Ellison Well-being Week

Ellison Wellbeing Week is a time for you to focus on yourself. Members of staff have set some fun activities for you and members of your family to try out. You don't have to do all of these this week, it is something that you can keep coming back to. See how many challenges you can complete over time. Remember we love to see what you have been getting up to so please share your wellbeing activities with us either by email or the school twitter @Ellisonprimary Enjoy ☺

Mrs Oakley would like you to write your own positive message. https://www.childfun.com/recommendations/inspirational-quotes-for-kids/ has lots of ideas from famous authors and superheroes to inspire you.



Miss Lewis would like you to take some time and focus on the sky. When you look up at the sky (not into the sun), watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes that the clouds make. Tell yourself a story using the clouds as inspiration?

Mrs. Carpenter would like you to stop and wonder at the wonderful world around you as there is so much beauty and so many amazing creatures around us. Sit in your garden or go for a walk with one of your family. What can you hear? What can you see? Can you hear any birds singing? You could put food out for the birds and then draw what comes to your bird table. Paint, draw, take photographs or learn the different birdsongs.



Mrs Pateman would like you to think of a Random Act of Kindness for each person you live with e.g. clean your room without being asked, let someone have a turn before you, leave a kind note for someone or anything that would make them feel happy. You never know, they might do the same back for you.

Mrs Gibson would like you to play a P4C game called Here is the answer- what is the question? Start with something simple like "The answer is on the table, what is the question?" Ask others to think of 5 possible questions that you could be thinking of. You can then make it harder with more difficult answers such as "the answer is love, what is the question?"

Miss Shuker would like you to create a mini obstacle course. You can get ideas here: https://playtivities.com/obstacle-courses-for-kids/. See if you can beat your time each time you do your obstacle course, can you get the whole family involved?



Mrs Adams (2A) would like you to make an item of food to share with your family. This could be a sandwich, a cake or even bread.

Mr Clarke would like you to listen to DJ Ellison's new mindfulness playlist. See how the different songs make you feel and try to concentrate on your breathing.
Spotify Link



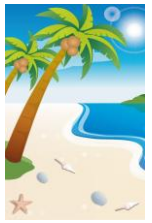
Mr Sterio would like you to sit somewhere comfortable and close your eyes. Have a blank mind and then open your eyes after you think sixty seconds (1 minute) have passed. Get somebody to time you. How close were you to the 60 seconds? Challenge, can you sit for a longer period?



Miss Hargreaves would like you to think of all of the things that you are thankful for. Although there are many things we cannot do during these tricky times, write a list of the things that we are still lucky to be able to do. For example, we can spend time as a family playing games. You could record this with mini drawings, you could write sentences or even come up with a beautiful poem.

Mrs Dawson would like you to start a 'Gratitude journal' this is like a diary where each day you can record up to five things you are thankful or grateful for. E.g. I am thankful that the sun is shining today as this puts me in a good mood.

Mrs Rohrmann would like you to design your own peaceful place. Use https://www.youtube.com/watch?v=GlJn5XhqPN8 to inspire your art work and then use it to explore mindfulness. It could even be a place from your imagination.



Miss Ball would like you to make a positivity jar. You will need to find a jar/pot, then write all the positive things that you have Done during 2020 e.g. I have baked lots more cakes and discovered that I am better at baking than I thought.



Miss Cartwright would like you to read and follow a recipe in order to make a delicious cake for you and your family. Maybe you could have a go at writing your own recipe?

Mr Hulme would like you to think of the topic 'What makes a champion?' could you research a famous athlete such as an Olympic medallist and think of what they have done to achieve this and the positive mindset they had. Can you create a poster of the athlete and use words to describe them? How about recreating famous sporting success stories and filming them in your own home? For example, you could film yourself scoring a wining penalty in a world cup final or winning the 1500 metres race like Sir Mo Farah.

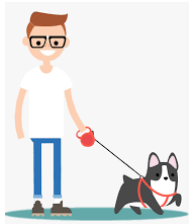


Mrs Griffin would like you to plan a healthy eating menu with your family and to help in preparing these meals. Always remember your 5 a day. Use this to help you: https://www.bbcgoodfood.com/howto/guide/30-easy-ways-get-your-five-day



Mrs Bennett would like you to think of a special time in the past, something you can be thankful for now and something you are looking forward to in the future. Can your family do the same? You could make a timeline of your special ideas as a family.

