to enjoy family meals and your living room for relaxing.

How to do the activity/instructions

You will need:

* A flat surface
* Lots of different lego

1. Build the walls for your lego home (you will need to stack lego bricks to do this).

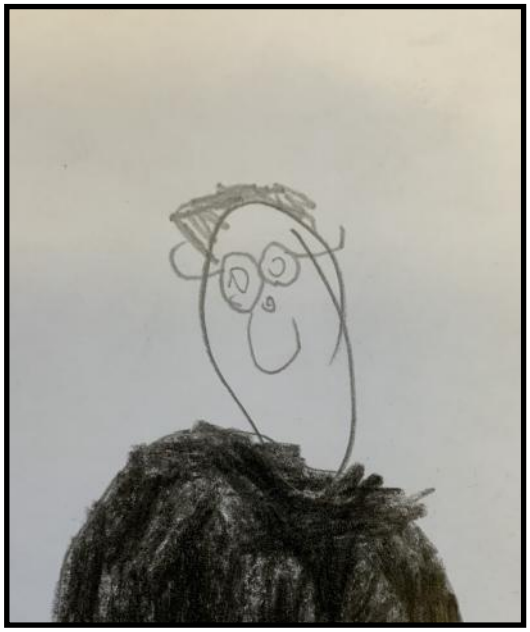
2. Make the roof for the top.

3. You will need a front door, 4 windows and a chimney

4. Next, you will need to build all the furniture from your home, a bed, a chair, a table, stairs and even a fireplace—make all of these from lego

Lego helps your mental well-being—it will make you feel happy, calm and grateful for what you have.

Create a lego brain!



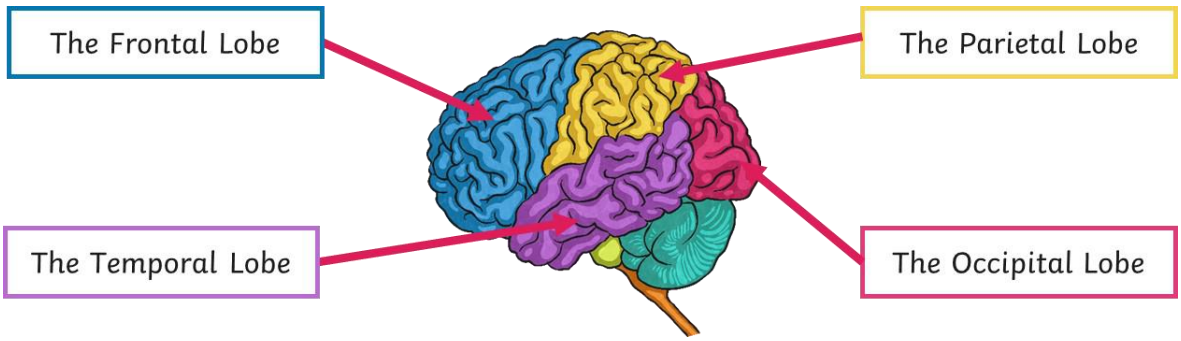
MENTAL WELLBEING

LEGO MODELLING

Jaiden

Playing with lego helps your brain to relax.

I am going to help you create your own lego brain—this is very educational, as it will help you to learn about the different parts of the brain.



How to complete the activity:

You will need:

* Blue lego—FRONTAL LOBE
* Red lego—OCCIPITAL LOBE
* Purple lego—TEMPORAL LOBE
* Yellow lego—PARIETAL LOBE
* Brown lego—BRAIN STEM
* Green lego— THE CEREBELLUM

These are to show the different parts of the brain—you could choose different colours.

* Use the picture to help you build your model.
* You could even label each part!

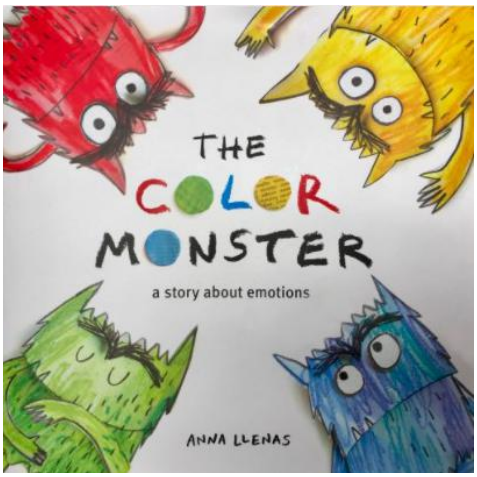
Rainbow of Feelings

MENTAL WELLBEING
COLOURING AND DRAWING

Jasmine

This activity will help you to understand your feelings. When you have feelings sometimes they can feel like different colours. The way that you feel could be associated with different colours - Just like in the book 'The Colour Monster' by Anna Llenas.

I like this activity because it is about having fun and drawing or writing how you feel using lots of different colours.



You will need:

A selection of different coloured crayons or felt tip pens.

Paper - Any size will do - or use the next page!

What you need to do:

You can create a feeling rainbow using the different colours for different feelings.

Red is Anger

Orange is Very Angry

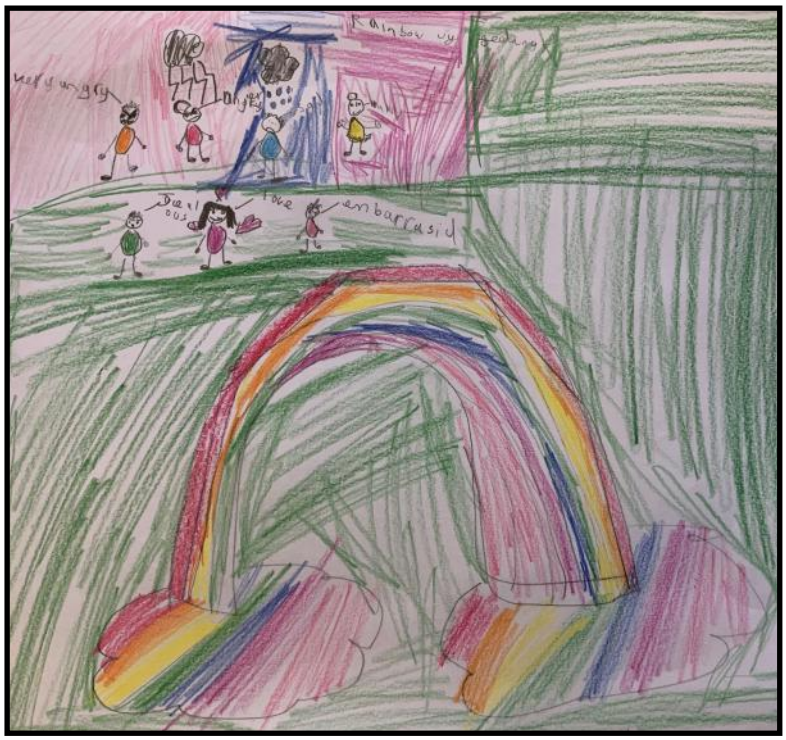
Yellow is Happy

Green is Jealous

Blue is Sad

Purple is Love

Pink is Embarrassed



Helping you sleep!

Lily-Mae

PHYSICAL WELLBEING
MENTAL WELLBEING
SLEEP

I have created this page to help you get a good nights sleep.

Sleep is really important. It helps you have lots of energy and ensures your brain is ready for action.

If you get a good sleep you will feel better every day!

I think it is good because I can do all the things I want to do better if I have had a good sleep.

My top tips to get a good nights sleep are:

- Try not to use electronics at least 1 hour before bed. This includes tablets, computers and phones.

- Taking a book to bed is a really good thing. Reading can help before you go to sleep because it helps your brain relax.

- Going to bed at the same time, when you can, helps your body know when it is bed time.
- Adults need about 8 hours and children need 9 to 11 hours sleep.

- Calm music can also help you relax and fall asleep better.

I hope these tips help you sleep better and feel better.

Gardening

PHYSICAL WELLBEING
MENTAL WELLBEING
OUTDOOR AND GARDENS

Parker

Gardening is really fun to do. It can help with your physical and mental wellbeing. When gardening, you are working hard and it means you are just thinking about what you are doing.

I like gardening because of the digging that you have to do. It is also good when you plant the seeds and they grow.

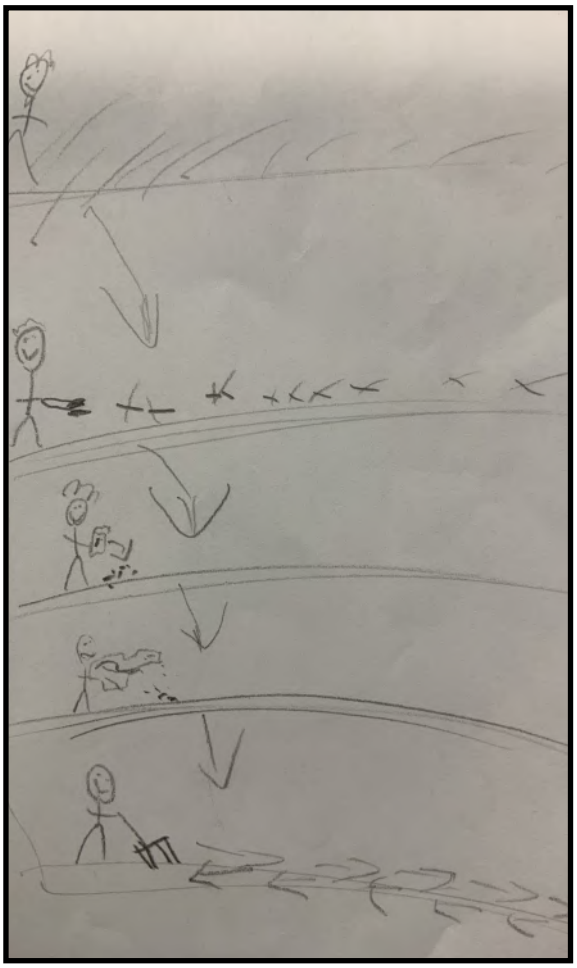
Tools you will need:

Fork and Spade

A rake to clear weeds away.

