



## Children's Mental Health Week Activities

- It has become tradition that every Christmas, the children at John Blandy sing Carols for the residents at Petypher House. Unfortunately, this year we were unable to do this, but our Year 6 children made a large Christmas card for them instead. Our Community Council have come up with the idea of writing to the residents to keep their spirits uplifted during this Lockdown. You could:  
Write a letter or design a card or picture for someone living at Petypher House. **Please do not give any personal details away, including your home address.** Please hand in completed work to the school and we will quarantine this before sending them all in to Petypher House for the residents to enjoy!
- **Let's Get Out and About!**  
Design the John Blandy Logo on a piece of A4 paper. Place it in your window. How many posters can you count going for a walk through the village and the school's neighbouring villages! Let your teacher know how many you counted!
- **Fresh Air is good for you!**  
Scavenger Hunt- Go for a walk in the village and see if you can find the following:
  - A large red post box
  - a small red post box,
  - War memorial,
  - A disused Church
  - A local church
  - Gnomesville
  - A badger's set
  - A bench in memory of someone
  - A stile
  - A kissing gate
  - Giant apples
  - Goal posts
  - A female, red deer frozen in time
  - A pig bush
  - A cow monument
  - Fairy lights
  - A giant coffee
  - An old petrol pump
  - A weeping willow tree
  - Rainbow bunting
  - Where Southmoor meets Kingston Bagpuize
  - Opening times of Kingston Bagpuize House and Gardens
  - A well
  - Stone mushrooms
  - An owl carving

When sending in your poster/pictures, please state if you are happy for this to go up on the school website. Take pictures and send your poster into the school office for the school website!



## Modern Foreign Languages

Learn to say my name is (and your name) in a language you don't already know

Learn to count to 10 in a new language

## Music

Choose a favourite song to sing and perform, share a video of your performance with your teacher!

If you are learning to play an instrument, video yourself playing your favourite piece.

Create a household band: use everyday objects to 'play', such as pots, pans, wooden spoons to drum on a cushion, elastic bands stretched across a plastic tub, and bottles filled with different amounts of water to blow for different pitched notes. Have as many people in your household join in and create your own music. Tell us about it, or film it for us to enjoy.

For a calming activity, listen to a piece of relaxing music. Draw or doodle while you listen, what images does the music conjure up in your mind?

## John Blandy Sport Activities

**Complete any of these activities and tell your teacher how you did. Can you beat your previous score?**

- Skip with a rope for 3 minutes
- Learn a circus skill
- Write a match report about a sport on TV
- Record yourself doing a trick with a ball.
- Record yourself doing a trick on a bike/scooter/skateboard
- Create a warm up for a PE lesson
- Choose a healthy lunch option more often than not
- Encourage others to scoot/walk/run more
- Complete an online workout with Joe Wicks
- Complete a yoga session

## Geography

- Go for a walk around the village and list the physical and human features you see.
- Draw a map of our village, using OS symbols. Can you include a compass and grid references?
- Keep a weather diary for a week by recording the cloud cover, temperature and rainfall in your garden. You may want to check a forecast for the week ahead first using an app or <https://www.bbc.co.uk/weather> and then compare with the reality with the forecast.
- With a field sketch drawn from a view out of the window, try annotating (labelling) it with physical (natural) and human (man-made) features, building materials, habitats for animals or other themes.

- Explore your house and garden and find the place that is :

Coldest	Quietest	Warmest
Dampest	Windiest	Greenest
Dullest	Most sheltered	Crowded
Brightest	Least sheltered	Colourful

## History

Our village is full of history and has gone through many changes over the years.

- Talk to a family member who may remember when things were different in the village. What businesses were run where the present two Coops are now?
- Find some old pictures or maps of the village. What is the same and what is different?
- See if you can spot some very old houses in the village. Look out for date stones that tell you when they were built. Can you find a Victorian house?
- Walk down Rectory Lane and stand and look at Kingston Bagpuize House with its beautiful Georgian architecture. How many windows can you count?
- The Scout Hut on Faringdon Road used to be the village school and was built in 1894. What clue is there on the roof that it was previously a school? This wasn't the first school in the village. Can you find this near the church?
- Find out an interesting fact about our village history that you can share with your teacher.

