

Wellbeing – So what is it?

- There are many ways to define **wellbeing**. It is closely related to the term mental or emotional health.
- The **World Health Organisation** definition of mental health is:

“Mental health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

Activities – Make your choice:



Physical



Creative



Mindfulness



Outdoors

HEALTHY BODY

Physical Challenge

[Yoga with Adrienne](#)

Click on the link above

Yoga

Creative Challenges

[Music with Myleene Klass](#)

[Art Masterclass – Kids Hub](#)

Click on the links above





Mindfulness Activities

- [Mindfulness Meditation](#)
- [Mindful colouring](#)
- [Sudoku/puzzles](#)
- [Breathing exercises](#)
- Read a book
- Play a board game with family

Click on the links

'Get Outdoors' - Challenges

1

It's all in the fall

Measuring the speed of parachutes



Background information:

A great challenge to learn about gravity and forces that affect a parachute as it falls to the ground.

Design your own parachutes and put them to the test. Use your findings to develop your ideas you go along.

Equipment

- Plastic bags (bin or carrier)
- String
- Plasticine
- Scissors or a hole punch.
- A window, walkway, hill, wall etc that can be used to release the parachutes
- Stopwatch

Activity

- Cut out a large square from your plastic bag. Trim the corners, so it becomes an octagon.
- Cut or punch a small hole near the edge of each corner.
- Cut 8 pieces of string that are all the same length. Attach a piece of string to each of the holes.
- Make a weight from the plasticine and tie each piece of string to it.
- Find a high spot from which to drop your parachute and test how well it works.
- Time how long it takes to reach the ground using the stopwatch.
- Can you improve the design? What will you change? How do you think that will that make it better?

Taking it further

- Select parachute sizes to compare speed of fall.
- Make parachutes from different materials
- Represent the data in graphs or tables

2



The Japanese Art of Hapa zome

Equipment

- Mallets, rolling pins or even just hand-sized rocks
- Cotton fabric such as calico, cut up bed sheet or muslin. Kitchen roll also works.
- Various leaves, berries and flowers.

Activity

1. Collect a range of leaves, berries and flowers.
2. Position the natural matter as desired on a small piece of cotton fabric.
3. If creating a symmetrical image place the natural matter on one half so that the fabric can be folded over.
4. Or cover the natural matter with a second piece of fabric or kitchen roll.
5. Hammer all over the top layer of material until the dye can be seen seeping through.
6. Remove the top layer and the plant matter to enjoy the resultant imprint on the fabric.

Background

Hapa-zome is a Japanese term meaning 'leaf-dye.' It provides a great context for pupils to investigate the natural world using a range of materials from nature and then express themselves creatively through this traditional art and design technique.

It could also be used: to support relevant **geography** or **history** topic work; as the basis of a **science investigation** into fabric absorbency or natural dyes or pupils could even be challenged to incorporate **symmetry** within their composition.