

Year 5&6 Wellbeing Grid

Make sure that you are also involving yourself in a range of different and fun activities outside of school homework and screen time. It is important to look after your physical and mental wellbeing too. Here are a few fun activities you could do!

Get some seeds and grow them in little cartons (clean egg boxes or yoghurt pots will work) 	Make some playdough or slime. 	Make a mud creation. 	Make some biscuits or a cake. Maybe you could drop it off to someone who has to self-isolate, with a nice note or card? 
Post a handwritten letter or homemade card to a friend. 	Learn some of the star constellations and then do some stargazing. 	Create some wild art. 	Get up and watch the sunrise. 
Make a home for wildlife. 	Play some music and dance around. You could use online videos such as Jumpstart Johnny or Just Dance Kids. 	If you have a garden, try to plant something or do some weeding. 	Learn a practical skill e.g. change a bike tyre, change a washer in a dripping tap etc 
Do some cloud watching from your window or in your garden. 	Paint or sketch things you can see at home. 	Play a board game or cards with your family. 	Learn some yoga or practise some mindfulness. Look online for kid's yoga. 