

We have a number of activities on offer in school and online. We would love it if you could join in by completing one or more of the following:

**Task 1: Create a piece of artwork**

We are entering a National school art competition. What we would like is for pupils to create a picture that shows their feelings, thoughts, ideas or who they are. The pictures are all going to be put together to create a huge school rainbow as our competition entry.

**Task 2: Create a 'happiness box'.**

This involves finding or making a box (could be a decorated shoe box or tub) and then filling it with items that make you happy. This could be a photo, teddy, postcard, toy, etc.

Pupils can then then share their happiness boxes as part of the class Zoom session and talk about why they chose each item.

**Task 3: Wellbeing Wheel Challenge.**

Your teacher will send you some wellbeing wheels to be completed daily, they all have a theme and you can colour them in and decorate them as you like. The aim is to be honest and open about the topic on each wheel. If your child is at home please take pictures of them completing the wheels. There are 6 wheels and you can choose to do any, or all of them.

**Task 4: Make a video**

Have a go at making a 30 sec video that might make someone laugh. Send it to your form tutor.