

Wellbeing Wednesdays

Whole School challenges:

Feb 24th— [Superheroes Activity 1](#) (it's a whole project, but we would love to see your own superhero)

March 3rd— [Rubber band car](#) how far will yours go?

March 10th—[Create your own glider](#)—how far does it travel?

March 17th—Design and build a vehicle that can carry 5 objects on water.

March 24th— [Build your own aqueduct](#)—can you transport water over a 2 metre gap?

For more activities like these, please visit: [The SmallPeice Trust](#)

Whole Family Projects:

From Place2Be, creators of Children's Mental Health Day

[Project 1: The Seasons](#)

[Project 2: Space](#)

[Project 3: Superheros \(preparing to return to school\)](#)

[Project 4: Animal Homes](#)

[Project 5: Growth \(with WWF\)](#) - exploring growth in nature, and personal growth. Includes some great ideas to try in the Easter holidays too!

EYFS/KS1 ideas

[Create a grassy creature!](#)

[Make a rainbow](#)

[Create sensory boxes](#)

[Fun story-linked activities from The Booktrust](#)

Key Stage 2 ideas:

Preparing for secondary school—[River to Sea project](#)

Black History Month—[Who inspires you?](#)

[Store Cupboard Scientist](#)

[Map and plan your future garden!](#)

Specific for dealing with emotions:

Project—[Colours \(making sense of how we feel\)](#)

Project—[Calm \(dealing with worry\)](#)

Further whole family ideas:

[Words for Life](#)—filled with hundreds of activities for children of all ages. Run by The Literacy Trust.

[Action for Happiness](#)—check out their calendars, with simple daily activities all children can do to spread happiness.

Please upload videos/photos of your completed activities, so we can create a slideshow of all the brilliant learning you are doing on Wellbeing Wednesdays.