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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 |