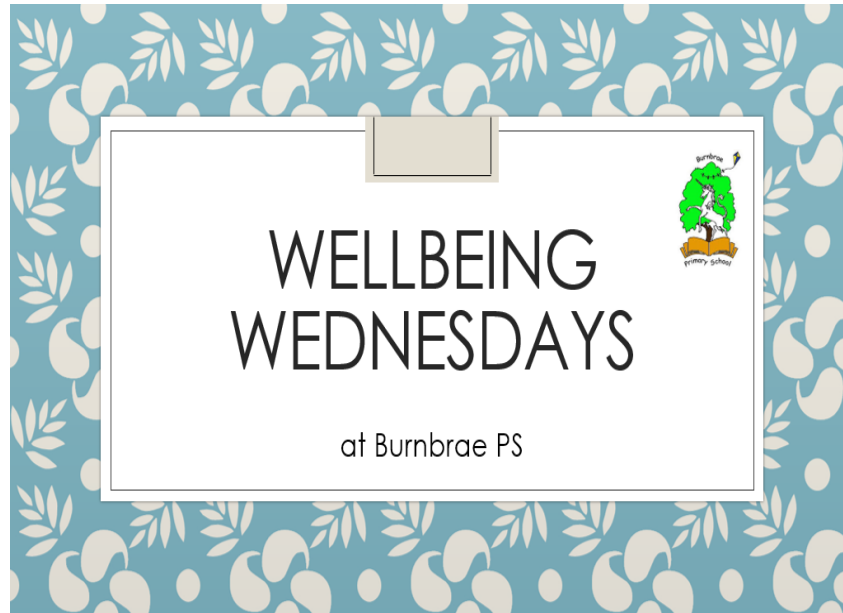


Wellbeing Wednesdays



What is 'Wellbeing Wednesday'?

Every Wednesday we will have a focus on:

- Exercise and wellbeing
- Mindfulness & Self care
- Trying New Things 'Have a go!'

The expectation is that you spend some learning time on Wednesday focusing on wellbeing activities.

Have a look at our Support for Learning Grid for lots of wellbeing activities!



RANDOM ACTS OF KindnessWeek

National Random Acts of Kindness Week

14th to 20th February 2021

Spread
Kindness

What random act of kindness will you do?

Spread some kindness and positivity and make someone's day!

Whole School Challenge**Sticking Together while we are Apart**

Even though we are apart it is so important to stick together! By sticking together, we will help and support each other through this challenging time.



We are continuing with our whole school challenge this week.

See if you can find a stick in your garden or while out on a walk. You could use a lollipop stick if you can't find one in nature.

There are so many things you can make or do with a stick. Use your imagination and decorate or make something with your stick. You could make a wand, an animal or stick character.

SHARE your Whole School Challenge**Sticking Together while we are Apart**

Bring your finished stick to Burnbrae and place it along the school fence. We'd love to see what you create. This amazing collection of all our sticks will show how much we are sticking together!

Upload your photos or share using the hashtag

#BBstickingtogether

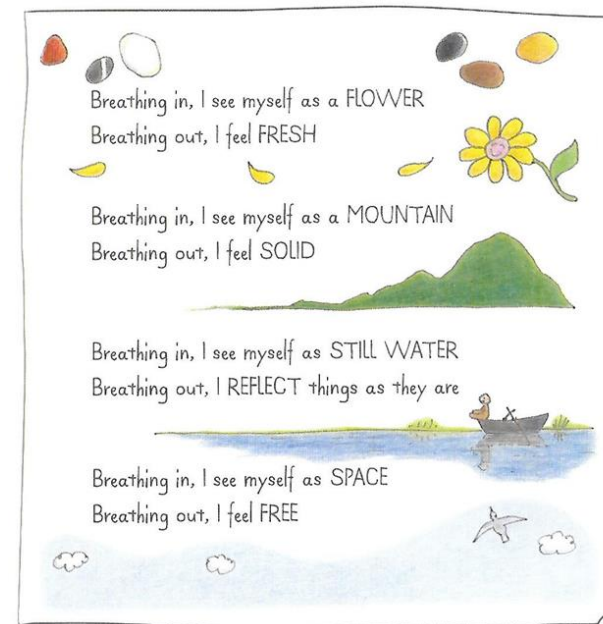


Once we are back at school we will use all the sticks to make bug hotels and other habitats to support the biodiversity of our playground.







