







Feel Good Friday Activities



Second Level, Friday 15th January

<p>Healthy Body</p> 	<p>Healthy Mind</p> 	<p>Science/Outdoors</p> 	<p>Art/outdoors</p> 
<p>Exercise keeps us fit and healthy and gives our mood an energy boost!</p> <p>Can you give the “THIS OR THAT’ exercise challenge a go?</p> <p>Use the activity card and build your own workout. You could even make a challenge for a family member or your teacher to try!</p>	<p>Random Acts of Kindness</p> <p>In difficult times it is important to remember to take care of ourselves and show support to others. From smiling at others to sending a thank you note, sharing toys with your sibling or doing something nice for a friend it is easy to show kindness.</p> <p>Use the activity card below to give you ideas and try some random acts of kindness for your friends and family. Remember to be kind to yourself too.</p>	<p>At the moment dormice are hibernating: they have made themselves warm nests and then lowered their heart rate and core temperature. They need to have made the right nest for them to survive through a winter.</p> <p>Can you do an experiment to find what is the best nest material, giving the dormouse the best chance of survival through the winter? Below you will find the experiment and write up card.</p>	<p>Have you ever noticed how taken in the right light and at a different angle an ordinary object can make a brilliant photograph?</p> <p>Use a phone, iPad, or camera to take part in the photographic challenge. Take interesting and unusual shots for the four categories on the activity card found below.</p>

Build your own work out by choosing exercise in each row of the 'This' or 'That' columns!

THIS	THAT
10 Burpees	10 Squats
5 Press Ups	5 Tricep Dips
30 secs High Knees	30 secs Heel Flicks
5 Sit Ups	5 Star Jumps
10 Lunges (Both legs!)	10 Hops (Both legs!)
30 secs Plank	30 secs Jog on the spot

My Workout

Random Acts of Kindness!

Have a go at these random acts of kindness or come up with your own. Doing good makes you feel good!

Offer to help tidy an area of your house or garden, if you have one.



Write a letter to an adult in your school and save it for when you see them.



Offer to help with preparing a meal.



Organise a movie night for yourself and your family.



Find a recipe and follow it to bake a cake or make a snack. Share it with the people that you live with.



Write a thank you note or letter for someone who helps you and your family. For example, the people who deliver your shopping or collect household waste.



Hibernation: An Insulation Investigation

LI: We are learning about how weather and climate affects

Equipment:

- Piece of paper
- Sellotape
- 2 glass jars or plastic cups with lids
- Warm water at 37°C
- Thermometer - if you do not have one you can just test the water temperature with your finger.
- Varied natural or man-made materials like leaves, dried grass, wool, cotton cloth.



Dormice **hibernate** on the ground, rolled tightly into a ball in a nest of leaves and grass. They lower their body temperature and heart rate and become torpid and cold to the touch. Hibernating enables them to survive by "shutting down" during cold weather and they can even do this in spring or summer.

Activity

1. Read and complete the first three questions on the 'write up sheet', now you can start the experiment.
2. On a piece of paper draw a dormouse and then stick it onto a jar with Sellotape.
3. Next build a nest for your dormouse, this could be outdoors or indoors. Think about what will keep it warm and camouflaged (blends into its surrounding so not seen.)
4. Once the nest is completed, fill both jars/cups with warm water.
5. Place one of the jars/cups into your nest and the other one beside your nest. The jar in the open is a control, so you can tell how much difference the nest makes to the dormouse's temperature.
6. If you have a thermometer, record the temperature of the water in both jars/cups - it should be the same. If you do not have a thermometer feel the temperature of the water and check it is the same.
7. Measure the temperature of the water every 2 mins- record your results.
8. After 10 mins, do one final temperature check and look at the difference in temperature between the dormouse in the open and the dormouse in the nest.
9. Complete the sheet with your thoughts on the experiment.
10. You can now try different materials and see which material keeps the dormouse the warmest.

Hibernation - An insulation Investigation - Write up

LI: We are learning about how weather and climate affects living things.



Before starting the experiment complete the following questions:

1. Read the instructions, what do you predict will happen to the temperature of the dormouse in the open, compared to the one in the nest? why?

2. If you are using a thermometer how many °C difference do you expect between the two dormice? _____
3. Why do you need a control in an experiment?

Now complete the experiment and write your results below:

Record in °C if you have a thermometer otherwise use words like very warm, warm, cool, cold.	2 mins	4 mins	6 mins	8 mins	10 mins
Dormouse in nest:					
Dormouse left in the open:					

4. What do these results tell us? What is the material around the dormouse in the nest doing?

5. Why do dormice hibernate in nests in the winter?

Photographic challenge

Take a photo of each of the four following categories

1. A geometric pattern

(A pattern made up of shapes: lines, circles, triangles, squares)



2. Something falling/flying



3. Something that makes you smile



4. A 'can you guess what it is?'

