

'Wellness Wednesday' Key Stage 3 Activities

Dear Parent/Carer,

Tomorrow we host our first 'Wellness Wednesday' event for all learners at Kepier. We thought we would share with you they Key stage 3 activities that are available tomorrow and will be taking place in the afternoon.

What is it?

An afternoon where learners do not follow the normal timetable. They will break away from following normal scheduled lessons to take part in activities to encourage them to move away from the screen, support their mental health and wellbeing, and something a little different for the end of the term.

The activities on offer will encourage learners to challenge themselves, get creative and think outside the box. They should give learners a sense of personal satisfaction, and some activities involve doing something for others.

We understand that this hasn't been an easy term for learners. We encourage all learners to join the google meet and partake in tomorrow's event and activities. If a learner chooses not to partake, the expectation will be that they continue with the work set for the two timetable lessons. If attending the 'Wellness Wednesday' event, there is the expectation that the two lessons of work scheduled for this time may not be completed.

We look forward to seeing all the learners get involved with tomorrow.

Warm regards
Kepier



The Activities

Wellness
Wednesday

It's
#WellnessWednesday:
take care of yourself,
stay refreshed,
and stress less.

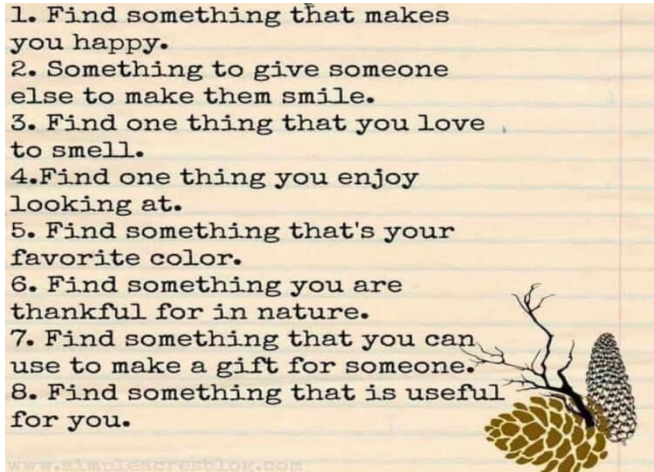
STARTING AT 1PM WEDNESDAY 10TH FEB
LEARNERS WILL JOIN THEIR COACHING
CLASSROOM AND GO ON A GOOGLE MEET.

Join this in the exact same way they would do on a
morning.

Their coach will be there to meet them and give
instructions and activities for how to get involved



<p>Create a board game/ card game</p>	<p>Create a book review</p>	<p>Create a music playlist or write your own song</p>	<p>Take a virtual tour of a zoo</p>
<p>Are you a fan on Monopoly? Think you can create something better? Why not design your own board game. You could then share with your friend, family, coaching group and play during this awful weather to keep you entertained over half term https://www.instructables.com/Build-your-Own-Board-Game/</p>	<p>https://www.booktrust.org.uk/books-and-reading/tips-and-advice/writing-tips/writing-tips-for-teens/how-to-write-a-book-review/</p> <p>Or recreate/draw a new and improved book cover for your favourite book or one you would like to read. https://www.pinterest.fr/pin/20195898315447630/</p>	<p>Using BBC and Spotify gain access to 1000's of songs. Why not create and name your own music album to sell to the masses? https://www.bbc.co.uk/sounds/stations https://www.spotify.com/us/free/</p> <p>Have a lot to say? Why not turn those thoughts, emotions and feelings in to a song? https://musiccitysongstar.com/songwriting-tips-for-beginners/</p>	<p>Take a trip... not only to a zoo, but a zoo to see exotic animals around the world. And the best thing about it, all whilst in the warmth of your own home and it's free.</p> <p>https://www.trip.com/blog/home-travel-coronavirus-live-stream-museums-and-arts/</p>
<p>Create a dance routine or learn one</p>	<p>Design a create a fashion show</p>	<p>Bake a cake</p>	<p>Go on a nature walk</p>
<p>Who doesn't love to dance around in the kitchen when you think no one is looking? Well why not embrace this today, turn those tunes up, and make your own dance or follow the link to learn and perform one. https://www.city-academy.com/news/best-dance-tutorial-videos/</p>	<p>Design your own virtual fashion show - who, where, when, what? Click the link below to give you that step by step guide to put on a show stopper of a fashion show https://www.wikihow.com/Coordinate-a-Fashion-Show</p>	<p>The Great British Bake off - Keepier style. Why not as a group of friends have a bake off. Bake your cake, come up with a judging criteria and ask those at home to decide who is the bake off champion https://thegreatbritishbakeoff.co.uk/</p>	<p>Need some fresh air? Been staring at the screen all morning? Get out for a walk and photograph the flowers, wintery/spring scenes and birds you find on your travels https://www.teachstarter.com/gb/blog/16-activities-to-do-during-a-nature-walk-gb/</p>

