Next Week – Children in Need

This week is Children in Need. There are 5 wellbeing activities for the children to complete from the 9th - 13th November (it's called five to thrive), They can do one activity a day or 5 in one day. The children will be doing a 5-minute Joe Wicks mood boosting workout each morning.

To find these videos, click on one of the ‘[Thrive](https://www.bbcchildreninneed.co.uk/schools/primary-school/five-to-thrive-hub/)’ activities and scroll to the bottom of the page. You will notice that the ‘Give’ option doesn’t have a video yet. That’s because on Friday we can join Joe Wicks at 9:05am for a workout - he will be coming to the end of his 24-hour workout! He’s also raising money for Children in Need and the children are encouraged to 'cheer' him on!

[](https://www.bing.com/images/search?view=detailV2&ccid=A84pMDip&id=F6ECFEDC358300A87DECDDC053EADED12FF6C1DA&thid=OIP.A84pMDipFezONouKEAPMjwHaEe&mediaurl=http://theatreorchard.org.uk/wp-content/uploads/2019/06/BBC-Children-in-Need-logo-Image.aspx_.png&exph=1022&expw=1693&q=children+in+need&simid=607996824898965469&ck=409EA402E8C0B8305A94EFE6E01B5422&selectedIndex=4&adlt=strict&FORM=IRPRST)