Watering can

Seeds



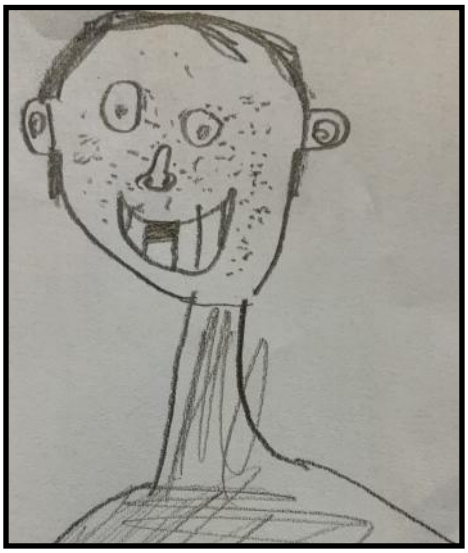
Top tips for gardening:

- Find a flat part of your garden or field at school.
- Dig up the grass and soil– Check for weeds! These need to be removed.
- Plant your bulbs or seeds at the right time of year.
- Water the seeds often.
- Wait for them to grow and then you can pick your flowers or vegetables.

Fin's Crazy Colouring

MENTAL WELLBEING

ART AND COLOURING



Finley

This activity is to help you feel happy by helping you to stay calm and relaxed.

I like doing this activity because it makes me feel happy and forget about my worries.

I hope you enjoy it too!

You will need:

Paper-You can use the next page to do your drawing!

Colouring pens or pencils

A friend or someone in your family.

Scan the QR Code below to watch Finley's instructions.

Calm Colouring

MENTAL WELLBEING
COLOURING ACTIVITY

Lena P

Colouring helps you to be calm and happy - It is because you are working really hard to make sure that your picture is really good.

I try not to get distracted by other people and colouring is something that really helps me. I LOVE colouring!

You will need:

Paper

Colouring pens or pencils

What you need to do:

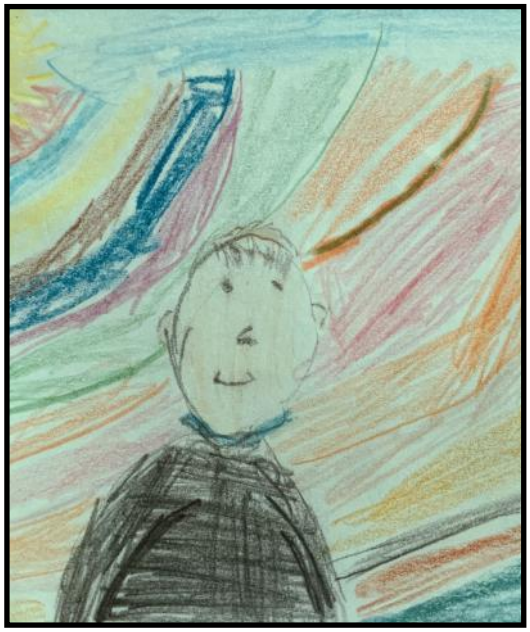
Choose a book or something with pictures in.

Choose one picture that you are going to try and copy.

Draw the outline first.

Then colour in all of the details.

Warhammer Yoga



PHYSICAL WELLBEING

MENTAL WELLBEING

YOGA

I think this activity is good for anyone because it helps your body and your brain. It does this because you are relaxing all of your body.

I like doing yoga because it helps me to stay calm when I am getting angry or upset.

Logan E

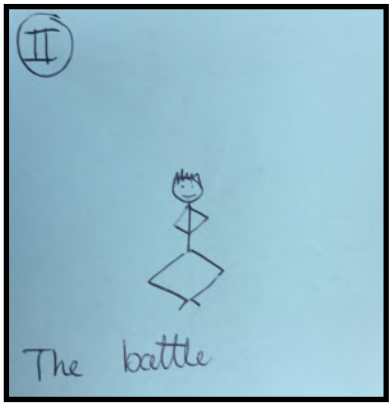
Things you will need:

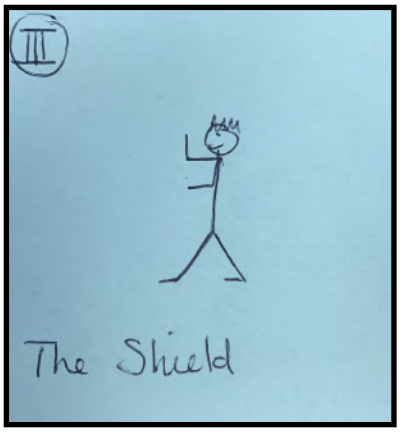
An quiet open space indoors or out-doors.

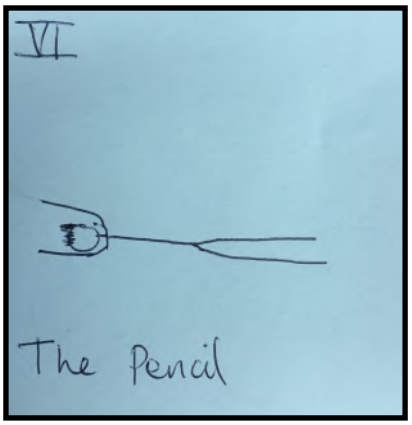
A mat or towel to sit work on.

A drink of water.

Try out the positions in the picture. Hold each position for 20-30 seconds. Repeat on both sides.







Pancakes!

MENTAL WELLBEING

BAKING

I love eating pancakes and I want to share how to make them.

They are quick to make and do not need lots of ingredients.

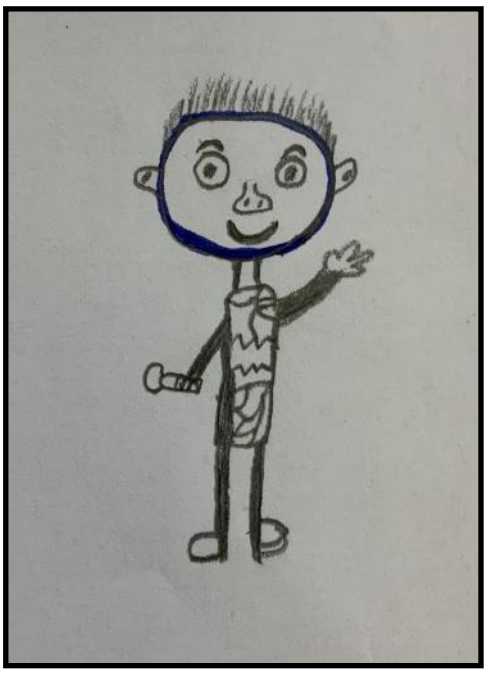
Poppy

Ingredients:	**Toppings:**
Flour	Sugar
Eggs	Lemon
Milk	Chocolate
Baking Powder	Fruit
Butter	

How to make pancakes:

- Get a frying pan and rub the butter
- Mix the flour, eggs, milk and baking powder together in a bowl or jug.
- Mix until it is a smooth mixture.
- Turn on the hob and heat the frying pan.
- Then carefully pour the mixture into the frying pan and make a circle
- Turn the pancake when all the liquid has turned to a solid.
- When golden brown - serve and add your toppings.
- Eat and Enjoy!

Creature Hunting



Jayden

PHYSICAL WELLBEING

OUTDOOR EXERCISE

This activity will be a very fun one. You are going to be outside so you may need adult supervision.

For this activity, you will be going to investigate different habitats (see what animals you can spot!)

I enjoy doing this because this activity gives you the chance to get some fresh air and be outdoors.

What you will need:

Sensible shoes - boots, wellies or walking shoes.

Before you start on your adventure you will need to check with someone in your family. If you are under 12 you should go with an adult.

When you go on your walk can you find the following things:

A squirrel

A bird - a duck, swan or other type

A hedgehog

A pigeon

Four different types of tree

Different kinds of leaves

A river

A fallen branch

A nest

KARATE!

Umar

PHYSICAL WELLBEING

EXERCISE

This activity is about learning a routine. You need to try to do this for 30 minutes twice a week.

It will help your brain to learn new things and it is very good for getting moving too!

It can also help to make your muscles stronger.

If you cannot go to the gym or a karate club—this routine can be done at home!

Today we are going to learn five different moves.

The moves all help with balance and coordination.

1. The Ultimate
2. The Tree
3. The Master
4. The Sword
5. The Core

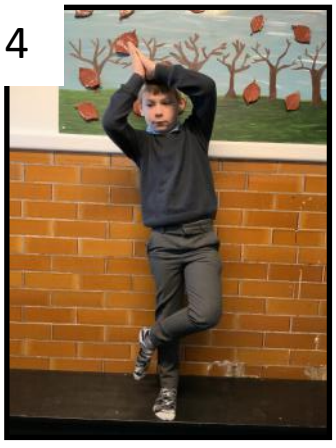
The pictures below show each position. Try and hold each position for 30 seconds and focus on your breathing and the moves. When you have done one side - swap over.

