

Another week has gone by and Ramadan is upon us. Being mindful is also considering other people's feelings. Why not help out around the house at this time? I have been helping my parents by : washing the dishes, cooking dinner, hoovering the house, cutting the grass

What can you do at home to help your parents? Send me your shout outs

What have you been doing this week?

This week I have begun running to keep my mind and body healthy and fit. As the weather gets better of course we want to be outside playing with your friends. However for now, we need to stay in our garden and go for daily walks. Why not try creating an obstacle course in your garden and see who can complete it in the quickest time?
Try this website <https://www.nhs.uk/change4life/activities>



My World's A Kitchen

This week I made pizzas with my nephews. We made it more interesting by adding faces to our pizzas. Have a go- it is so much fun
<https://www.nhs.uk/change4life/recipes/pizza-pitta-faces>



Ramadan Decorations

I know that teachers have asked their pupils to create amazing Ramadan decorations. Why not try some of these ideas?

https://www.momjunction.com/articles/ramadan-eid-crafts-for-kids_00377808/



Quiz Time

What has Boris Johnson named his son?
Let me know your answers through your shout outs

Have you heard the storytelling by the teachers? Go to the website and check it out



Mindfulness

Why not make a glitter jar you can shake when you feel down. Shake the glitter jar and remain quiet and still while the glitter is settling. As you breathe deeply you can watch the glitter float around in the jar and finally settle on the bottom.

Try it

<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

What is in the news?

This week Joe Wicks had an operation on his arm. Rather than stopping his online session, he had an amazing idea. He remained positive and found a solution. Do you know what he did? He got his wife to demonstrate all the exercises. Great idea !

There is so much we can learn from his attitude- stay positive and find a solution no matter how difficult things may seem. This will help you through lockdown but also in all areas of life.



What motivates you to stay positive ?