Happy stick hunting!

A Handful of Quiet (by Thich Nhat Hanh)

See if you can find four special pebbles. You might even want to make or decorate a special bag or box to keep them in. You could even decorate the pebbles. These are your special mindfulness pebbles. For this practice, the pebbles represent a flower, a mountain, water and space. Hold each pebble in turn in your hand as you breathe in and out saying the words below.



You might think of other qualities for the pebbles to represent such as calm, joy, kindness, peace, etc. and as you hold each one in your hand and focus on your breathing, you can breathe that quality in and out.

Parent(s)/Carer(s)	<p style="text-align: center;">Health in Mind</p>  <p>We're encouraged to eat at least five fruit and vegetables a day to take care of our physical health, but what about our mental health?</p> <p>Research carried out by the New Economics Foundation found that there are five ways to wellbeing. Try to make sure you build these into your week!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>connect</p> </div> <div style="text-align: center;">  <p>be active</p> </div> <div style="text-align: center;">  <p>take notice</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>keep learning</p> </div> <div style="text-align: center;">  <p>give</p> </div> </div> <p>For more information and suggestions for each have a look at the Health in Mind website:</p> <p>https://www.health-in-mind.org.uk/resources/5_ways_to_wellbeing/d140/</p>	<p style="text-align: center;">Mindfulness Weekly Pebble</p>  <p style="text-align: center;">The gift of self-compassion</p> <p>Who is talking in your head now, good friend or harsh critic? If it's the harsh critic ask, 'What would a good friend say?' and listen to that.</p> <p>We generally find it easier to accept our virtues than our faults!</p> <p>If you find yourself having thoughts about your faults, follow this advice from Padraig O'Morain in his book <i>Self-compassion, the lifelong gift from you to yourself</i>:</p> <p>"...pause and ask yourself: 'Who is talking now, good friend or harsh critic?' If it's the good friend, listen. If it's the harsh critic ask, 'What would a good friend say?' and then listen to that instead."</p>	<p style="text-align: center;">Ways to Practice Self-Compassion for Yourself</p> <div style="border: 1px solid purple; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">STOP SHOULD-ING ON YOURSELF</p>  </div> <div style="border: 1px solid purple; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">TREAT YOURSELF THE WAY YOU WOULD TREAT A DEAR FRIEND OR A SMALL CHILD YOU REALLY CARE ABOUT</p>  </div> <div style="border: 1px solid purple; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">EVERY MORNING WHEN YOU WAKE UP, SPEND A MINUTE OR TWO SAYING KIND WISHES TO YOURSELF.</p>  </div> <div style="border: 1px solid purple; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">PUT YOUR HAND GENTLY ON YOUR HEART FOR A FEW MOMENTS.</p>  </div> <div style="border: 1px solid purple; padding: 5px;"> <p style="text-align: center;">TAKE A FEW DEEP BREATHS AND PRACTISE A MINDFUL BREATHING ACTIVITY</p>  </div>
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The National Trust has come up with 50 activities to try and do before you are 12! Challenge yourself to complete as many of the tasks on this list as possible. There are plenty of outdoor activities to do all year round, from watching the sunset to creating some wild art. Many can be done at home, in your garden or local park. Go for a welly walk, play Pooh Sticks, race snails or roll down a REALLY big hill. Which will you try first? Here's the link for the list.



<https://www.nationaltrust.org.uk/features/50-things-to-do-before-youre-11--activity-list?>



Teach Outdoors have come up with some great suggestions for getting outdoors this week. Have a go and look out for signs of spring!



Action for Happiness

The best way to cheer yourself up
is to cheer somebody else up.

ACTION FOR HAPPINESS



#FriendlyFebruary



The Action for Happiness theme for this month is **Friendly February**. We need each other more than ever right now! Let's focus on reaching out to connect with others and do our best to be a good friend to ourselves and others. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion.