1

2

5

4



3

Wordsearch Page

MENTAL WELLBEING

BRAIN TESTING ACTIVITY

Amelia N

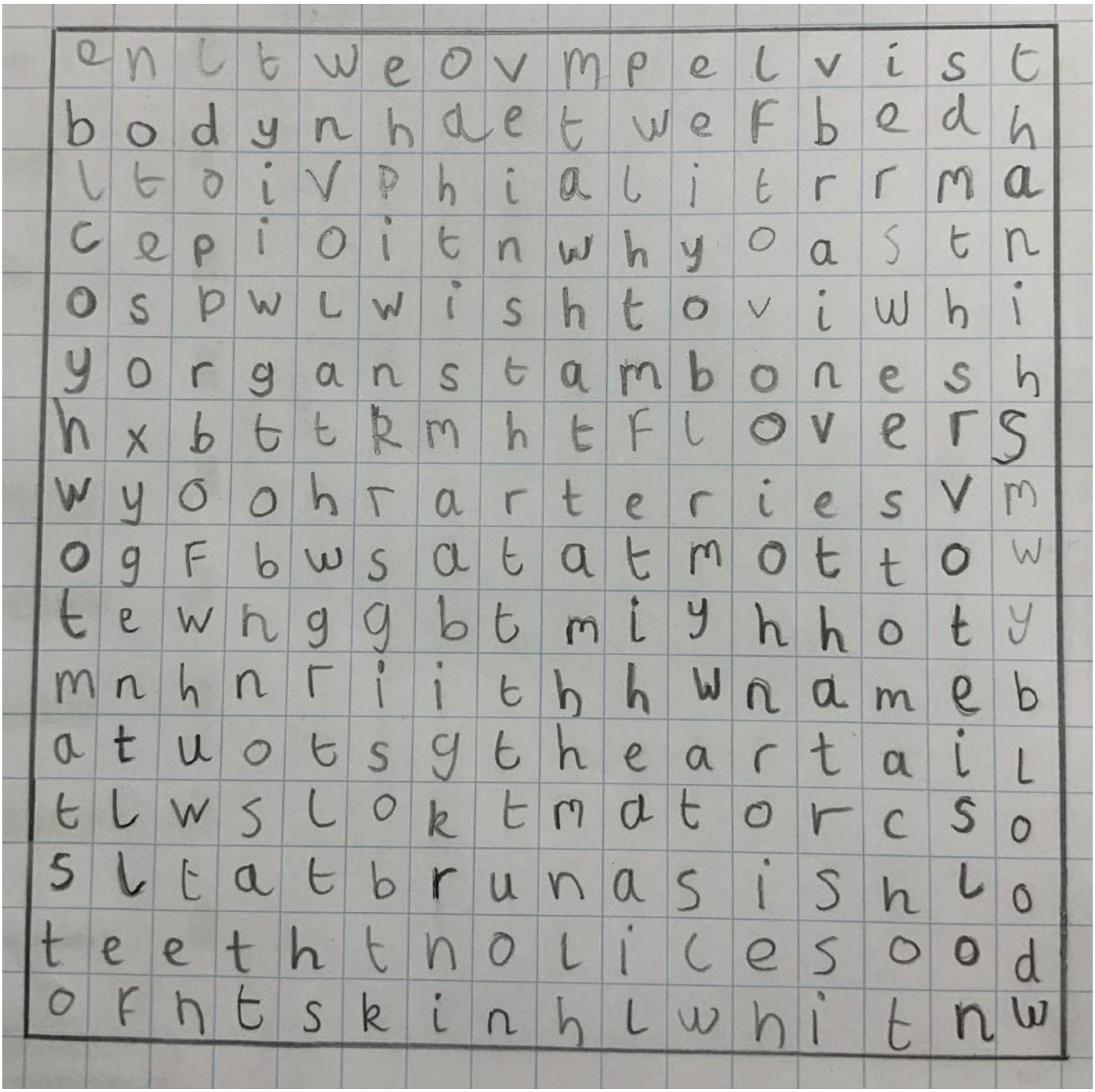
I love doing word-searches because they are fun and give my brain a work out!

You are going to do a word-search on the next page.

All about The Human Body

Have Fun and Good Luck!

- **You will need to look at all of the letters in the word search box.**
- **Check the word that you are searching for in the word list.**
- **When you find the word, make sure you cross it off in the word list.**
- **The words could be vertical, horizontal or diagonal.**



e	n	l	t	w	e	o	v	m	p	e	l	v	i	s	t
b	o	d	y	n	h	a	e	t	w	e	f	b	e	d	h
l	t	o	i	v	p	h	i	a	l	i	t	r	r	m	a
c	e	p	i	o	i	t	n	w	h	y	o	a	s	t	n
o	s	p	w	l	w	i	s	h	t	o	v	i	w	h	i
y	o	r	g	a	n	s	t	a	m	b	o	n	e	s	h
h	x	b	t	t	r	m	h	t	f	l	o	v	e	r	s
w	y	o	o	h	r	a	r	t	e	r	i	e	s	v	m
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t	e	w	n	g	g	b	t	m	i	y	h	h	o	t	y
m	n	h	n	r	i	i	t	h	h	w	n	a	m	e	b
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t	e	e	t	h	t	n	o	l	i	c	e	s	o	o	d
o	f	n	t	s	k	i	n	h	l	w	h	i	t	n	w

Can you find the words hidden in the word-search?

Body	heart	arteries	oxygen
Organs	veins	bones	stomach
Lungs	brain	skull	spine
Skin	blood	pelvis	teeth

Build a STICK DEN!

PHYSICAL WELLBEING

BUILDING AND CREATING

Elias

I am going to teach you how to build a simple stick den!

It is going to be really fun and exciting.

I like building dens because it is a nice way to help you feel calm. You could even sit in there and read.

LET'S GET BUILDING!

You will need:

* Sticks—of different lengths.
* Leaves—lots of different types and colours work best.
* A tree—to lean the sticks against and help to shelter your den from wind and rain.

Instructions:

1. Lean the sticks against the tree
2. Attach the leaves to the sticks by wrapping them around the sticks and sprinkling them on top
3. Make a floor for your den—this could be out of leaves or a spare sheet you may have in your house.
4. Use string to tie the sticks to the tree to help keep your den stable.

1

2

3

4

Playing with a pet

MENTAL WELLBEING

PHYSICAL WELLBEING

LOOKING AFTER PETS

Alissa

Playing with a pet can be really great for your physical and mental well-being.
Running around and playing with a pet helps you to exercise.
When you feel sad, playing with and looking after your pets can make you feel happy and excited.

These are some ideas of what you can do to help if you are feeling sad and you pet might like it too!

<u>Make sure that you have an adult with you if you are not sure about anything.</u>

1. Gently rub their tummy—they like it as it makes them feel happy as well as making you feel happy.

2. Your pets like toys—balls, feathers and sticks are great to use!

3. Chasing after your pet is great for you and them—it means you both get exercise.

4. Pets like attention . They enjoy cuddles and to be tickled.

Exercise Ideas!

Mackenzie

PHYSICAL WELLBEING

EXERCISE

Taking part in exercise is really good for your physical and mental health.

Exercise helps your body! It strengthens your muscles and helps the blood and oxygen flow around the circulatory system better.

What you need to do for your workout!

1. Jog on the spot for 30 seconds
2. Touch your toes and stretch up high 10 times
3. 20 star jumps
4. Hip twists 10 times
5. March on the spot 30 seconds (get those knees up!)
6. Take deep breaths, in and out for 20 seconds
7. Elbow to knee (right elbow to left knee) 10 times
8. Elbow to knee (left elbow to right knee) 10 times
9. 10 jumps
10. Lay down on your back and take some deep breaths.

1

2

3

4

5

6

7

8

10

Nature Walk

Lexi

MENTAL WELLBEING

PHYSICAL WELLBEING

GETTING OUTDOORS

Lets go for a nature walk. Nature walks are good for you because you can get lots of fresh air. Nature walks are also good because you can explore wildlife too!

I like going on nature walks because I get to spot lots of different things.

Things to remember before you walk:

- **Put on some boots because it can be muddy in the woods!**
- **Remember to put on the right clothing for the weather you are walking in.**
- **Make sure you have everything you need – maybe a drink and a snack?**

Reasons why a nature walk is good for you:

1. You get exercise.
2. Fresh air!
3. You learn about things when you spot them.
4. Spend time with your friends and family.
5. Takes your mind off any worries you may have.
6. You can connect with nature!

Gardening

MENTAL WELLBEING

PHYSICAL WELLBEING

WORKING IN THE GARDEN

Oliver

I think that this activity is good because it helps with your mental and physical wellbeing.

I like gardening because it is interesting and you can work with your family or friends to do things.

If you grow things they will look nice in your garden.

Here are some things you can do in the garden to help:

You could water the plants

Cut the grass (with help from a grown up)

Plant some seeds

Pull up some weeds

Trim the hedges

Put up bird feeders to look after the birds

Cut some flowers

Pick up loose leaves

There are lots of other jobs that you can do to help at home in the garden - why don't you ask someone at home?

Winter Wordsearch

MENTAL WELLBEING WORDSEARCH

Lula

Have a go at finding all the Christmas themed words in the wordsearch.

Doing wordsearches helps your mental well-being because it takes your mind off your problems as you are concentrating on finding the words. It is also quite relaxing.

You will need to look at all of the letters in the wordsearch box.

Check the word that you are searching for in the word list.

When you find the word, make sure you cross it off in the word list.

The words could be vertical or horizontal!

