



Feel Good Friday Activities



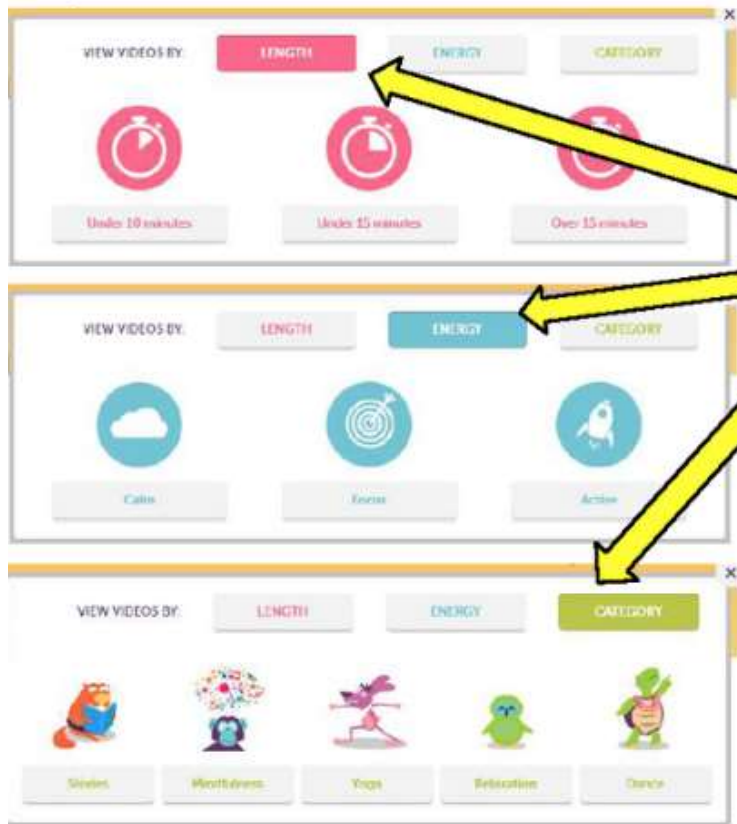
First Level 22nd January

| <p>Healthy Body</p>  | <p>Healthy Mind</p>  | <p>Outdoors</p>  | <p>Art</p>  |
|---|---|---|--|
| <p>Yoga is a relaxing exercise which helps strengthen your body and improves coordination and flexibility.</p> <p>Use the Cosmic Kids Yoga website to choose a yoga or dance workout suited to you. Videos are also available on Youtube.</p> <p>See the activity card below and find out how to choose an exercise video suited to you based on length, energy level and category.</p> | <p>Positive Mental Attitude</p> <p>Thinking positively and looking on the bright side of life isn't always easy but being optimistic and looking for the good in life can boost your mood and happiness levels.</p> <p>Try thinking about all the positives in your life and fill in the shapes below. You can draw, label or write in the shapes. Print the template below or create your own.</p> | <p>Tweet Treats</p> <p>During winter garden wildlife can find it tricky to find food and appreciate some help to survive the colder months.</p> <p>Can you make a feeder to help hungry birds?</p> <p>Follow the step by step instructions below.</p> | <p>Reduce, Reuse, Recycle, Art!</p> <p>Be inspired by artist Darrell Wakelam.</p> <p>Get creative with household recycling and see what kind of masterpiece you can make.</p> <p>See below for a how to guide to make your own egg box mouse or follow the link and choose your own art project.</p> |

Cosmic Kids!

Cosmic Kids is a wonderful FREE website that has LOADS of videos to help become stronger, calmer and wiser! You can find videos for staying active, keeping calm, remaining focused, yoga, dancing and stories!

Take a look at the images below and scan the QR codes with a smartphone/tablet to be whizzed away into a fantasy world!



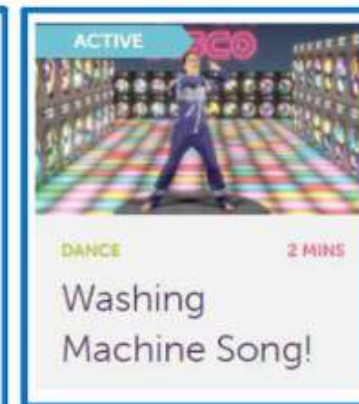
Follow the link below to be directed to the video hub.

You can filter videos by:

- Length
- Energy
- Category



<https://www.cosmickids.com/category/watch/>



How many positives can you think of?

Fill in the shapes with as many positives you can think of.
E.g. "I am brave, kind, caring..."

I AM

I HAVE

I CAN



Tweet Treats



What you will need:

- Lard
- Wild bird seed
- String or pipe cleaners

*If you don't have these resources then try putting out some stale bread crumbs and watch to see if any birds visit.

Source: <https://www.ltl.org.uk/resources/tweet-treats/>

First Level

Identify a sheltered area where you have seen birds. Providing some bird food will encourage those birds to stay and more to visit.

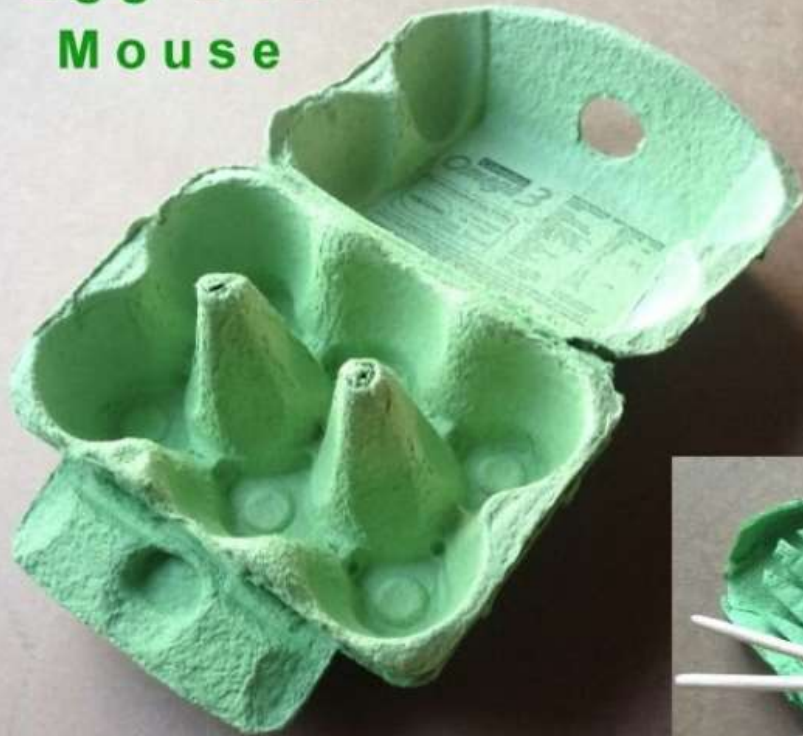
Instructions

- Mix a handful of bird seed with a handful of lard.
- Shape it into a ball and tie string or a pipe cleaner around it.
- You could also fill a yogurt pot or push the mixture into a pine cone and hang that.
- Hang the feeders up high in your garden or on a tree in your local area whilst out for a walk with an adult.

Keep an eye on the bird feeder and record the types of birds that visit.

Reduce, Reuse, Recycle, Art!

Egg Box Mouse



This has been an
"art jumpstart"
by Darrell Wakelam

... instructions on next photo



Follow this link for more how to guides on what you can make with recycling- <https://www.darrellwakelam.com/downloads>

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