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| Half term wellbeing grid  Happy half term to all of my Apples | | |
| Here is a link to Twinkl’s wellbeing page. I tried to choose one or two but there are so many lovely ideas  <https://www.twinkl.co.uk/search> | Here are some mindfulness activities for children  <https://positivepsychology.com/mindfulness-for-children-kids-activities/> | Cosmic yoga  <https://www.cosmickids.com/category/watch/> |
| Summer is on the way.  Can you observe the bugs and insects as they go about their lives? You could make them a little minibeast hotel or take close up photos to look at their bodies. Do they have a favourite place to live? Can you find out what they eat? | Summer is a lovely time to be out in the garden and we have been blessed with lots of sunshine so far. Can you make some mudpies using soil and water? You could add grass, leaves, petals or anything you like to make a whole feast. You could write down the recipes and a menu. | Can you go on a rock scavenger hunt?  Make a list of different rocks and see what you can find – here are some ideas:  Sharp, flat, bumpy, crumbly, rough, smooth, shiny, dull, speckly, stripy, muticoloured, beautiful  What else can you find? |