



Foundation Phase Wellbeing Wednesday
10th February 2021

Mindfulness Activity

General Useful links

Get Doodling

Grab some paper and colours and doodle. Doodle anything you like! Animals, insects, aliens, flowers, butterflies or something else!

[GoNoodle](#)

[Cosmic Kids Yoga - YouTube](#)

[Mindfulness for Kids - Mindful](#)

PE / Fitness Activity

General Useful links

Keep Moving

Play your favourite song and create a dance routine. Once you have created it, teach it to somebody else. You could teach somebody in your house or video yourself and send it to a friend.

[Wake Up With Joe | Day 1 - YouTube](#)

[Just Dance Kids 2 Jump Up - Bing video](#)

Activity Choice 1

Scavenger Hunt

- 1) Find something that makes you really happy
- 2) Find something that is your favourite colour
- 3) Find something that is soft and snuggly
- 4) Find something that tastes good
- 5) Find something that makes you laugh
- 6) Find something that is useful to you
- 7) Find something that makes a lovely sound
- 8) Find something that you enjoy
- 9) Find something that smells AMAZING
- 10) Discover something new

Activity Choice 2

Topic

Choose an activity from the topic web on the Reception home learning page on the website that does not require using the screen.

General Useful links

[Big Garden Birdwatch | Join the fun - The RSPB](#)

[Peter Rabbit activities and games to try at home | National Trust](#)

[Dinosaurs | Natural History Museum \(nhm.ac.uk\)](#)

[How to make a Bird Feeder from a Plastic Bottle - YouTube](#)

