







Feel Good Friday Activities



Second Level, Friday 22nd January

<p>Healthy Body</p> 	<p>Healthy Mind</p> 	<p>Outdoors</p> 	<p>Art</p> 
<p>Go for Gold</p> <p>Keep active this week and give yourself an energy boost.</p> <p>Use the grid below throughout the week and see how many challenges you can complete. Fun for all the family!</p>	<p>Myself</p> <p>Celebrating and recognising your individual skills and qualities can go a long way to having a healthy mind-set and positive mental attitude.</p> <p>Think about what you like about yourself on the inside and out and have a go at the mindfulness drawing activity.</p> <p>Print the template below or draw your own on paper.</p>	<p>Cloud Watching</p> <p>Clouds are made up of lots of tiny water droplets or ice particles floating in the sky at different heights. They form when rising warm air cools.</p> <p>Research types of clouds and become your very own weather reporter using the template below and discover how cloud watching can help you predict the weather.</p>	<p>Digital Art</p> <p>Be inspired by the Tate Modern Art Gallery and create your own masterpiece using the Tate Paint game.</p> <p>Create your own masterpiece or be inspired by the templates and topic suggestions on the website.</p> <p>Find the link below and see what you can create.</p>

Use this grid to keep active at home throughout the week. Can you achieve gold, silver or bronze?

Jump up and down in a space 40 times	Play musical statues	Ride a bike, scooter	Balance on a part of your body for 60 seconds	Jump or Move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttles (running, walking or moving)	Skip or Move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	Perform 40 squat jumps / sit forwards	Throw or roll a ball against a wall or with a sibling	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
Perform 30 push ups	Perform dance movements	Perform a short fitness workout	Perform 30 sit ups or lean forwards	Perform a gymnastics routine	Invent and play a new game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