Some ideas for this week include:

- 15 Smile at the people you see and brighten their day
- 16 Check in on someone who may be struggling and offer to help
- 17 Respond kindly to everyone you talk to today, including yourself
- 18 Appreciate the good qualities of someone in your life
- 19 Share a video or message you find inspiring or helpful

Here's a link to download the full calendar

<https://www.actionforhappiness.org/friendly-february>

PlayLab

Some play ideas for February

February play sheet



make rose petal play dough	set up a Valentine's post office writing area	set up a flower petals and fairies sensory tub
send friendship cards to friends	collect a basket of books about emotions and read regularly	celebrate World Acts of Kindness Day on 17th
go on a nature hunt to search for the first Spring flowers	make a bird feeder for the garden	melt broken crayons in a heart shaped ice cube tray to create new rainbow heart crayons
play with chocolate play dough in chocolate box containers with beads	make rose petal oobleck	
paint self portraits	make and decorate heart shaped cookies	create a Valentine's sensory bath with pink water, hearts, bead strings and petals
decorate cardboard hearts with petals & leaves	make tissue paper hearts for the window	
colour with Sharpies on tin foil wrapped cardboard hearts		



Connected Kids**Star Meditation**

Have a go at this guided meditation by Lorraine Murray at Connected Kids to help you relax and feel strong and bright like a star.



<https://insighttimer.com/connectedkids/meditations/star-meditation-for-kids>

Mindfulness Bingo

See if you can complete the mindfulness activities in one row of squares (vertical, horizontal or diagonal). Can you come up with your own mindfulness idea to put in the middle square!

MY Mindfulness BINGO

Name _____ I will complete this bingo by (end date) _____

The goal is to complete one row of squares (vertical, horizontal, or diagonal) by the end date. Color in the square once you completed it!

Go on a mindful nature walk	When you wake up, take 5 deep breath	Blow soap bubbles and watch them float away	Color a picture	Name 5 things you can see right now
Invite a friend to breath with you for 30 seconds	Name one thing you can taste right now	Create a glitter jar	Tighten your muscles, then let go	Take a mindful bath, listen to the water running
Name 3 things you can hear right now	Practice mindful eating, how does the food taste?	Write your own	Name 4 things you can touch right now	Close your eyes and sit in silence for 2 minutes
Be a butterfly! Sit, bend knees and flap legs like wings	Give yourself a tight hug and hold for 10 seconds	Close your eyes and take 10 deep breaths	Close your eyes and think of a favorite memory	Breathe in like you are smelling a flower. Breathe out like you are blowing a leaf
Jump up and down then relax with hand on heart. Feel your heartbeat	Balance on one foot while keeping your gaze on something in front of you	Lay down flat with plush animal on belly, breathe in and out	Name 2 things you can smell right now	Close your eyes and listen to calming music

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Oxford Owl - free ebooks

Practise reading at home with the **free eBook library** has been created to help children aged 3-11 to develop their reading skills at home. You'll find books from Oxford's most popular primary school brands including *Oxford Reading Tree* and *Read Write Inc.*, as well as stories from our *Read with Oxford* range, all available for free.

We have school logins for Oxford Owl so please use the login details for your year group:

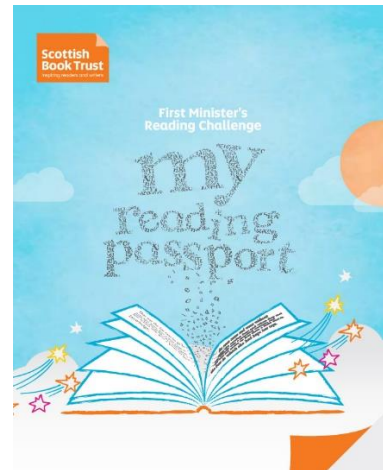
Username: bbp1	Password: burnbrae1
Username: bbp2	Password: burnbrae2
Username: bbp3	Password: burnbrae3
Username: bbp4	Password: burnbrae4
Username: bbp5/6/7	Password: burnbraep567

<https://www.oxfordowl.co.uk/login?active-tab=students>

First Minister's Reading Challenge

Remember:

Use your Reading Passport to keep track of your reading. You can record the books you read and set yourself reading challenges.

**Literacy Dares**


- Read a newspaper article
- Write to an author whose work you enjoy
- Design an alternative book cover
- Make your own reading den and take a photo of it
- Recommend a book to a family member

Challenge:

Think you can do better? Share on Teams your most inventive dares that you come up with to challenge your teachers and friends!

Reading Bingo

Each week we would like you to pick between 1 - 4 activities to go with your amazing reading journey in this Lockdown. When you have completed your challenge, we would like you to share your experience with the class in the form of a photo, video or piece of written work.