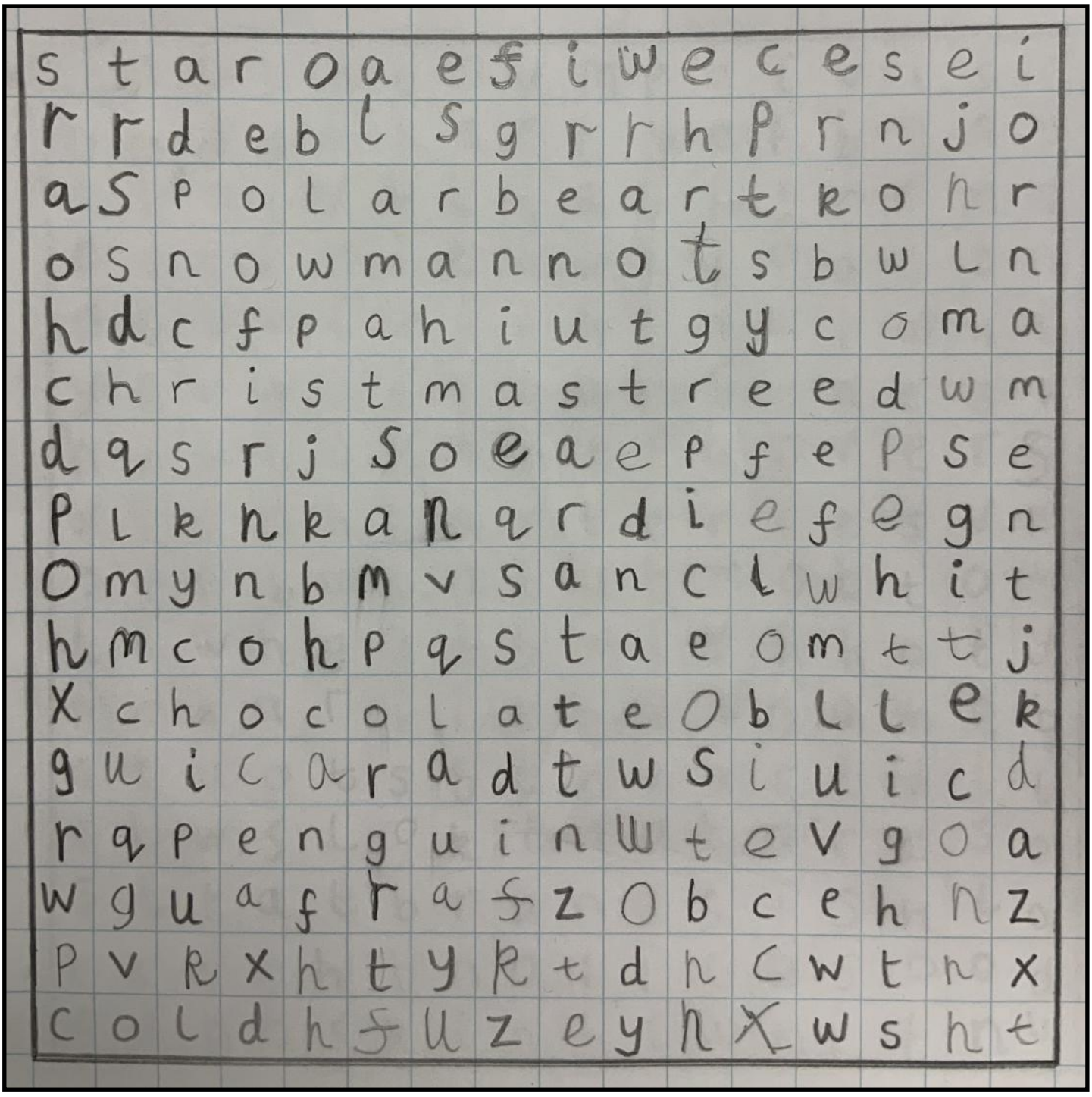
Can you find these words in the wordsearch on the next page?

Lights Penguin Ornament snowman cold

Polar bear Chocolate Star Sky Ice

Christmas Tree Snow

Winter Wordsearch



Can you find these words in the wordsearch above?

Lights **Penguin** **Ornament** **snowman** **cold**

Polar bear **Chocolate** **Star** **Sky** **Ice**

Christmas Tree **Snow**

Aira's Yoga!

MENTAL WELLBEING

PHYSICAL WELLBEING

YOGA

Aira

This activity is great because it helps your mind and your body.

I really like yoga because it helps me to relax when I am frustrated and annoyed.

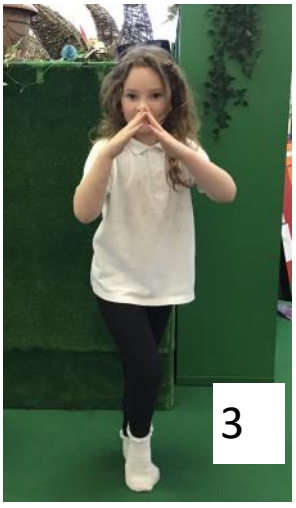
You can do this anytime you like and it should really help you.

I have been working hard to create some new positions that you can practice at home, or where ever you might be.

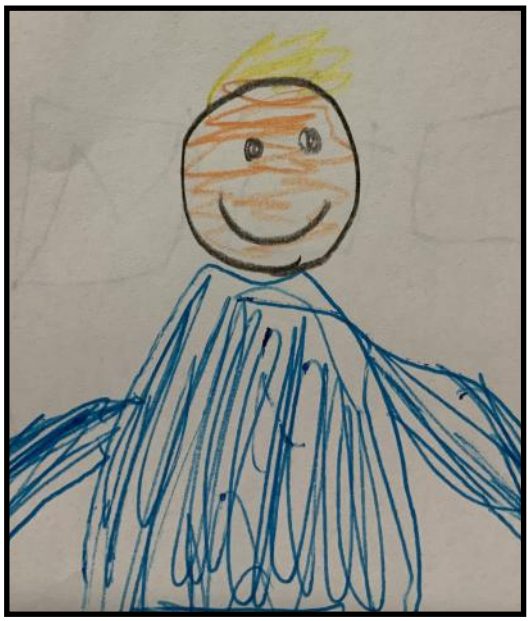
There are 4 new positions to learn:

1. **The ice-cream**
2. **The under-bend**
3. **The silence**
4. **The litter**

You should hold each position for 20 seconds.



Ninja Yoga



MENTAL WELLBEING

PHYSICAL WELLBEING

YOGA

This activity is good for your mental and physical wellbeing. It helps strengthen your muscles as well as your brain.

I really like doing this Yoga activity as I enjoyed doing some of the cosmic kids yoga activities.

Haldor

To start off - I am going to teach you 6 different poses.

1. Ninja pose
2. The squat
3. The ninja leap
4. The surf
5. The plane
6. The house

1

2

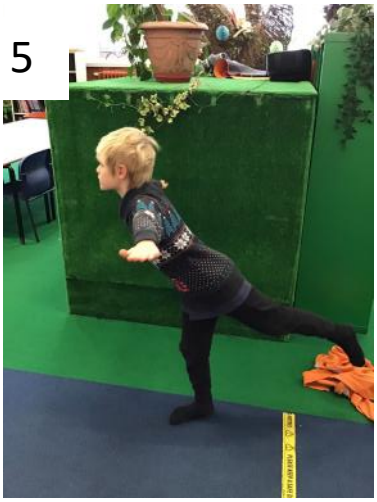
Hold each pose for at least 20 seconds and then swap.

Repeat 3 times and remember to focus on your breath-ing.

