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!

