

## Mindfulness

In these challenging times, it's a great idea to take some time out to relax and unwind.

<https://www.youtube.com/watch?v=shR8DLyOkcg> - This video focuses on bringing attention to specific parts of your body and how they feel while being present in the moment.

[https://www.youtube.com/watch?v=7j\\_Na4Baoaw](https://www.youtube.com/watch?v=7j_Na4Baoaw) - This guided meditation video uses a rainbow waterfall theme and music to imagine you are visiting a magical waterfall that washes away stress and worry.

Now have a go at writing your own mindfulness script.

First, chose your location. For example, a warm, quiet and sunny day at the beach or walking slowly through a deserted woodland. Think about what you can see, hear, touch, smell and taste.

Use a phone or tablet to record your mindfulness script and make sure you're speaking slowly and calmly.



## PE

Join in with one of Joe Wicks' daily exercise sessions at 9am or watch a pre-recorded video here -

<https://www.youtube.com/user/thebodycoach1>

Create an exercise routine of your own. Make sure to warm up and down!

*Example:*

10 star jumps

High knees for 30 seconds

30 sit ups

Jump on the spot for 30 seconds

Repeat 5x



## DT

Listen to the song 'Ferry Across the Mersey' - <https://www.youtube.com/watch?v=08083BNaYcA>

If you've been lucky enough to travel on the ferry you will have seen the bright colours and designs. Here is a photograph of the ferry.

We would like you to have a go at making a model of the ferry using any materials you have at home (look at the images below to help you get started). You can copy the designs on the actual ferry or come up with some similar design of your own.