4

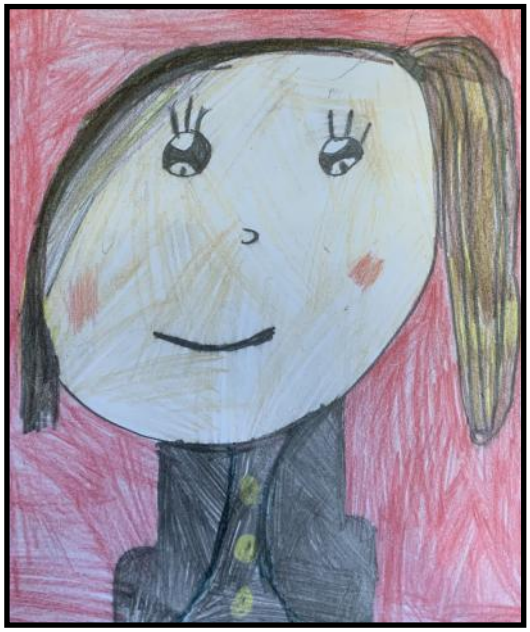
6

5



Mindfulness Colouring

MENTAL WELLBEING COLOURING



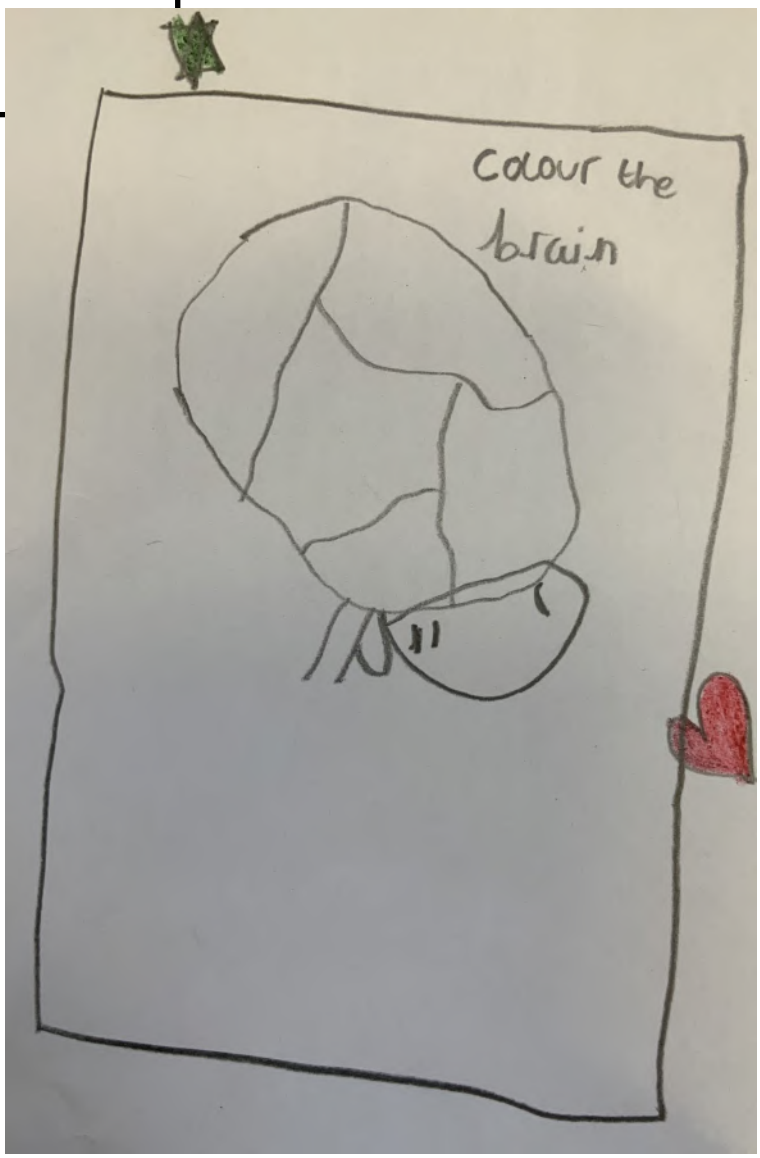
Amelia H

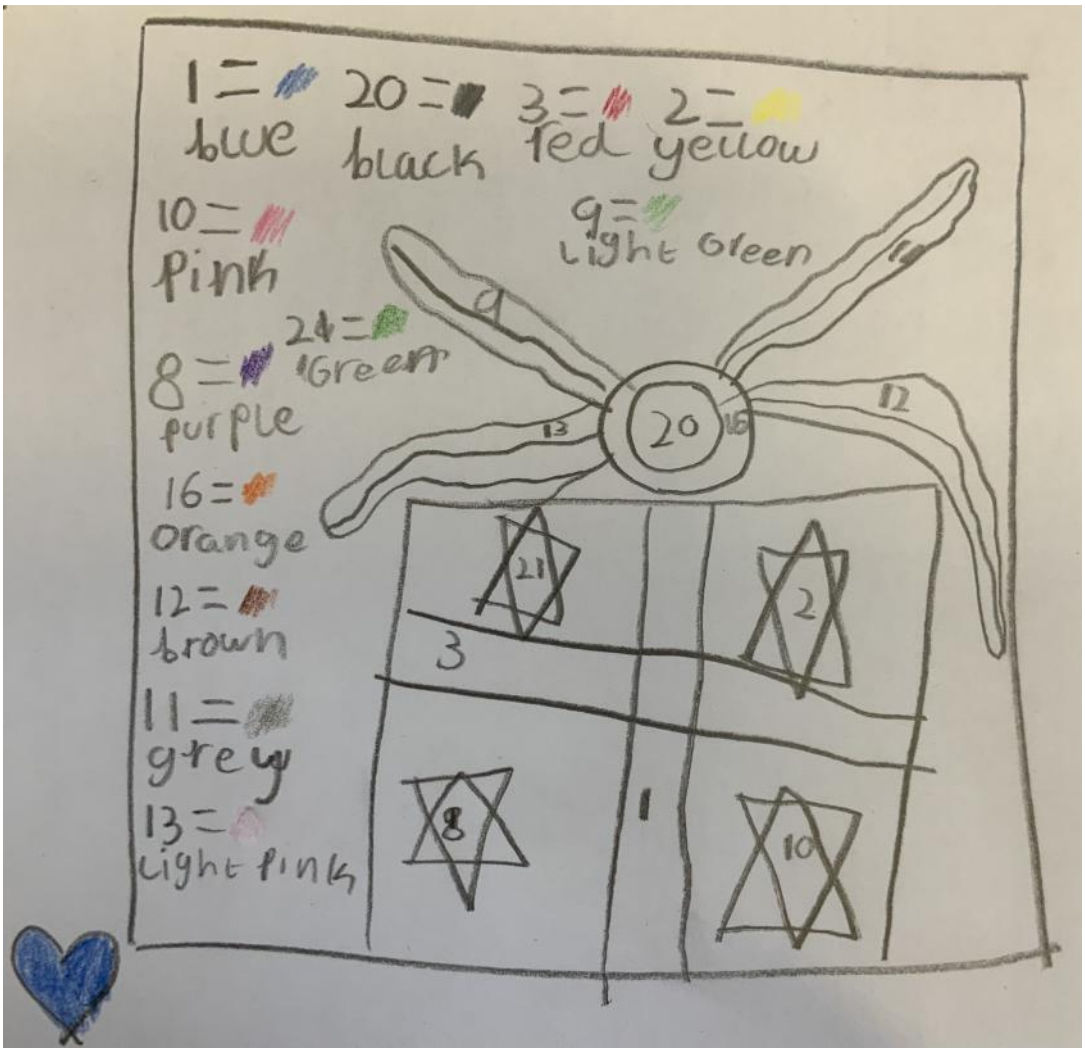
Your mental health and well-being is very important. Listening to your body and brain and understanding when it needs to take time out from your busy life is key!

Mindfulness colouring allows you to relax and be calm, you could take a few minutes out of your day to colour these pictures.

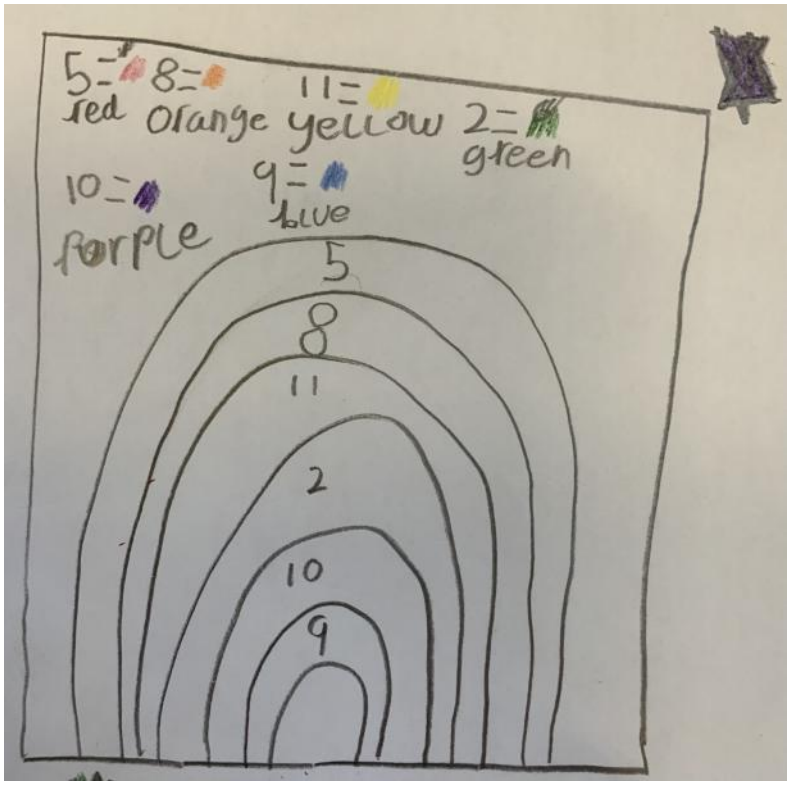
How to do the activity/instructions

1. Colour by number—Use the number key to know which colour to use when colouring the picture of the rainbow.
2. Colour by number—Use the number key to know which colour to use when colouring the picture of the present.
3. Colour the picture of the brain—you can choose whichever colours you like, but remember there are different parts of the brain! Look at the information all about the brain in this book.
4. Colour the picture of the flowers—keep it warm and bright!



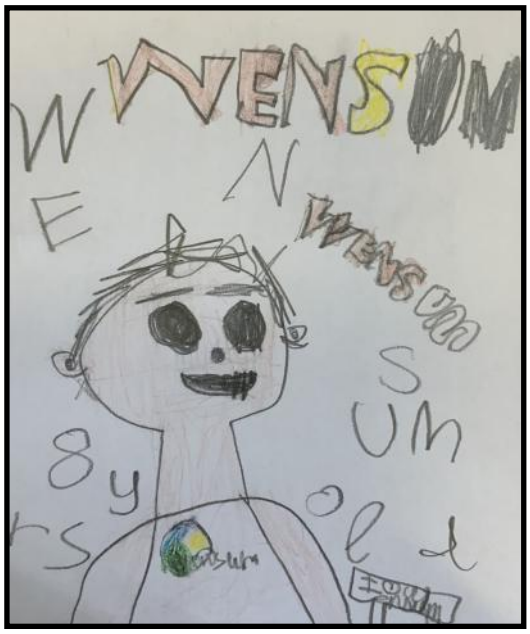

1= blue
20= black
3= red
2= yellow
10= pink
9= light green
24= green
8= purple
16= orange
12= brown
11= grey
13= light pink
20
21
2
3
8
1
10

colour the picture


5= red
8= orange
11= yellow
2= green
10= purple
9= blue
5
8
11
2
10
9

Creative Stories

MENTAL WELLBEING
STORY WRITING



Bertie

Writing stories is great for your mental well-being. It helps you to think about other people and the different characters you will use in your story. For a moment, you become somebody else!

You will need:

* paper - You can use the next page if you want!
* a pencil or pen
* you could type your story up on a laptop/ computer
* a plan—to help you know what to write

Start by writing a plan for your story—this will help you know exactly what to write, what is going to happen in your story and any big events that may happen in each part.

Sit somewhere comfortable, relaxing and peaceful—this will help you to concentrate on your story writing.

Have fun, go with the flow and let your magical story writing brain take over!

Making Cupcakes

MENTAL WELLBEING

BAKING

Layal

Ingredients

250g unsalted butter, softened
250g caster sugar
250g self-raising flour
Pinch of salt
4 medium eggs
4 tablespoons milk
You will need: 2 x 12-hole muffin tins, lined with paper cases

How to complete the baking!

1. Set the oven to 190C, gas 5.

2. Tip the butter into a bowl and beat it until it is soft.
Then add the sugar, flour, salt, eggs and milk and whisk until the mixture is smooth.

3. Use a spoon to divide the mixture equally between the cases.

4. Place both muffin tins in the oven and bake for 15 minutes, then swap them over and bake for a further 3-7 minutes, until both trays of cupcakes are a light golden colour.

5. Remove the tins from the oven. Leave the cupcakes to cool in the tins for a few minutes. Then transfer them to a wire rack to cool.

Clay Modelling!

MENTAL WELLBEING

CRAFT AND MODELLING

Harry

Making models from clay is very relaxing. The clay feels as soft as a cloud.

You can make anything from clay—things like ornaments, sculptures, pots and even little gifts for people.

