



Week 2, Term 4 "For You Friday" - Years 7 - 10

A day to look after your health and wellbeing - try to do at least 5 wellbeing activities each Friday!
Make sure you attend **ROLL CALL** first, then get involved. **Click the underlined words to join the sessions.**




#1

Get quizzing Harry Potter fans!! Join Miss Donn for Harry Potter Trivia at 9.20am



#2

Join Phoebe and Jarrod for Art-Making and Mindfulness. Today you will be doing Origami. Have some paper handy. Session starts at 10.20am




#3

Keen to learn how to Beat-Box?? Come along to Mr Leggett's Beat-Boxing workshop at 11.50am




#4

Expression Session
If you like to sing, read poetry or an excerpt from a book or magazine, then join me, Mrs Krick at 10.20am
You can have your own song, poem or excerpt ready to sing, or read, OR I can have a selection for you to choose from.
It's all just a bit of fun!



#5

If you do nothing else today, at least listen to this wonderful speech by actor Denzel Washington. Then listen to it again, and again ...
FALL FORWARD



#6

Challenge Kahoot
These Kahoots are called challenge kahoots. Challenge Kahoots allow you to play in your own time and the leaderboard will update as more people play. If you play first, you'll temporarily be the winner! Final results can be shared next week. Make your nickname your name and year group so we know who the winners are!



#7

Challenge Kahoot #1
Who is this? Singers

Challenge Kahoot #2
Name the sport

Email Miss Whatson if you have any questions.



#8

Watch this Heartbeat video clip - this is a Mindfulness activity to calm your emotions.



#9

Get creative!
Print a colouring -in page from Colouring Home. Upload your finished product to the Wellbeing Google Classroom



#10

Finish your day with a lovely walk outside in the fresh air, play a game in the yard, kick a ball around or do some gardening. Embrace the outdoors.