<p>Enjoy some photography at home</p>	<p>Litter pick in your local area/help in the garden</p>	<p>Cook a meal for you and your family</p>	<p>Make a pancake feast</p>
<p>Why not get creative and capture images in your home. Take a look at the following article - create your own gallery. Pick a theme, or a colour and inspire https://www.ephotozine.com/article/52-things-you-can-photograph-at-home--29764</p>	<p>Spring is on its way (although you wouldn't think it with the weather currently outside your window.) You could the garden ready for planting some bulbs, seeds and flowers. Scrape up all those leaves, clear that snow from the pathway. BUT please do make sure you wrap up warm! https://www.gardenersworld.com/</p>	<p>Everyone working from home, hungry at the end of the day. You could put together a meal for everyone tonight https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes</p>	<p>Create a pancake tower in the run up to Pancake Tuesday - How many, will it topple, what do you add to yours. Follow the link to a simple pancake recipe https://www.bbcgoodfood.com/recipes/easy-pancakes</p>
<p>Craft something for a family member</p>	<p>Give yourself some mindfulness and wellbeing time</p>	<p>Make and bury a time capsule</p>	<p>Solve riddles and logic problems/brain teasers</p>
<p>Get creative and use what you have in the house to create a gift for someone in your house. It could be to say thank you, to send to someone you haven't see, or to simply put a smile on someone's face https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/</p>	 <ol style="list-style-type: none"> 1. Find something that makes you happy. 2. Something to give someone else to make them smile. 3. Find one thing that you love to smell. 4. Find one thing you enjoy looking at. 5. Find something that's your favorite color. 6. Find something you are thankful for in nature. 7. Find something that you can use to make a gift for someone. 8. Find something that is useful for you. <p>Or try the free app headspace https://www.headspace.com/</p>	<p>As we know this has been a very strange time. A year like no other. Why not create a time capsule so that in years to come you can find and remember some of the events we have gone through. https://www.milletts.co.uk/blog/how-to-make-a-time-capsule</p>	<p>Do you love a Sudoku/ word search? Do you like to keep your brain active. Today you could try some of the brainteaser on the website below. There Is a huge variety to choose from - which one's will pick you brain? https://www.gchq.gov.uk/information/stay-at-home-and-stay-busy-with-our-brainteasers</p>

<h3>Origami</h3>	<h3>Create a family tree</h3>	<h3>Science and engineering</h3>	<h3>Clean the cars and bikes (in your house)</h3>
<p>There were some absolutely amazing origami ducks sent in from last week's wellbeing challenge. You could take this a step further and create an array of origami animals. Take a look at the 30 day origami challenge, how many can you do in this afternoon's session?</p> <p>https://seelemons.com/2020/05/01/30-day-origami-challenge/</p>	<p>Interested to know about your past? Who are you connected to from a long time ago. Research your own family tree. Turn it into an art project and display to share with all at home.</p> <p>https://www.familyecho.com/</p>	<p>What will cities look like in 2050? How will they be powered to be vibrant, healthy and clean places to live? The competition invites young people to use their creativity, problem solving and STEM skills to devise innovative solutions that could power cities of the future.</p> <p>https://www.shell.co.uk/sustainability/society/supporting-stem/bright-ideas-challenge.html#iframe=L2Zvcm1zL2JyaWdodF9pZGVhc19jaGFsbGVuZ2VfcmVnaXNOcmFOaW9uXzIwMTg</p>	<p>You could do something nice for someone in the house, and give their car or bike the full valet - Inside and out have that car spick and span.</p> <p>https://www.rac.co.uk/drive/advice/car-maintenance/how-to-wash-a-car/</p>
<h3>Listen to some inspirational speakers</h3>	<h3>Undertake some home science experiments</h3>	<h3>Do a workout</h3>	<h3>100 ideas to get you away from the screen</h3>
<p>Speakers for school gives you access to live and pre-recorded talks to inspire you towards your future. From the latest fashion designers to CEOs of major companies have a scan and get inspired.</p> <p>https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/</p>	<p>Do you want to get a little bit scientific, why not try these easy science projects that can be done in the home? From an orange fizz, to a storm in a cup take a look at the instructions below.</p> <p>https://www.sciencefun.org/kidszone/experiments/</p>	<p>Who doesn't love to get a little bit of sweat on. We may avoid it to begin with, but you can't deny it does feel good once it is done.</p> <p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>	<p>And if nothing above takes your fancy here are another 100 ideas to get you away from the screen as much as possible, and a break away from your normal timetables</p> <p>https://habyts.com/101-unplugged-activities/</p>