What you will need to do:

1. Take a piece of clay

2. Knead it and roll it around to make it soft and easier to use

3. Gather any utensils you would like to use to help you create patterns or holes on your clay

4. Choose a picture to help you make your model—this could be anything, but having a picture will be really helpful.

5. Leave your clay overnight to dry and set.

Make your own BUG HOTEL!

PHYSICAL WELLBEING

MENTAL WELLBEING

WILDLIFE AND GARDENING

Jack

Being outside and getting fresh air is great for your mental well-being. It helps you relax and forget about the stress you may be feeling at home, school or work.

Creating a bug hotel from natural resources is great for the environment and will help creatures in your garden.

How to do the activity/instructions:

First, you will need a good outdoor space.

Next, find sticks of different lengths to help with the structure of your hotel.

Then, collect leaves, twigs, stones and pebbles to help you create an exciting environment for your bugs to live in.

Finally, weave leaves over the sticks to make a roof, this will provide shelter for the creatures.

TOP TIP: Make sure you keep checking your bug hotel—I wonder how many different types of bugs will make it their home?

Feelings Rocket

MENTAL WELLBEING

WORRIES AND SHARING

You can create a rocket to put your feelings inside of. You can put all of your feelings inside and then talk to someone about how you are feeling.

One of the most important things to do when you are feeling worried or sad is to talk to someone. This can really help. Exercise and doing things to take your mind off it can also help.

Benson

You will need:

An empty kitchen roll holder

Card to make the cone

Coloured paper

Paint

Scissors

glue

How to make a feelings rocket:

- **Stick the kitchen roll holder and the card cone together.**
- **Add other decorations to your rocket**
- **Paint it with different colour.**
- **Add the feeling box and colourful paper for your feelings.**
- **When you are making your rocket - talk about the different feelings when you are making it.**

Winter Wordsearches

MENTAL WELLBEING WORDSEARCHES

Lena W

Have a go at finding all the Christmas themed words in the wordsearch.

Doing wordsearches helps your mental well-being because it takes your mind off your problems as you are concentrating on finding the words. It is also quite relaxing.
It is quite tricky so GOOD LUCK!

You will need to look at all of the letters in the word search box.

Check the word that you are searching for in the word list.

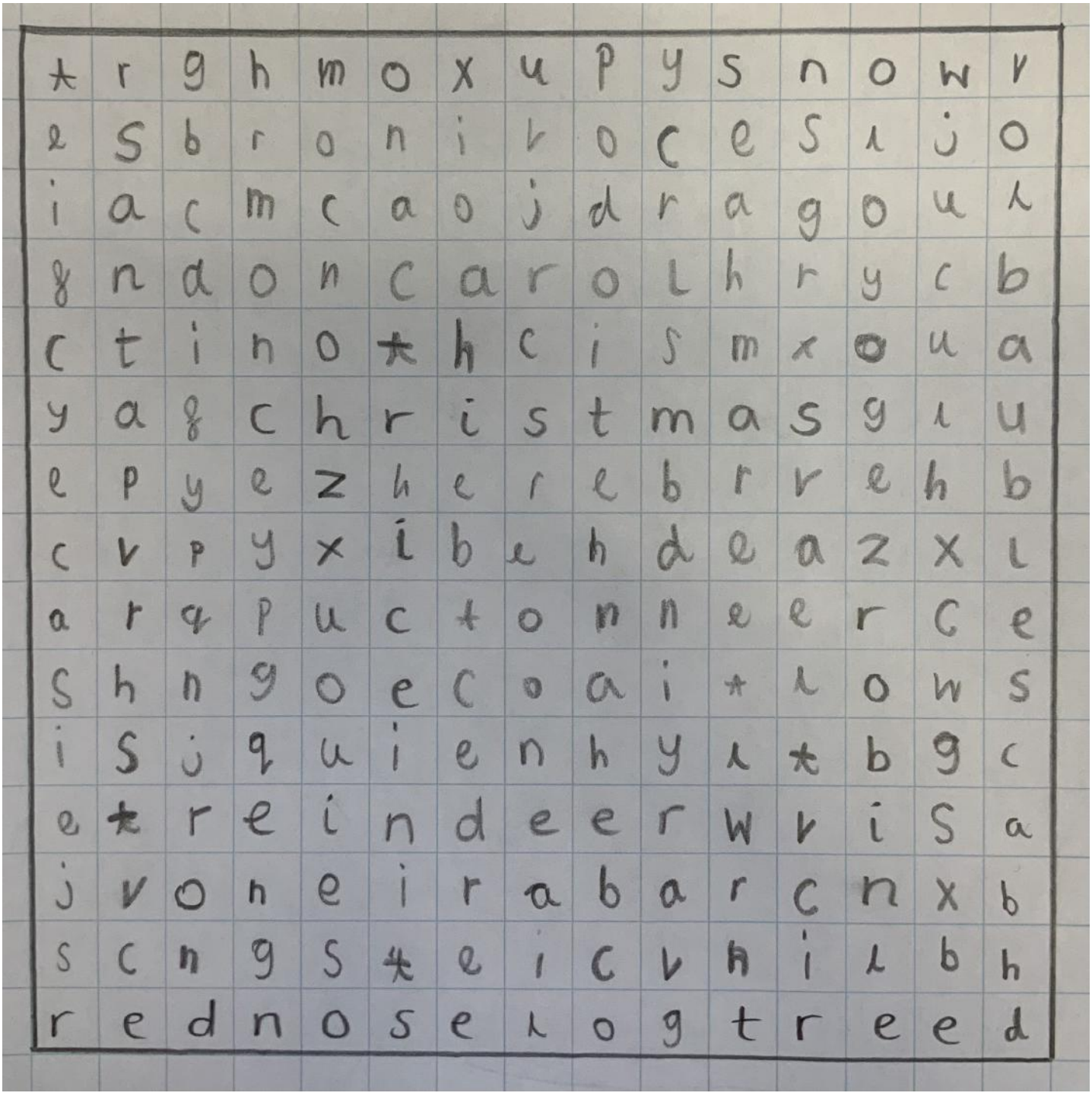
When you find the word, make sure you cross it off in the word list.

The words could be vertical or horizontal!

Find these words in the word search on the next page!

Christmas	**baubles**	**reindeer**	**Santa**
Robin	**snow**	**ice**	**rednose**
	Carol	**tree**	

Winter Wordsearch



t	r	g	h	m	o	x	u	p	y	s	n	o	w	r
e	s	b	r	o	n	i	r	o	c	e	s	i	j	o
i	a	c	m	c	a	o	j	d	r	a	g	o	u	i
g	n	d	o	n	c	a	r	o	l	h	r	y	c	b
c	t	i	n	o	t	h	c	i	s	m	x	o	u	a
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e	t	r	e	i	n	d	e	e	r	w	r	i	s	a
j	r	o	n	e	i	r	a	b	a	r	c	n	x	b
s	c	n	g	s	t	e	i	c	r	h	i	i	b	h
r	e	d	n	o	s	e	i	o	g	t	r	e	e	d

Playing a board game!

MENTAL WELLBEING GAMES

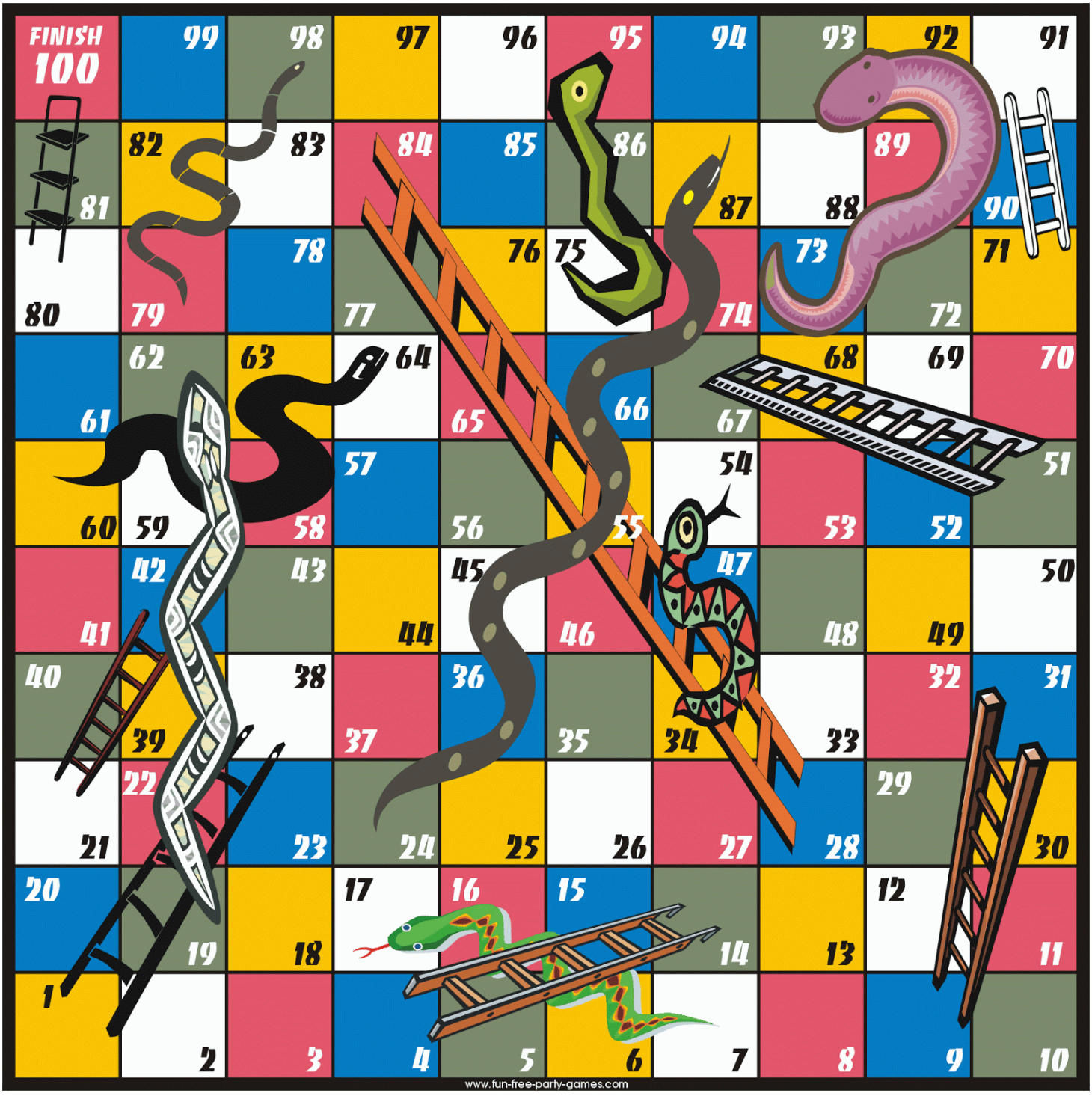
Ahmed

Playing a board game is fantastic for your mental well-being.
It also helps with your team building skills and communicating with other people.
Be kind when you are playing and make sure you don't cheat.

