



Wellbeing afternoon - Each week this term (while your year group is away from school) there will be a wellbeing afternoon where there will be no “on screen” lessons. This is a time where you can choose to rest or you may want to engage in one of our wellbeing activities (below). If you happen to capture a picture of yourself engaging in one of these activities we would love to feature this in our fortnightly newsletter - please email Mrs Purcell who co-ordinates the newsletter - [PurcellJ@bradonforest.wilts.sch.uk](mailto:PurcellJ@bradonforest.wilts.sch.uk) with your name, year group and activity.

## Engage in a physical activity

Learn some new tricks!

Top Five Beginner Scooter Tricks with  
Claudius Vertesi



## Rearrange your Bedroom

Refresh your personal living space and declutter for a fresh look to coincide with the return to school:

See this website for  
some ideas.



## Interact with Nature

Build a bug hotel



Homes for Insects and Minibeasts  
- The RSPB

## Arts and Crafts

The paper airplane challenge!

See this website for instructions on how to make one. Decorate as you wish and challenge family members to see whose can fly the furthest. Try launching from an upstairs window!



## Interact with the Galaxy



Can you spot the International Space Station?

A Kid's Guide to Stargazing | OLogy | AMNH

There is a great app called Star Chart which you hold up to the sky and it tells you what you can see.

## Mindfulness

Learn more about mindfulness



Everyday mindfulness - YouTube

## Express Yourself

Write a quotation about yourself, draw a self portrait, have a debate, make a video, write a journal: just a few suggestions from the Express Yourself tasks below!

<https://bradonforest.org.uk/wp-content/uploads/2021/03/Away-from-the-screen.pptx>

## Talk to a friend or family member

Not sure of what to say? Try our three questions of the week:

1. If you could have one superpower, what would it be?
2. If you could invite three historical figures to a dinner party, who would they be and why?
3. If you could be an animal, what animal would you be and why?

## Wellbeing

Try this new app and see how you're not alone, no matter how you feel:



® **MentalHelp**

How MeeToo Works — MeeToo Mental Help