

1<sup>ST</sup> MAY 2020

STAY SAFE , STAY HAPPY , STAY TOGETHER

## HELLO AGAIN,

We hope you are all well and are all keeping safe. As we near the end of week six of lockdown, still surrounded by so much uncertainty, promoting wellbeing in the home becomes more important than ever. In our fortnightly newsletter we hope to share some more ideas and activities to support you all in these unprecedented times.

A big thank you to you all once again as parents and carers for your ongoing support in your children's learning and in ensuring that they submit their weekly check-ins.

Well done everybody!

TOGETHER WE CAN DO THIS.


 CREATIVE CHALLENGE
Origami Bookmarks

Why not have a go at creating your own origami bookmark to support your reading at home?



Just follow the link below and get creative!

<https://activities.homelearningoutwood.com/get-crafty/origami-bookmarks>

Ingredients

## FLUFFY AMERICAN PANCAKES

- 8oz self raising flour
- 4oz caster sugar
- 2 eggs
- 1/2 tsp Bicarbonate of Soda
- 1/2 pint of milk
- Any extra ingredients you fancy eg. blueberries or chocolate chips

Method

- Mix all the ingredients together in a large bowl
- Pour in small amounts of the mixture in a lightly greased frying pan
- Flip when you see them start to bubble and go golden brown in colour.
- Top and decorate with your favourite ingredients – yum, yum!



# MAKING THE MOST OF TIME TOGETHER

<https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/>

The EEF (Education Endowment Foundation) have provided a lot of helpful resources to support wellbeing as you find a new rhythm and routine with your family. Include your children in your daily planning, making the most of your time together, following their interests and making time for lots of fun.



## KEEPING ACTIVE

Getting fresh air and outside can do our wellbeing the world of good. Sometimes the simplest of activities are the best – like skipping.

Check out this link to Blue Peter below, where you can meet master skipper, Declan and find out the all the benefits of skipping, as well as fun skipping challenges you can set for yourself.

<https://www.bbc.co.uk/cbbc/watch/bp-naomi-skipping-challenge?collection=bp-how-to-guides-curation>



ALL BLUE PETER >

### Skipping tips and tricks

It's really important to try and keep fit at the moment and what better way to do that than to skip? We sent Naomi down to the BP Garden to meet master skipper Declan, who shares some top skipping tips and tricks.

If this inspires any of you to give skipping a try, let us know how it went down in the comments.

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# MINDFUL MOMENT

## RAINBOW WALK



Taking a Rainbow Walk is a simple, fun way to practice mindfulness with Little ones, using our sense of sight. Focusing on the world through a single sense is a powerful way to anchor our awareness in the present moment. In this practice, we use our keen sense of observation to slow down, notice and appreciate the outdoors. So why not go on a walk find the colors of the rainbow, such as a red flower, orange cone, yellow leaf.....