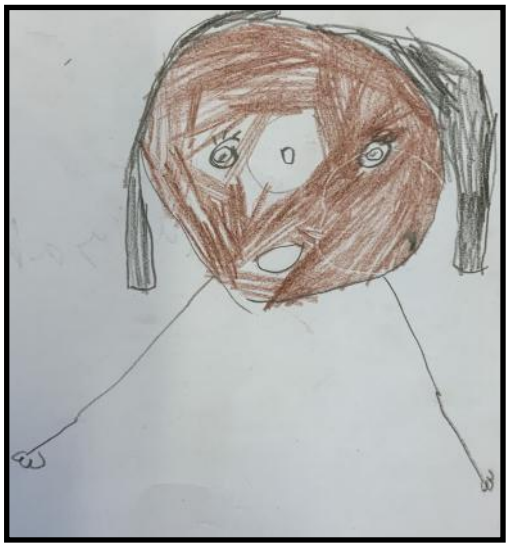
Have a go at playing some of these games!

1. Snakes and Ladders - Have a go on the next page!
2. Frustration
3. Monopoly
4. Chess
5. Mouse Trap
6. Noughts and Crosses
7. Twister
8. Connect 4
9. Guess Who
10. Scrabble

Snakes and Ladders



Make a model!



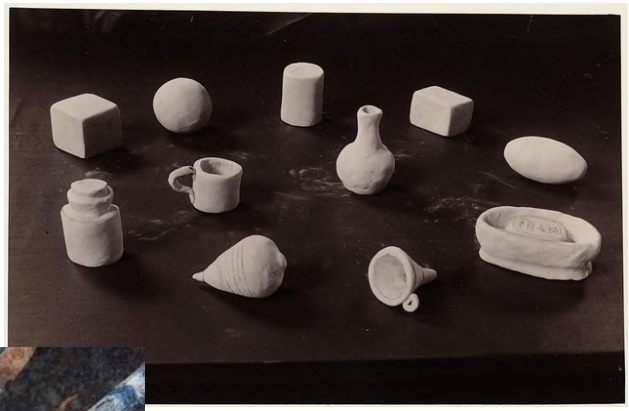
MENTAL WELLBEING
COLOURING ACTIVITY

It is lots of fun making models, you can use almost anything to make a model and you could make ANYTHING!
Making models and sculptures can help you to feel happy and relaxed.

Aaliyah

You could use:

Lego
Natural resources—sticks, leaves, bark, stones etc.
Clay or playdoh
Recyclables—bottles, toilet roll tubes, cereal boxes etc.



Can you make a model of something that you like from things you can find at home?

Make your own musical instruments!

MENTAL WELLBEING

MUSIC

Daisy

Music is a wonderful source of relaxation. It helps you to feel happy and calm. Different styles of music make you feel different things.

Making your own musical instruments allows you to choose what type of instrument you would like to play and you it means you can choose how you play it.

How to make drums!

You will need:

* 2 plastic cups
* cling film
* 1 cardboard box
* cellotape
* colouring pens

Instructions:

1. Put the cling film over the cups
2. Cellotape the plastic cups to the cardboard box
3. Cellotape the cling film onto the cups
4. Decorate your drums however you like
5. Have fun playing them!

Scan the QR to see Daisy with her drum!

Draw a HAPPY picture!

MENTAL WELLBEING
COLOURING AND DRAWING

Joshua

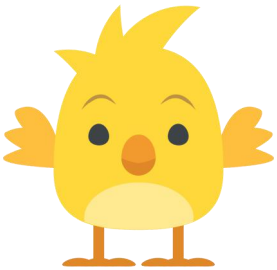
Spending time drawing and creating art really helps our mental well-being.

It is nice to think about all of the things in our lives that make us feel happy.

You will need:

* paper—or use the opposite page!
* pencil
* colouring pencils, crayons or felt—tips

Draw a picture of something that makes you feel happy—this could be your family, a pet, a house, a special memory or a big sunshine!



How to ride a scooter!

PHYSICAL WELLBEING

EXERCISE

Betty

Exercise is very important. It helps us to look after our bodies and helps us to live a healthy lifestyle.

Exercise is also really great for both your physical and mental well-being.

This activity is designed to help you when going out on your scooter!

How to ride a scooter:

1. Put your best scooting foot on the scooter.
2. Place your strongest foot for pushing, on the floor.
3. Put both hands on the handle bars with a firm grip.
4. Push off with the foot that is on the floor.
5. Make sure you keep your balance as you do not want to fall off.
6. Have fun!
7. Scoot safely and look out for other people!

What exercise could you do?

PHYSICAL WELLBEING

MENTAL WELLBEING

SPORTS

Charlie

Exercise is great for everyone.

Anybody can join in, you can work as a team or you can do exercise on your own.

Exercise helps your heart and along with a healthy, balanced diet it will help the rest of your body too!

Have a go at some of these types of exercise. You can do them in your garden, local park or you could join a local sports club.

Swimming Running Gymnastics Football Rugby

Hockey Netball Basketball Walking Boxing Circuits

Bowling Cricket Rounders Cross– Country Athletics

Trampolining Aerobics Tennis Badminton Squash

Weight-lifting Judo Karate Taikwondo Ice-skating

Rollerblading Skipping Jogging Yoga Pilates

Feelings Body Map!

MENTAL WELLBEING

FEELINGS

Iliyas

We all feel emotions in different places around our bodies. It is really important to know where you feel your emotions on your body as this can help you to cope when your feelings get too much.

Using the template body map and key, colour in where you feel different emotions.

YELLOW—EXCITED

RED—ANGRY

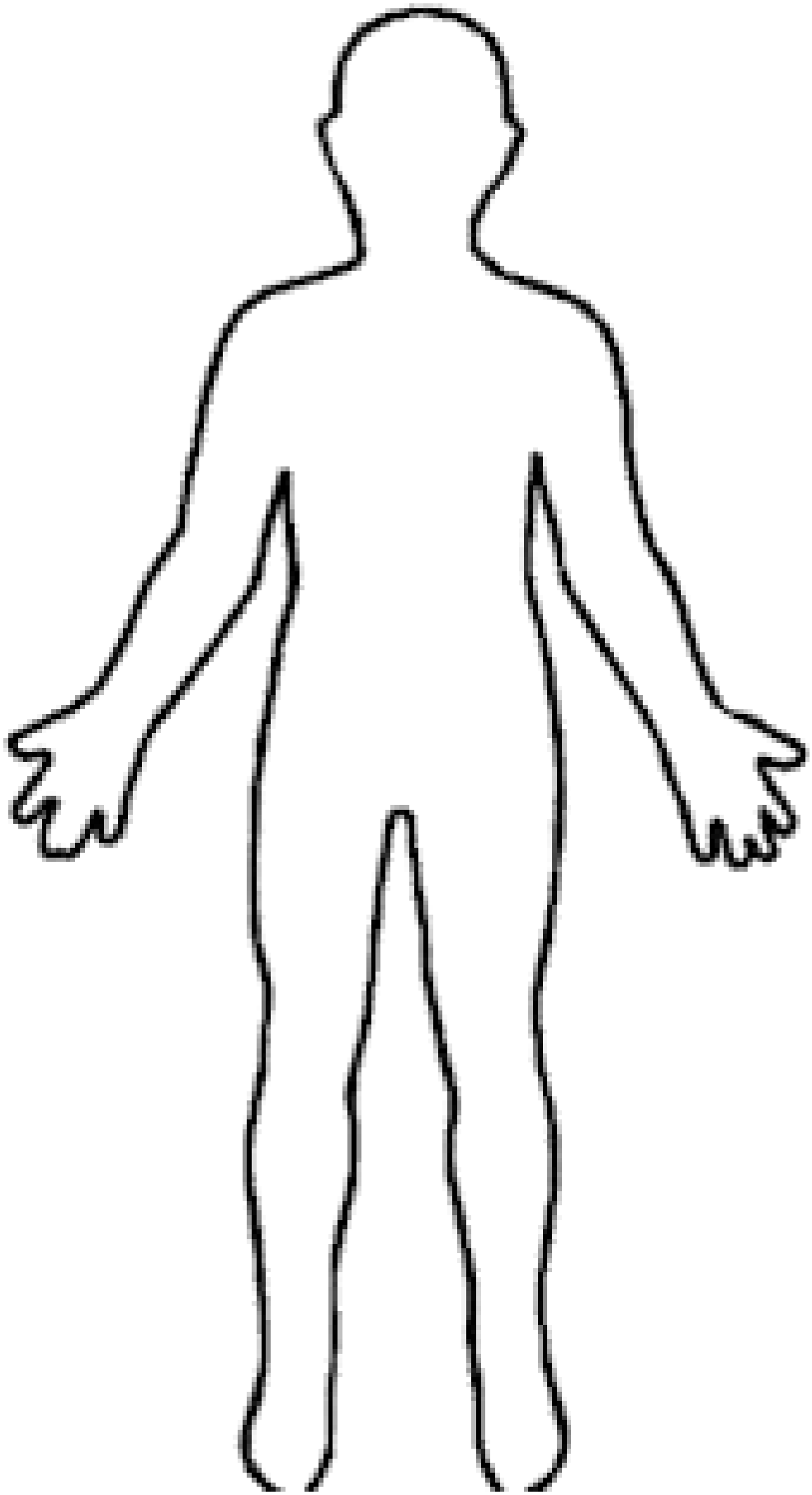
BLUE—SAD

GREEN—JEALOUS

INDIGO—HAPPY

PURPLE—ALONE

PINK— ANXIOUS/ WORRIED



How to Draw a cat

Julia

MENTAL WELLBEING
ANIMAL DRAWING

Drawing your favourite things really helps you to feel happy, calm and relaxed.

