

# Willow Class, Autumn 1

## Friendships and Animals

*All tasks are in addition to times tables practice, daily reading and the learning of weekly spellings. Each activity is optional and worth 2 dojo points. Please provide physical or photographic evidence via class dojo/ email.*

Topic	Health/ Wellbeing
<p>Create a friendship flower. In the middle draw a picture of yourself and on each petal, draw what makes a good friend.</p> 	<p>Go for a "listening walk" Grab your shoes and go for a walk outside. Pay close attention to what is around you. Can you describe and talk about what you hear and see?</p> 
<p>Bake an item for a friend. Take photos to show you making your baked goods.</p> 	<p>Dig out some old photos and spend some time looking at photos of friends, family and loved ones. Not only is this a lovely way to remind you of some great memories but it is also a super conversation starter!</p> 
<p>Use some small animal toys to make a pretend zoo. What do you need to do to look after the animals in your zoo? What food would they eat? Have they got somewhere to sleep? What else would the animals need to be happy?</p> 	<p>Shake your worries out. Start by setting a one-minute timer, jump up and down and wiggle your body. At the end of the minute, place a hand on your heart and listen to your heartbeat. How does your body feel?</p>  <p><a href="#">Silly to Calm: Quick kids yoga movement break complete with dancing and breathing.</a></p>
<p>Read a book linked to the topic of <u>Suggested book list:</u>            Stuck – Oliver Jeffers            Paper Dolls – Rebecca Cobb            Aunt Amelia – Rebecca Cobb            A First Book of Animals – Nicholas Davies and Peter Horace</p>  	<p>Enjoy a "Stay at Home Spa Day". Start your spa day off with some bath time bubbles, then take part in a short mindfulness activity. Recharge your batteries over a teddy bear afternoon tea. Finally, end the day by reading your favourite book in a homemade den.</p>  