

Week beginning 4th May

Here are some health and well-being activity ideas that you can do at home as a family. We would love to see the activities that you complete, please tweet us at @NavigationPS and include the hashtag for the activity that it is linked to.

#MOVEMENT-MONDAY



#TASTY-TUESDAY



#WELLBEING-WEDNESDAY



#THOUGHTFUL-THURSDAY



#FUTURE-FRIDAY



Rock, Paper, Scissors ✨ ✨ ✨
Geo 5th-4 PE

What you need: One other person



How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- If you have the space, winner chases their opponent trying to tag them before an end line.

Who is the winner in your household?

As Friday is VE day, could you make your own party food for your very own VE day party at home?

You could make sandwiches, pineapple and cheese sticks, sausage rolls, fruit kebabs?

Have your own party at home and celebrate VE day! Don't forget to send pictures to your teachers and share what you have made!



Here is a simple recipe for you to try at home!

Make your own glitter jar

Can you create your own calming jar? All you need is a glass jar, water and glitter. Put the water into the jar and add the glitter. Make sure the lid is securely on!

The idea is that the glitter represents your brain and your thoughts, sometimes it can be full of thoughts and emotions which make you feel stressed or worried.

If you shake the jar that shows your thoughts slowly calming down as you watch the glitter gradually fall to the bottom of the jar.

Notice 5 things that are beautiful around you.

Draw and label them.

What can you hear?
What can you see?
What can you touch?

Some of our teachers have noticed more wildlife in their gardens; squirrels playing and birds singing beautifully.



Create a bucket list of ideas that you would like to do in the future.

- You could research a city that you would like to visit and the best places to see.
- Think about an instrument that you would like to learn
- You might want to learn a new language

This can be done individually or as a family.

Check out @TraffordSSP on twitter for local Trafford school PE challenges



Snail pinwheels!

You can use bread or wraps and cut them into strips. Put your filling on the bread or wrap and slowly roll the strips into a wheel. Using a cocktail stick secure the snails shell and cut half a hotdog and attach it to the cocktail stick!

Here is a visual representation of the jar and another guided meditation for you all to follow at home!

<https://family.gonoodle.com/activities/swirling>