

## Online Learning: Thursday 14<sup>th</sup> January 2021

### Years 3 & 4

*The definition of Well-being is 'being comfortable, healthy, or happy.'*

There are 5 ways to well-being, as seen below. Choose a minimum of 3 out of the 5 tasks to complete.

#### Learn new skills

Learn how to prepare or cook a meal by helping an adult. (This includes washing up) You can do this anytime over the next week. If you really want a challenge try to create a recipe for the meal you cook.

#### Take notice

Look out your window and draw something you see. How does it make you feel?

#### Be Physically Active

Complete a Joe Wicks daily workout on YouTube.

#### Connect with other people

Ask a family member the following questions:

What is your favourite song and why?

What is your best childhood memory?

What were your ambitions as a child?

What is your greatest achievement?

#### Give to others

We all need to be reminded to stay positive. Try and encourage others by sharing a positive thought. Think of or find a positive thought, write it on a piece of A4 paper and decorate it. I would like to display these around school so keep it neat and be as creative as you can be!

Email photographs of your work (or documents if completed on a computer) to your teacher:

Mrs Wilmore: [JamesD111@hwbcymru.net](mailto:JamesD111@hwbcymru.net)

Mrs W Jones: [JonesW319@hwbcymru.net](mailto:JonesW319@hwbcymru.net)

Mrs Poole: [OkeefeJ16@hwbcymru.net](mailto:OkeefeJ16@hwbcymru.net)

Mrs C Jones: [JonesC3685@hwbcymru.net](mailto:JonesC3685@hwbcymru.net)

Miss K Worthington: [WorthingtonK9@hwbcymru.net](mailto:WorthingtonK9@hwbcymru.net)

Mrs Bayley-Jones: [Bayl-joneC@hwbcymru.net](mailto:Bayl-joneC@hwbcymru.net)

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