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| [**Dough Disco-**](https://www.youtube.com/watch?v=VTTkCYitS9E)  **Have fun making your own play dough at home with this recipe. Put on your favourite tunes and get moving!** | **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**](https://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique) **to refocus our mind and try again 😊** | **Exercise releases happy hormones into our body. Why not try these fun skipping skills by Mr and Miss Skippy!**  **Skipping** [**video 1**](https://www.youtube.com/watch?v=qAmBLNB-zMU&feature=youtu.be) **and** [**v**ideo **2**](https://www.youtube.com/watch?v=B6lJn5-i13Q&feature=youtu.be) | **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?** | **Mindful colouring- click on this link for some printable** [**mindful colouring sheets**](https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html)**.** |
| **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?** | **Make a puppet and perform a puppet show. You could even film this and share it with your teachers on Seesaw or Tapestry.** | **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!** | **Make a fitness routine like Joe Wicks and put your family or siblings through their paces.** | **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!** |
| **Why not bake something delicious or learn a new cooking skill? You could even ask to help cook dinner for the family tonight!** | **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?**  [**https://bedtime.fm/peaceout**](https://bedtime.fm/peaceout) | **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!** | **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.** | **Draw your name in large bubble writing and colour it in. Write lots of positive words about yourself around it.** |
| **Make a positive quote poster or happy picture and put it in your window to brighten up someone’s day.** | **Go on a ‘senses’ walk, as part of your daily exercise. What can you see, hear, smell, feel** | **Think about all the things that you are good at and say them out loud.** | **Music always helps to make us feel good. Make a playlist of your favourite feel good songs.**  **One of my favourites is ‘Uptown Funk’.**  **What are yours?** | **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?** |