
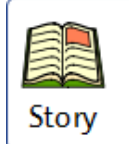
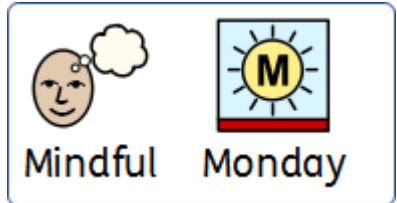
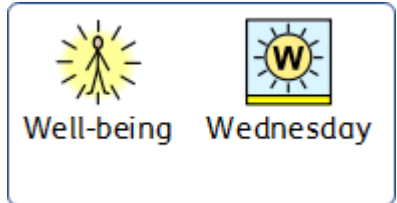
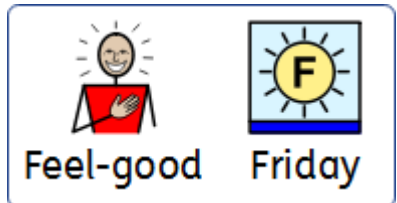


	<h2 style="text-align: center;">Activity</h2> 	<h2 style="text-align: center;">Story</h2> 
<h3 style="text-align: center;">Mindful Monday</h3> <div style="text-align: center;">  <p>Mindful Monday</p> </div>	<p><u>Rainbow walk</u> Go for a mindful rainbow walk and see if you can collect 2 things for each colour of the rainbow. Or look from your window and see what things you can find that have the rainbow colours.</p>	<p>Milly and the Rainbow https://www.bbc.co.uk/learningenglish/features/childrens-stories/millyandtherainbow</p> <p>What Makes a Rainbow https://www.youtube.com/watch?v=jyuwgPeXfHU&feature=youtu.be</p>
<h3 style="text-align: center;">Well-being Wednesday</h3> <div style="text-align: center;">  <p>Well-being Wednesday</p> </div>	<p><u>Tree of Happiness</u> Draw a tree of happiness, each day add a leaf with something you've enjoyed, looking forward to or makes you happy.</p>	<p>The Children's Tree https://www.youtube.com/watch?v=hHzWp1JV2hl&feature=youtu.be</p> <p>WE LOVE TREES. https://youtu.be/IBZUKKGEeNw</p>
<h3 style="text-align: center;">Feel-good Friday</h3> <div style="text-align: center;">  <p>Feel-good Friday</p> </div>	<p><u>Emotion Simon Says</u> Play Simon says but instead use emotions. Create faces or use body language. In-between commands ask questions such as, what makes you feel that way?</p>	<p>The Colour Monster, A Story About Emotions https://youtu.be/PWujGPb6mgo</p> <p>MR HAPPY MR MEN https://youtu.be/RTqZ9OCR00k</p>