You could draw any type of animal—whatever is your favourite but I am going to teach you how to draw a cat.

How to draw a cat:

1. Draw a line in the middle of your paper
2. Draw 2 triangles to create the cats ears
3. Draw an upside down C to join up the ears and create the face
4. Draw two eyes
5. Draw a nose and whiskers
6. Connect the mouth to the nose
7. Draw stripes on the cats face
8. Draw the rest of the cats body
9. Draw 4 paws
10. Draw a tail

Colour your cat in!

Scan the QR code on a phone to see me drawing a cat! It might help you!

Draw your own cats here!

Ava's Yoga

Ava

PHYSICAL WELLBEING

YOGA

Yoga can make you feel happy and calm. It helps to keep your body strong and healthy.

I like doing yoga because it keeps me calm and helps me to not worry too much about things.

- **You need to find somewhere quiet to do your workout.**
- **Make sure that you hold each position for 30 seconds.**
- **Focus on your breathing when you are doing it.**

Have a go at the following position:

1. Prayer
2. Tree
3. Flamingo
4. Crab
5. Surf board
6. Child pose
7. Sitting Tree

Ava's Yoga Positions

Child Pose

Surf Board

Tree

Flamingo

Prayer

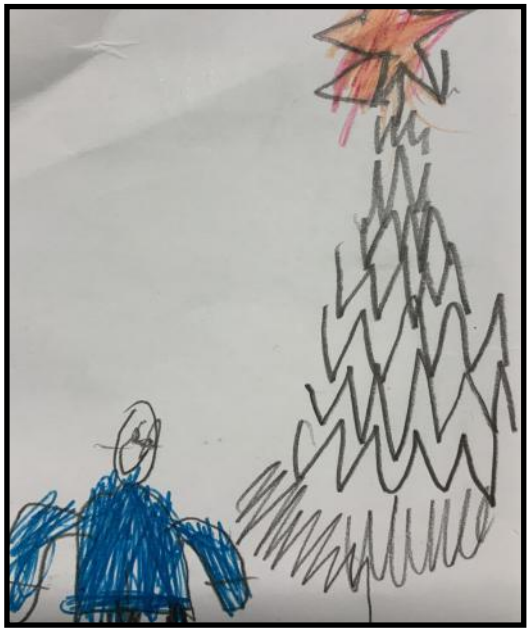
Sitting Tree

Crab

How to bake a cake!

MENTAL WELLBEING

BAKING



Eli-James

INGREDIENTS:

Makes: 1 sponge cake

175g (6 oz) plain flour

125g (4 oz) butter or margarine

125g (4 oz) sugar

2 medium eggs

1 teaspoon vanilla extract

- Set the oven to 190 C / Gas 5. Grease a 23cm round cake tin or two shallow sandwich tins.
- You can make this cake as an all in one method by throwing everything into a bowl and mixing it with an electric beater. If the mixture is a little dry, add a tablespoon of water or milk at a time until you get the right consistency.
- Alternatively, you can do this: cream the butter and sugar until fluffy. Add in the eggs, one at a time, taking care to beat each one in well. Slowly add the flour with a sieve. Once again if the mixture is a little thick or dry, add water with a tablespoon. Be sure too add the vanilla at then end, and mix it well.
- Tip the mixture into your prepared tin(s). Bake until golden and risen and a skewer inserted in the centre comes out clean, about 25 to 30 minutes for two sandwich tins or 30 to 40 minutes for one round cake tin.
- Cool the cake in the tin for 10 minutes, then turn out to a wire rack to cool completely. Decorate once completely cooled.
- Enjoy!

PE WORKOUT

PHYSICAL WELLBEING

EXERCISE

Reuben

Doing exercise is a good way to stay fit and healthy. 20 minutes of exercise is really good for your heart, bones and muscles.

Exercise can also help you burn off some energy in a good way! I love doing exercises.

I have made my own workout just like Joe Wicks!

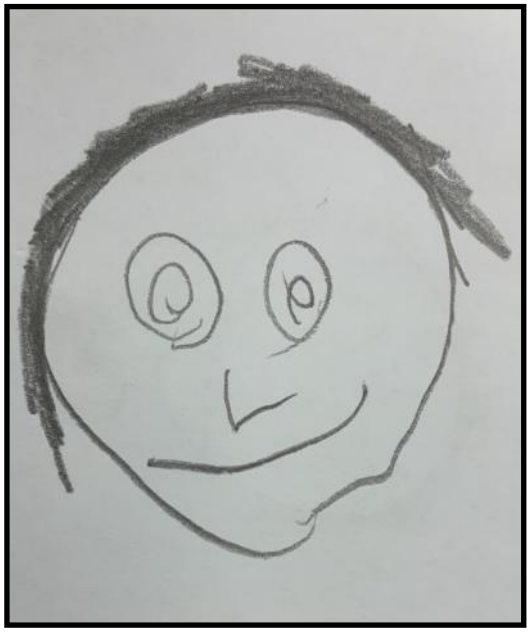
The following exercises are really good to get your heart pumping and help keep it strong.

Complete each exercise for 30 seconds, working as hard as you can!

1. Star jumps
2. Lunges on both sides
3. Running on the spot
4. Tuck jumps
5. Squats
6. The plank!

SCAN THE QR CODE TO SEE EXAMPLES OF THE EXERCISES YOU NEED TO DO!

Ezi's Yoga



PHYSICAL WELLBEING

YOGA

Yoga is great for your flexibility, strength and helping keep your muscles strong.

I like doing these positions as they help me focus and stay strong too!

I hope you like doing them.

Ezikiel

Find somewhere quiet to do your yoga.

Hold each position for 30 seconds at a time.

Focus on breathing in and out when you are doing the activities.

Repeat if you want to.

Raccoon Pose

I have taken some pictures of the positions to help you.

Easy Pose

Tree Pose

Hero Pose

Gymnastics!

PHYSICAL WELLBEING

EXERCISE

Amelia HL

Gymnastics is really good if you want to improve your strength and flexibility.

I really like gymnastics because it helps me with my listening skills and to be more disciplined.

Have a go at these moves to help with your gymnastics.

1. Arabesque—One leg balance.
2. Splits
3. Back Stretch
4. The Crab
5. Side Stand—Both sides

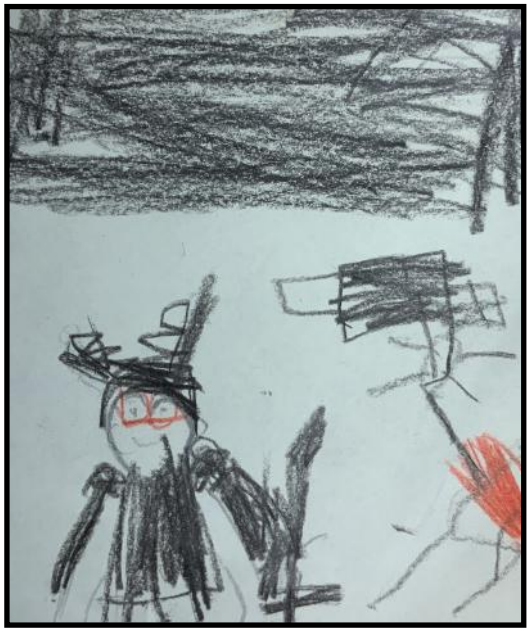
Have a go—the pictures to the side

Samurai

MENTAL WELLBEING

PHYSICAL WELLBEING

MARTIAL ARTS



Kaustubh

I love doing this activity because it helps to keep you healthy and fit.

These skills help keep you focused and calm—so it helps your body and mind.

Follow these simple steps to help you stay calm and remain focused!

Step 1—Empty your mind.

Step 2—Deep Breathing x 3

Step 3—Prepare

Step 4 Slash move

Step 5—Side Kick—Both sides

Step 6—Deep breathing to finish.

I have created a short video to help you with these moves. Scan the code to the right!

USEFUL LINKS

Key National Websites:

* www.samaritans.org
* www.childline.org.uk
* www.mind.org.uk
* www.youngminds.org.uk
* www.ageuk.org.uk
* www.nspcc.org.uk/keeping-children-safe/childrens-mental-health
* www.barnardos.org.uk

For more information about physical and mental wellbeing:

* www.sportengland.org/why-were-here/physical-wellbeing
* www.headstogether.org.uk
* www.mentallyhealthyschools.org.uk
* www.annafreud.org
* www.place2be.org.uk
* www.nhs.uk/live-well/eat-well
* www.mentalhealth.org.uk/sites/default/files/lets-get-physical-report.pdf
* www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing
* www.thewellbeingthesis.org.uk/foundations-for-success/physical-wellbeing
* www.rethink.org
* www.nspcc.org.uk/keeping-children-safe/childrens-mental-health
* www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health
* www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people
* www.earlyyearsmatters.co.uk
* www.childrenssociety.org.uk
* www.time-to-change.org.uk

Local Norfolk Information:

* www.wensumjunior.co.uk
* www.justonenorfolk.nhs.uk
* www.norwich.gov.uk
* www.norwich.gov.uk/info/20324/norwich_2040_city_vision
* www.norfolkfoundation.com/giving-philanthropy/mental-health
* www.activenorfolk.org/health-and-wellbeing

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