## Computing

- Can you make a PowerPoint about one of the following things?
  - What makes you happy? E.g. a favourite teddy, going for a walk.
  - All About You!
  - What do you like to do to express yourself? E.g. play a musical instrument, draw pictures, sing songs.
- Create an animation all about you or to promote good mental health! Use this website to make your animation: <https://www.animatron.com/studio> (more suitable for KS2).
- Make a word cloud, full of things that make you happy! <https://worditout.com/word-cloud/create>
- Use paint, or a similar programme, to create a picture that has the title 'Express Yourself' or 'This is Me'.
- Take photos and create a collage all about yourself! What do you like doing? What makes you happy?
- Can you create a 'vlog' of your day/week? (a video version of a blog!) Take part in lots of the activities in this document for Mental Health week and record yourself doing them to create a video. Don't forget to share it with your teacher!
- Relax with a good book – online! Listen to these stories, as they are read to you by famous people! <https://www.storylineonline.net/> (You may require some adult support to find a story!).
- Create a scratch project! Use this link to access the online software: <https://scratch.mit.edu/projects/editor/?tutorial=home> and this website to follow a range

of tutorials: [https://projects.raspberrypi.org/en/codeclub?utm\\_source=code-club-projects-site](https://projects.raspberrypi.org/en/codeclub?utm_source=code-club-projects-site). You can do loads of things, such as creating your own rock band, making a talking robot and creating a dodgeball game!

- For a bit of fun, try bringing a ‘Scroobly’ to life! <https://www.scroobly.com/>
- Perhaps you’d like to download some of these free apps:
  - Cosmic Yoga
  - Moshi - Mindfulness app. You can register for a free 7-day trial.
  - FeelingMindfulLITE – an app to explore your feelings.
  - MyOasis – help an island to grow with your care (older children).
  - Zen Sand – play around in a virtual sandpit!

## Science

- Make a catapult. You might simply enjoy building a basic catapult and watching ping pong balls soar! Older children can experiment by changing the angle and the length of the board, and, of course, the objects being flung!



- Make your own anemometer. Use rods and empty egg cups to try and create a working anemometer to watch the speed of the wind.



- Take a stroll through the great outdoors and collect interesting natural objects. Use recycled pop or water bottles to display your specimens. You can look up what you have found and label your bottles.



- Explore the power of water with a cool homemade LEGO water course that includes a dam and a water wheel. This engineering project is fun to play with when you have finished too!



- Create your own nature bingo cards before you go for a walk, then see who can spot all the different natural items first. To make it harder – swap boards before you go!



I have registered for the Oxford Brookes Science Bazaar Beyond Virtual event (Saturday 13<sup>th</sup> February) I just wanted to share this with you so that, from the 1st of February, you and your class's parents can visit <https://www.brookes.ac.uk/science-bazaar/> where they can book live sessions.

## Religious Education

You are all amazingly brave children, however, sometimes we need to remind ourselves of just how brave we are!

Create some bravery foot prints that you can come back to whenever you feel you need reminding of your strength and courage to carry on.

- Draw around your feet on a piece of paper
- Fill your drawing with key words, phrases or messages to yourself that remind you to be brave
- Colour patterns and pictures around your writing

- Step onto your bravery foot prints whenever you feel as though you need a little bit of bravery to move forward.

Here is my example below



## Art

- A doodle a day! Find a piece of paper or a piece of card and create a small sketch of the first thing that pops into your head. By the end of the week, you can have a look back at all your lovely doodles. You may decide to attach them together to make a small sketch book.
- Create a woven bowl using scrap pieces of wool, string or fabric.



Tutorial video and template in link <https://www.kitchentableclassroom.com/woven-bowl-a-diy-with-free-printable-template/>

- Create a paper mache bird. You may have noticed lots of birds on your daily walks or you may have joined in on the rspb Big Garden Bird Watch. Why not pick your favourite bird and turn it into a sculpture? You will need a balloon (blown up to the size you desire), torn/cut into squares pieces of tissue paper or newspaper and pva glue (mixed with a small amount

of water to create a paste). You can dip your paper into the glue or brush on the balloon. I recommend 3 layers all over, with drying time in between. You can construct beaks, wings and tails out of additional card and attach to your balloon. Once all is dry and joined you can paint your balloon. I love these abstract birds in the images below. If you would want to try this project it would be great to start this at the beginning of the week, as it would need some time to create. Please be careful that your birds don't fly away...



- Create a portrait. Check with your adults to see if they have any unwanted magazines, wrapping paper or newspapers. Can you cut out different shapes to create features (eyes, mouth, nose etc). You may want to create a portrait of someone in your family or a self-portrait (yourself). You can use a glue stick to stick it all into place. For inspiration look at the portraits below.



- Salt dough decorations. Create decorations of your choice made from salt dough. Your decoration could be a hanging piece, a fridge magnet, candle holder, pot or a lovely piece of art. You may decide to roll out your dough and use biscuit cutters or create a template to cut

around. Here is a simple salt dough recipe

<https://www.yummytoddlerfood.com/activities/the-best-salt-dough-ornaments/>

Take a look below at some creative pieces of salt dough art.

