
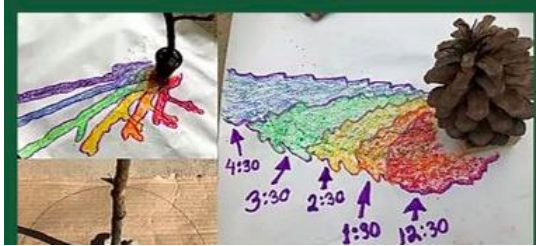


Expressive Arts	Health and Wellbeing	IDL
<p style="text-align: center;">Art</p> <p>1) Create a jungle scene inspired by this painting by Pierre Maxo.</p> <p>Think about what is in the background, midground and foreground.</p> <p>Think about what materials you could use to make it bright and colourful.</p>  <p style="text-align: center;">2) Still Life</p> <p>Choose an object or photo of an animal to draw. Concentrate on detail, line and shape.</p>	<p style="text-align: center;">Physical Wellbeing</p> <p>1) Sports Day Plan a Sports Day event for you and your family. The PDF in Assignments has different tasks for you to complete to help you do this.</p> <p>2) Dice Exercise Challenge Follow the instructions on the PDF for a fun way to vary your exercise!</p> <p>3) Online Exercise Go online to find some exercise videos. You could try PE with Joe Wicks, Cosmic Yoga, Just Dance etc.</p> <p style="text-align: center;">Emotional and Mental Wellbeing</p>	<p style="text-align: center;">IDL</p> <p>1) Make your own Sun Dial</p> <p>Create a sun dial using an object and paper. Trace the shadow of the object at every hour and take a note of the time.</p>  <p>2) Weather Diary</p> <p>Find a space in your jotter to write your own weather diary. You could draw a shape for each day of the week and describe/draw the weather for that day.</p> <p>You could even split the day up into AM/PM if the weather changes. Illustrate your weather diary how you wish.</p>

You could ask an adult to give you feedback and then have another go to improve.

Music

Try making your own musical instrument. For example, you could make a maraca by filling a bottle with pasta or rice.
Could you challenge yourself to make a string instrument?
You could find out about how a guitar makes sound to help you.

Drama

Three Word Sentences
With a partner or small group, improvise a scene where you can only speak in three-word sentences. For example:
"Cup of tea?"
"I'd love that."
"Here you are."
"May I sit?"

1) Jar of Happiness

Find a jar and decorate it. When something makes you happy, write it down and pop it in the jar. Have a look at all the lovely things that have happened to you at the end of the year to remind yourself of happy times.

2) Mindfulness - Question Breath

As you breathe in, ask yourself how you're feeling.
As you breathe out, answer.

3) Mindfulness - Cloud Watching

Take some time to lie outside and watch the shapes in the clouds.
Think about your thoughts as clouds and let them come and go.



3) Animal Study

Watch the animals at Edinburgh Zoo on their webcams here:

https://learning.rzss.org.uk/course/view.php?id=127&_ga=2.211727452.879273513.1590746803-659008448.1590587194

Complete the animal study (PDF) about one of the animals you observed.

Make a Kite

Your job is to make a kite which can fly in the air for at least 30 seconds.

Think about what materials you will need, what shape the kite should be, how will you

		create air resistance so it can stay in the air.
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