



Subject: No Screen Day for Wellbeing – Friday 5<sup>th</sup> March 2021

Year Group: Years 1 and 2 (KS1)

<p>1. Art</p>	<p>Create a piece of artwork in the theme of another artist. You may wish to use paint, chalk, colours or just pencils for your piece.</p> <p>You may choose from any of the following artists – Van Gogh, Kandinsky, Picasso. Take a look at the style of the artist, what shapes/patterns have they used? What colours are they using? What is the mood they are trying to create in their piece?</p> <p>The image below is an example of Kandinsky's piece of artwork – 'Squares with Concentric Circles.'</p> 
<p>2. PSHE</p>	<p>Think about all the friends you have missed in school. What is it you have missed most about them/school? Is there anything you are worried about on the return next week? Draw some heart templates and decorate these. On the back, write some compliments to your friends that will make them smile on our return. We can share these with each other to help make our worries disappear on Monday 8<sup>th</sup>.</p> 
<p>3. Music/PSHE</p>	<p>Listen to some relaxing sounds e.g. rainfall, beach sounds, rainforest sounds. Can you think about how these make you feel?</p> <p><a href="#">(1) Beautiful Piano Music 24/7 • Relax, Study, Sleep - YouTube</a></p> <p>There are some examples here on this YouTube channel.</p>



4. P.E.	Try some Cosmic Kids Yoga to relax yourself. Or one of the following Meditation videos. <a href="#">(1) Kids Yoga To Help Anxiety   Yoga Club (Week 29)   Cosmic Kids - YouTube</a> <a href="#">(1) Mindfulness Meditation for Kids   BREATHING EXERCISE   Guided Meditation for Children - YouTube</a> <a href="#">(1) Guided Meditation for Kids   Spaceship to the Moon   Relaxation for Children - YouTube</a>
5. Art/D.T.	Make a scrapbook page! Cut out some pictures/key words from magazines/cards or draw some of your own. Can you think of a theme? Maybe you could make a page all about yourself or things that you are proud of? Things that make you happy?