


















Wellbeing Wednesday!



At King's Park, we recognise the last ten weeks have been a huge challenge for all of our families. In order to take a little pressure away from the school week over the final four weeks of term we will be running Wellbeing Wednesdays! What we want you to do on a Wednesday is to take time away from the typical weekly timetable and take part in some of the activities we have designed for you all! If these activities don't work for your family adapt them to fit your families needs!

Each Wednesday morning roll a dice and which ever number you roll on you must choose an activity from that column!

					
<p><u>Scavenger Hunt</u></p> <p>Can you visit a local outdoor space and take part in the attached scavenger hunt?</p> 	<p><u>Music with Nature</u></p> <p>Find some small items in nature and fill a plastic container. You have created your own instrument. Can you make some music now?</p> 	<p><u>Nature Art</u></p> <p>On your daily exercise, collect as many natural materials as you can. When you return home create a piece of artwork inspired by Andy Goldsworthy.</p> 	<p><u>KP Art Work</u></p> <p>We want to fill the KP Community with our artwork. Can you create a picture of our school building under a rainbow. Display this in your window for others to spot!</p> 	<p><u>Shapes in the Dirt</u></p> <p>Use different object to draw different shapes in the mud!</p> 	<p><u>Decorate a Stone</u></p> <p>Can you decorate a stone and leave it on your exercise walk for others to find?</p> 
<p><u>Make a Head-dress</u></p> <p>Using a strip of paper and some natural items, can you make a head-dress?</p> 	<p><u>Build a Den</u></p> <p>Get creative and build a den within your house or garden. What items around the house can you use to create your den?</p> 	<p><u>Teddy Bears Picnic</u></p> <p>Can you create a picnic for your family. You may want to Invite your teddies to?</p> 	<p><u>Community Art</u></p> <p>Using chalk can you decorate the pavement outside in order to make other people smile?</p> 	<p><u>The Great Outdoors</u></p> <p>Challenge of walking, scooting or cycling at least 2 miles this afternoon?</p> 	<p><u>Music to make you happy</u></p> <p>Create a playlist of your families favourite songs. Could you share this with your friends? You may need to ask an adult for some support!</p> <p>Dancing is optional!</p>

Feel free to upload your activity to your Seesaw account or our School, Twitter account however this is absolutely optional!

















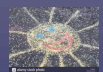
#KPCARES #WellbeingWednesday

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<p>Scavenger Hunt</p> <p>Can you visit a local outdoor space and take part in the attached scavenger hunt?</p> 	<p>Garden in a Bag</p> <p>Use only a bag, some soil and create your own garden. What have you planted and grown?</p> 	<p>Nature Art</p> <p>On your daily exercise, collect as many natural materials as you can. When you return home create a piece of artwork inspired by Andy Goldsworthy.</p> 	<p>Thinking Positive!</p> <p>Can you think of as many positives as you can that has come from the current situation.</p> <p>Write these down and discuss them with your family.</p> 	<p>The Great Outdoors</p> <p>Challenge of walking, scooting or cycling at least 3 miles this afternoon?</p> 	<p>Decorate a Stone</p> <p>Decorate or paint a stone. Can we begin creating our very own King's Park Covid -19 Snake near School?</p> 
<p>Picnic</p> <p>Can you create a picnic for you family. You may want to organise a trip to one of Midlothian's outdoor spaces to eat this?</p> 	<p>Build a Den</p> <p>Visit one of our local parks and build a den in the trees!</p> 	<p>Nature Mobile</p> <p>Use different pieces of nature and use some string to create a hanging mobile.</p> 	<p>KP Art Work</p> <p>We want to fill the KP Community with our artwork. Can you create a picture of our school building under a rainbow. Display this in your window for others to spot!</p> 	<p>Community Art</p> <p>Using chalk, can you decorate the pavement outside in order to make other people smile? Could you also attach some positive messages to your windows to make people happy?</p> 	<p>Music to make you happy</p> <p>Create a playlist of your families favourite songs. Could you share this with your friends? You may need to ask an adult for some support!</p> <p>Dancing is optional!</p>











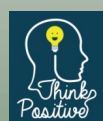
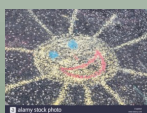






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<p>Scavenger Hunt</p> <p>Can you visit a local outdoor space and take part in the attached scavenger hunt?</p> 	<p>Tree Faces</p> <p>Can you use different natural materials to give a local tree some personality?</p> 	<p>Nature Art</p> <p>On your daily exercise, collect as many natural materials as you can. When you return home create a piece of artwork inspired by Andy Goldsworthy.</p> 	<p>KP Art Work</p> <p>We want to fill the KP Community with our artwork. Can you create a picture of our school building under a rainbow. Display this in your window for others to spot!</p> 	<p>Thinking Positive!</p> <p>Can you think of as many positives as you can that has come from the current situation. Write these down and discuss them with your family.</p> 	<p>Community Art</p> <p>Using chalk, can you decorate the pavement outside in order to make other people smile? Could you also attach some positive messages to your windows to make people happy?</p> 
<p>Picnic</p> <p>Can you create a picnic for you family. You may want to organise a trip to one of Midlothian's outdoor spaces to eat this?</p> 	<p>Build a Den</p> <p>Visit one of our local parks and build a den in the trees!</p> 	<p>Get Creative</p> <p>Using items from your home recycling. Can you create something completely new? A target game, a n unsinkable boat?</p> 	<p>Garden in a Bag</p> <p>Use only a bag, some soil and create your own garden. What have you planted and grown?</p> 	<p>The Great Outdoors</p> <p>Challenge of walking, scooting or cycling at least 4 miles this afternoon?</p> 	<p>Music to make you happy</p> <p>Create a playlist of your favourite songs. Could you share this with your friends?</p> <p>Dancing is optional!</p> 

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