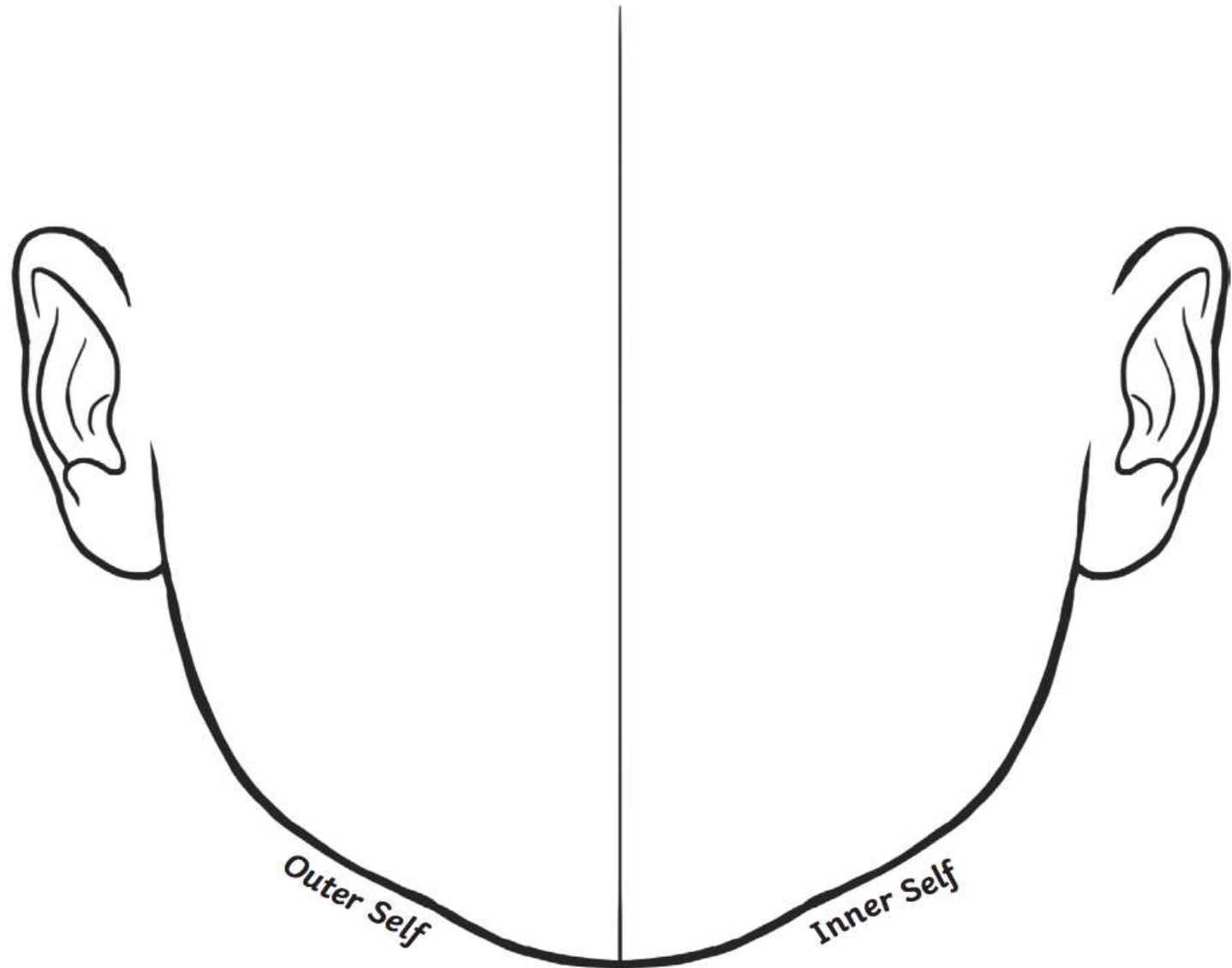
Complete one activity from each line



Draw and colour what you look like on the Outer Self side of the face. Draw and colour your hobbies, emotions, thoughts and feelings on the Inner Self side of the face.



Example

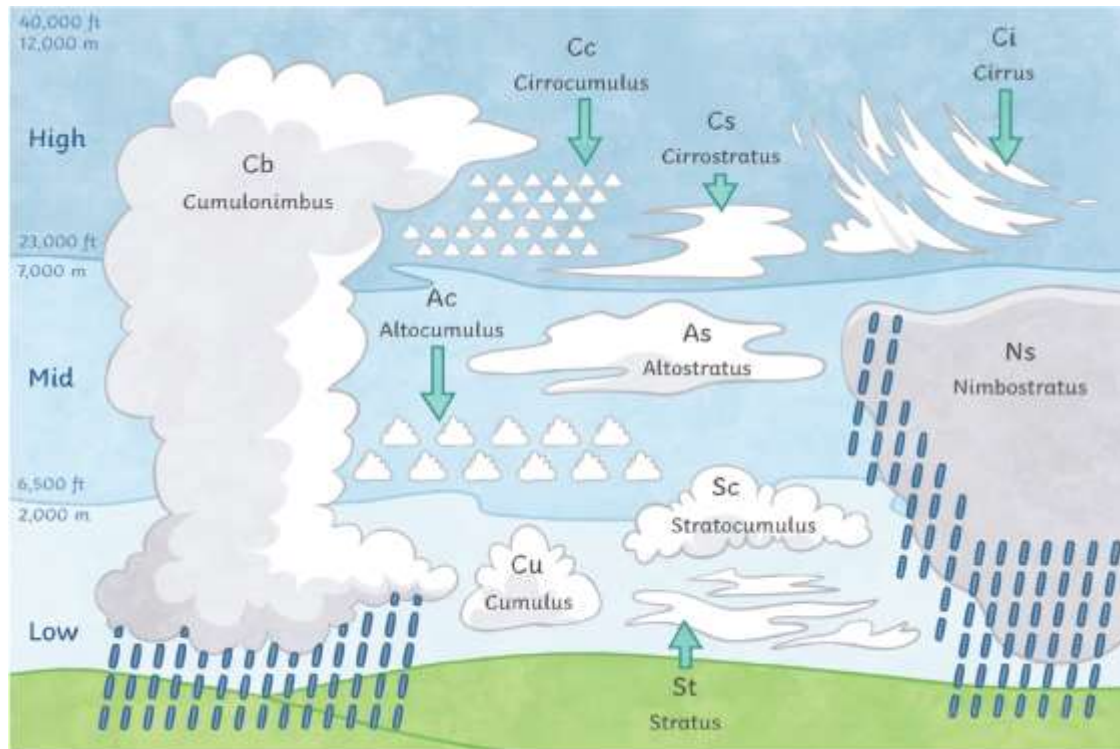


Source: twinkl

Second Level

Cloud Watching

Watching clouds is therapeutic and also gives us clues as to what weather is coming. On a warm sunny day, you might see white, cotton-like clouds. These are often an indication of good weather. Flat grey clouds often mean it is going to drizzle. Dark grey clouds often mean a storm is coming and sometimes even snow.



Clouds and weather tracker

Did you know there are different types of clouds? The UK Met Office have lots of information about clouds including an identification guide. You can research [here](https://www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather/clouds): <https://www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather/clouds>

Can you keep a record of which clouds you see at different times of day, or different days through the week? Compare your observations to online or TV forecasts. You can cloud watch outside or from a window indoors.

Date/Day	Time	Clouds	Picture	Other Observations

Second Level



Experiment with your digital art skills and create your very own masterpiece. You can also share your artwork with the Tate art gallery - ask an adults permission first.

Check out other people's art work by clicking this link - <https://www.tate.org.uk/kids/gallery>

Access Tate Paint here - <https://www.tate.org.uk/kids/games-quizzes/tate-paint>