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| **Wellness Wednesday****You are working really hard, this your teachers know,****Time for something fun to do, pick one and have a go!****Each Wednesday, of every week, school books will stay away,****It’s time to bake, or read or build or simply stop and play.*** Go on a nature walk around your house - what can you find?
* Learn a new Dance
* Play football or practice your football skills
* Watch a movie (if it is raining)
* Re-design an old t-shirt
* Play a board game
* Read a book
* Create an exercise circuit in your garden
* Make a paper plane
* Build a tower using what is in the recycling bin
* Build a bridge using spaghetti and pasta
* Paint a picture
* Have a talent show
* Learn a song
* Make an obstacle course in your garden
* Create a new outdoor game
* Bake something nice
* Draw something
* Play hide and seek
* Colour
* Write a letter to a friend
* Practice some gymnastics - rolling, jumping
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