Mr Lambert would like you to make sure you still get 60 minutes of exercise per day. It could be making sure to take advantage of your one permitted walk per day with your family (Whilst I walk Max, my dog, I sometimes carry a binbag with me to collect rubbish as I walk to help the environment and its wellbeing).



Mrs Martin would like you to connect with other people, maybe a friend or a family member; using a video app such as FaceTime or by sending them a picture. Maybe you could write a list of people you'd like to make contact with; remember to ask how they are, maybe share some of your learning or a picture.

Miss Webb would like you to try doing at least 5 minutes of art and crafts each day. Use https://www.youtube.com/watch?v=RMgb5yCEolc&t=43s to inspire you! Use bits and bobs around the house to make fun pieces of art.



Mrs Myatt would like you to think listen to the Pharrell Williams song Happy https://www.youtube.com/watch?v=ZbZSe6N_BXs What makes you 'happy'? What makes your family happy? How do you know people are 'happy'? Write down things that make you happy and keep them safe. If there ever comes a time that you are not happy, listen to the song and read your list. Remember "Smile and the world smiles with you".



The Stoke City coaches would like you to work with your family to write a letter to an older relative, neighbour or family friend who might be in isolation at the moment. You could write to tell them about your favourite football memory, how you are doing and what fun activities you have been doing at home. Use this link to help you and for some resources https://plprimarystars.com/resources/connecting-generations You can also share your letter with them on social media, take a photo and tag @PLCommunities, or email it to PLPrimaryStars@premierleague.com. They will showcase our favourite letters on the Premier League Primary Stars community news story.

Mrs Adams (RA) would like you to look at and enjoy the natural world around you and it's change in season. Paint, draw, sculpt or use loose natural objects to create a piece of artwork for a family member. Think about using warm, glowing colours to pass on a warm message to your family full of happiness and love. Don't forget to sign your artwork with your artistic signature. Remember everyone is an artist at Ellison.

Mrs Line would like you to try to learn the rap to the song 'You're Welcome' by Maui from Moana. https://www.youtube.com/watch?v=x4SMYX6eBhU If you're feeling brave maybe you could perform it to your family. It is tricky but if Mrs Line can do it, anyone can!



Arrange a film night with your family.



Pass on a smile by writing 5 positive messages and leaving them around the house for your family to find. Their happiness will bring happiness to you.

Write an email to your teacher telling them something that makes you proud of yourself.

Play a game with your family. Take it in turns to pick a game for you to all play together each week.



Cosmic Kids has a range of mindfulness exercises that you can join in with. They have videos to encourage calmness, focus or to be active. They include stories, mindfulness, yoga, relaxation and dance.
https://www.cosmickids.com/

Play the alphabet game with at least one other person. You have to think of a topic area and then go through the alphabet thinking of something, within that topic, that starts with each letter. For example the theme could be animals. A- Alpaca B-Bear and so on. Take it in turns until you get to Z.

Look out of the window with a member of your family and discuss 3 beautiful things.



Tell a family member a new joke. You could even email it to your teacher to give them a giggle too! You never know, they might send you one back.



Memory games - close your eyes, then someone moves something in the room. Can you tell what it is? Extra fun if you use the whole house.

Teach yourself a magic trick using an online tutorial/video and perform it for your family members. Can they guess how it was done?



Research happy news articles from around the world and make your own happy news bulletin, newspaper or TV show.



Arrange a family disco night.

We often think about how we can be kind to others. Have you ever thought about how to be kind to yourself? Draw a picture to show different ways that you could be kind to yourself. It could be eat healthy, get enough sleep or remember to laugh.



Set your family a secret challenge. Make cards with ideas of things you have to get other people to do, e.g. sing a song. Everyone chooses a card in secret. Then, you have to try to get someone to do what's on your card in the course of the day, without them knowing. Share what was on your card at the end of the day and see who managed to complete their secret challenge.

Make your own jigsaw puzzles out of old greetings cards or pictures from magazines. Cut them into large pieces and put them in an envelope as a puzzle to complete. You could have a family puzzle night. See who can complete the puzzles the fastest.



Visualisation is a technique that uses the imagination to slow down the chatter of the mind and help to release negative thoughts and worries. First imagine your favourite colour or soothing sound or the feeling of warmth. Imagine breathing in that colour or feeling and bringing peace to your body.

Try these mindfulness colouring activities from Twinkl.
Google Drive Link.

You could attempt Time4sports daily challenge posted on their social media accounts.

time4SPORT
INCREASING PARTICIPATION IN PE/SPORT



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