

Ladybirds have lots of spots!  
Try drawing a ladybird. Use  
the video to help you.

<https://www.youtube.com/watch?v=ho29DN263QM>

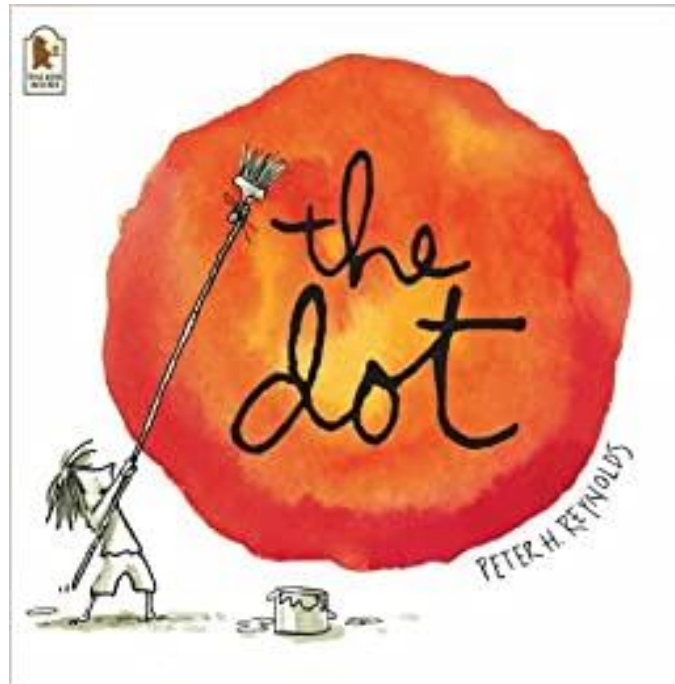
Try to create the longest  
paper chain possible out of  
one piece of paper, scissors  
and tape. Cover it in dots!

Create a piece of art using  
only dots!  
Share your dotty artwork  
with your teacher.

Mindfulness time.  
You could complete a  
colouring, listen to calming  
music or have a go at doing  
yoga. What mindfulness  
activities can you do?

# Health & Wellbeing

## Book Talk



Ask someone at home to  
draw a black dot on a piece  
of paper.  
Your challenge is to turn  
that dot into something  
creative and amazing!

Sing along to “The Dot Song”

<https://www.youtube.com/watch?v=-ZQMhdYJhsA>

.Close your eyes and draw a  
picture.  
How does it feel to be free to  
draw anything from your  
imagination without  
looking?

Make some patterns and  
then colour them all in to  
make a beautiful work of art.