



This half-term, homework mainly focuses on Maths & English to support you all in 'catching-up' after lockdown.

However, we know how important your well-being is and we want you all to consider well-being too.

This grid contains ideas for looking after your well-being. You can complete an activity and provide writing, drawn pictures or photographs as part of your homework.

Year 2 - Pine/Cedar - Well-being Homework Menu ~ Spring 2 2021

<b>Well-being Challenge</b> Take on the 'Well-being challenge' by doing each one of these activities in a week.  Connect with someone outside of your household. E.g. video call/message, write a letter, draw a picture.  Be active and get some fresh air.	<b>Guided Meditation</b> Meditation is great to help us relax and focus. It helps us to rest our minds.  Watch 'Your Secret Treehouse' for a guided meditation session that will help you to feel calm and relaxed. <a href="https://www.youtube.com/watch?v=DWQH">https://www.youtube.com/watch?v=DWQH</a>	<b>Doodle Time</b> Doodling is a great relaxation activity. It helps to relieve tension and allows you to express yourself creatively.  1) Doodle on a piece of paper. See what you can make out of your details. <i>Can you create a picture or a pattern? Can you colour in your doodles?</i>	<b>Create a compliments tree.</b> It can feel great to give and receive compliments and show appreciation  Find some twigs and put them in a jar. Cut out some paper leaf shapes, write a nice compliment for each person in your home and hang them on the tree - get everyone to add their compliments. If you	<b>Cosmic Yoga</b> Have a go at some yoga using the link below. <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>  Yoga is great for flexibility, strength, coordination and body-awareness. It is also a great way to relax and calm
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Take notice of the world around you. Go on a nature walk or cloud watching.  Tidy your bedroom.	<a href="#">cGF1Tmc</a>	2) Have a go at some 'Zentangle doodle art' <a href="https://www.youtube.com/watch?v=gBsW_wpFBxc">https://www.youtube.com/watch?v=gBsW_wpFBxc</a>	prefer, add compliments about your friends/classmates.	ourselves and improve our attention.
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