




Wellbeing is important to us at Beecholme and it is especially important to look after our mental health during lockdown. This is our weekly check-in with some tips and ideas from us to support you and your family at this unusual time.



A break from the screen

- 21** How many words can you think of that rhyme with WRITE? 
- 22** Write a recipe for 'Springtime'. What will you include? Flowers? Sunshine? What else? 
- 23** Use your body to make the shape of a letter. How many more can you make? Can you make every letter in the alphabet?
- 24** Play alphabet bingo! Can you spot an item in your home or garden that starts with the letter a,b,c and so on? 
- 25** Start a diary. Write a short entry every day about what you do and how you feel. It will be good to look back on when you're older.

Day 9
 Captain Hook needs a new pirate ship and wants you to build it.

Get creative



If you are feeling overwhelmed
 ...

Staying positive



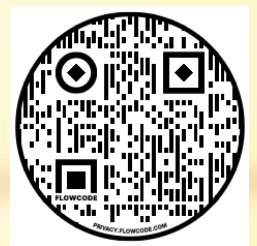
Watch Episode 1

- o How did Jessie feel when she watched 'The Funny Tummy' video?
- o How did she feel when she watched 'The Happy Crocgy' video? How did her feelings change?
- o How did she get help to feel better?

Finish by having fun singing along together at the end!

Stay active

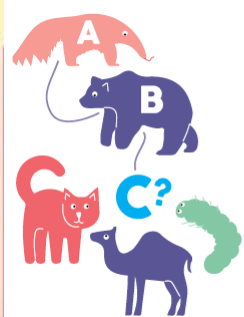
Stay safe online



Take a brain break

6. Categories

This can be done as a whole class or in small groups or pairs. Pick a simple category like animals, colours or something related to your learning. The children then take turns to name something from the category. Go around the group, each saying an associated word until you run out. To make this more active the children could act out their suggested word. For older children, you could ask them to go in alphabetical order, so the first child says anteater, the second says bear, etc.



10 Minute Shake Up games

Change4Life and Disney have teamed up to bring you play-along games inspired by your favourite Disney and Pixar characters. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