Read a poem.	Read to a sibling or friend (Online or in person)	Read a recipe to a cake you would like to bake or a guide to build something.	Read for 15 minutes in a comfy chair or place.	Read in the dark with a torch.
Read to a cuddly toy, action figure or doll.	Read the start of a story and write your own ending.	Read a book and then draw a new cover for it.	Read a story and invent a new title.	Invent a story about a monster or unusual creature.
Make a den and read a book or poem inside.	Read a story and create a sequel or prequel to it.		Read a picture book and then rewrite the story in your own words or through drama.	Read a story and write a description in as much detail for a character.
Listen to an audiobook read by a celebrity.	Read a story but change the main character to yourself.	Listen to an adult reading a newspaper or magazine and summarise it.	Read out loud with lots of expression and enthusiasm.	Read the instructions to a game you would like to play and make up your own.
Read two different books and explain which you love more and why.	Read a book at the same time as a friend and share your thoughts.	Read a story to an adult or sibling and create some questions for them to answer.	Read a non-fiction book and make an information poster.	Read a magazine or newspaper article online.

The more that you read,
The more things you will know.
The more that you learn,
The more places you'll go.
-Dr. Seuss



A child who tackled
a book with a bookmark
as it is in two places
at the same time.
-Mrs. Abbott

Numeracy at Home

Early Level

- Investigate different coins and talk about their value.
- Play board games which need the use of dice e.g. ludo or snakes and ladders.
- Point out the time on the clock, particularly at breakfast, dinner or bedtime.

First and Second Level

When baking, encourage your child to explain how they would work out quantities to make the recipe for more or less people. e.g for making 18 cupcakes from a recipe for 6. Allow your child to be in charge of setting the timer while you cook together, this will develop skills in estimating time and provide opportunities for calculating time durations.

Basic Facts

Patterns to 10 Thigh, clasp, snap, snap Create a counting pattern by patting your thighs, clapping, then snapping your fingers on each hand.	Doubles and Halves Playing Cards Using number cards from a pack of playing cards, pick a card and then double it.
Poss With a partner, count up and back to 10 whilst passing an object. Take turns to say each number.	Dice Roll 2 dice and then double the numbers you get.
Doubles and Halves Dice Roll 2 dice and then double the number you get. If you get an even number can you halve it?	Doubles and Halves Maths Playground Search for Maths Playground and find the game Multiplication Snake. Practise your chosen times table.
Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with halves and doubles.	Number Bonds Have a partner give you a number between 0 - 100. What number would you need to add to it to make the number 100? EXAMPLE: What do you add to 68 to make 100?
Division Facts with 10s Think of a Number: Think of a number up to 1000. Divide it by 10, 100 and 100. What pattern do you see?	Factors List Choose a 2 digit number. How many factors can you list for the number in 60 seconds?
Countdown Visit Nrich Maths: Countdown to play the classic game and practise your mental maths agility.	Countdown Visit Nrich Maths: Countdown to play the classic game and practise your mental maths agility.

Times Tables

Active Learning Jumping Bingo

How to Play:

- Mark out a bingo board on the floor using chalk or on a piece of paper. Fill out the bingo board with random numbers.
- With a partner, take turns to call out the numbers on the bingo board.
- If a number is called out on the bingo board players need to jump in a space and complete a physical activity of their choice for 10 seconds e.g. star jumps.
- Can you adapt the activity to achieve bronze, silver and gold star?



Number
Number facts

2 17
13 3
7 29

Key Vocabulary

Prime Numbers
A number that can be divided by itself and 1.

Gold Star
Recognise prime numbers and multiples

Silver Star
Recognise odd and even numbers

Bronze Star
Recognise 1 and 2 digit numbers

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TIP OF THE DAY

Laugh! Simply make sure you spend sometime laughing together. It is a great way to relax.

‘Today I will be content like a cat’

- This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.

www.relaxkids.com

Palming - Rub your hands together to let them warm up for about 15 seconds. Make a cup with your hands and place them over your eyes being careful not to press your eyes with your hands. Hold this position for 30 seconds to 2 mins. You might like to rest your elbows on the table if your arms are aching. The more relaxed you become, the blacker the darkness you will see with your closed eyes. This exercise brings rest and relaxation to your eyes.

www.relaxkids.com