

## Growth and Wellbeing Week

WB 8/2/21

<u>Day</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<b>Brain Power</b>	<b>Nature day</b>	<b>Community Heroes</b>	<b>The Great Merton Bake off</b>	<b>Fitness Friday</b>
<b><u>Session 1</u></b>	Mindfulness activity	Go and walk around your local area and complete a treasure hunt collecting items	Design a poster or window display thanking a community hero	Design your cake/baked goods Collect all of your ingredients and measure it out	Cosmic Yoga or Joe Wicks fancy dress Friday
<b><u>Session 2</u></b>	Positive affirmation activity	Use the items to create a piece of Artwork	Research and interview a community hero. What is a day like in your shoes?	Bake and present	Design an obstacle course and record yourself completing it
<b><u>Session 3</u></b>	Play a game in the house as a family	Give something back to the natural world community	Design a card for a community hero	Teddy bears/ family tea party	Create a dance routine to your favourite song
<b><u>Session 4</u></b>	Design your own board game and create your own instructions for the game	Write a recipe for Spring	Be a household hero!	All families to create a page for the Merton Bank Cookbook	Complete the Merton Bank Bootcamp as a family