

<p><u>Dough Disco-</u> Have fun making your own play dough at home with this recipe. Put on your favourite tunes and get moving!</p>	<p>Sometimes we find our work a little tricky and can get stuck! Remember what Miss Armstrong would say, "At Emmaville we all have STICKABILITY!". Learn the 5,4,3,2,1 breathing technique to refocus our mind and try again 😊</p>	<p>Exercise releases happy hormones into our body. Why not try these fun skipping skills by Mr and Miss Skippy!</p> <p>Skipping video 1 and video 2</p>	<p>Build a den in your home and snuggle up for a story with your household. Could you read a story to your siblings or teddy bears? Or have one read to you?</p> 	<p>Mindful colouring- click on this link for some printable mindful colouring sheets.</p>
<p>If you've got any balloons, why not see how long you can keep the balloon up in the air? Why not play with a member of your family or challenge them to a competition?</p>	<p>Make a puppet and perform a puppet show. You could even film this and share it with your teachers on Seesaw or Tapestry.</p> 	<p>Bring a smile to your family and leave some 'happy notes' around the house. You could hide them and then someone might find them in a couple of days, weeks or even years!</p>	<p>Make a fitness routine like Joe Wicks and put your family or siblings through their paces.</p>	<p>Put some fun music on and be helpful at home by helping Hoover, clean and tidy up! This will make your family smile and yourself!</p>
<p>Why not bake something delicious or learn a new cooking skill? You could even ask to help cook dinner for the family tonight!</p> 	<p>Take some time to 'Chill Out' by getting comfortable and listening to an episode of the podcasts 'Peace Out'. Which episode will you choose to listen?</p> <p>https://bedtime.fm/peaceout</p>	<p>Make a 'Happiness Box' with things that make you feel safe and happy. This might include little drawings of things that make you feel happy, or smells in little bags that bring a smile to your face. Whatever makes you happy!</p>	<p>Take some time out to do some artwork, is one way many of your teachers like to relax. Why not create a 'Cotton bud dotty art' picture? You could use the end of a paintbrush/pencil etc.</p>	<p>Draw your name in large bubble writing and colour it in. Write lots of positive words about yourself around it.</p> 
<p>Make a positive quote poster and put it in your window to brighten up someone's day.</p>	<p>Go on a 'senses' walk, as part of your daily exercise. What can you see, hear, smell, feel</p> 	<p>You mathematicians out there, why not challenge yourself to complete a Sudoku? I wonder if your family can help you to complete one?</p>	<p>Music always helps to make us feel good. Make a playlist of your favourite feel good songs.</p> <p>One of my favourites is 'Uptown Funk'. What are yours?</p>	<p>Practice a PE skill throughout the week. Can you use your growth mindset to help you? Try this first on Monday then practise every day to see if you can improve by the Friday?</p>