



# S.P.H.E/ Wellness

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WEEK 2

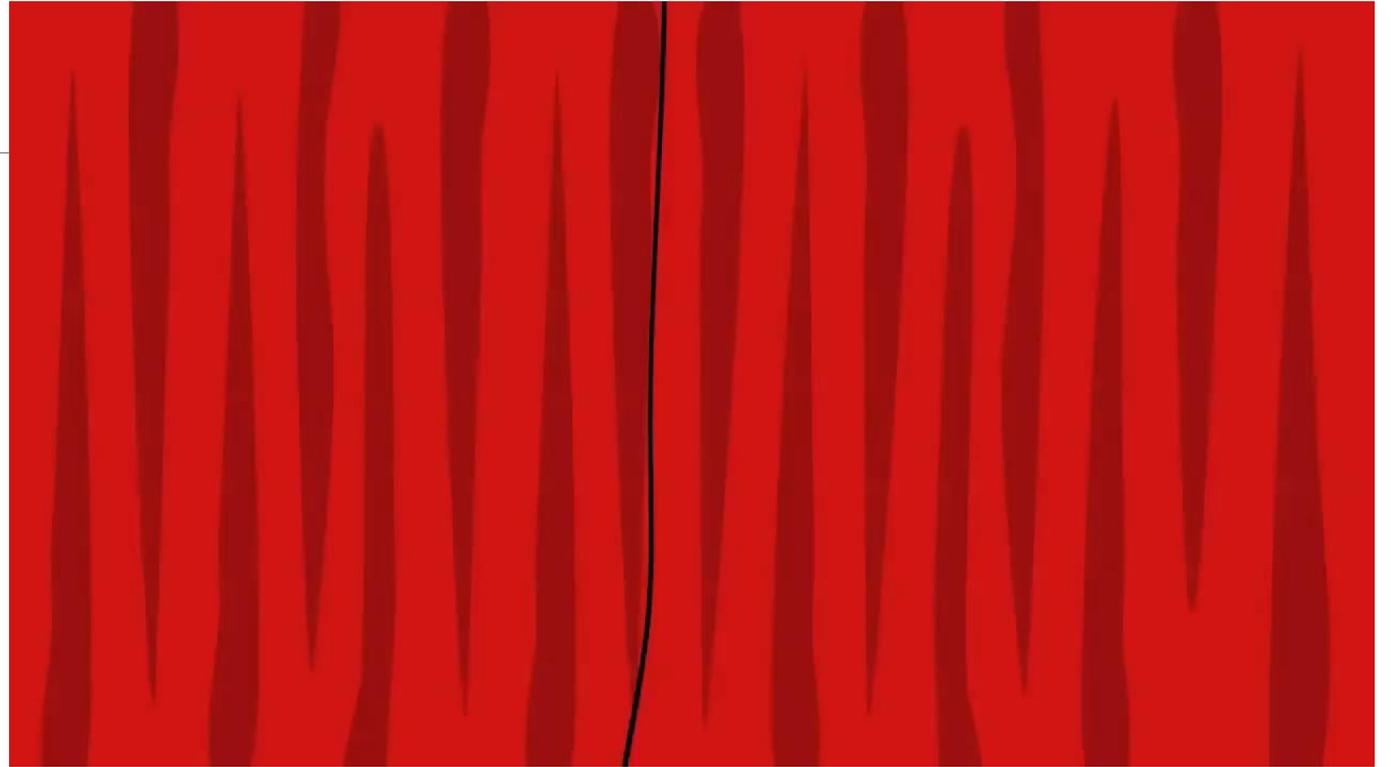


## Good Manners-

In Sacred Heart JNS we love nice manners. The children are always so good for using please and thank you in school and we hope they are using their nice words at home too. Can you learn this catchy song and use please and thank you even more at home this week?

If the video won't play for you in Powerpoint can get also click here:

<https://www.youtube.com/watch?v=zXlxDoCRc84>





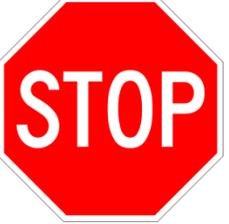
Can you name three times you used good manners this week?

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I used good manners when I ...

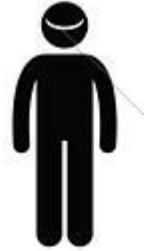
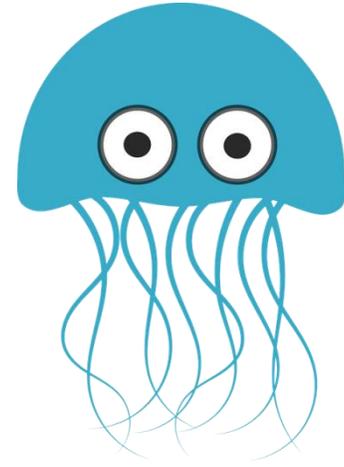
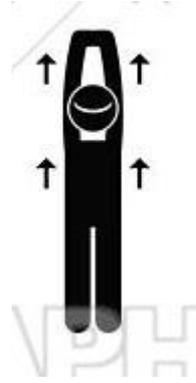
- 1.
- 2.
- 3.

How do you feel today?

			What can I do?
5		I feel angry	 + Take 5 deep breaths
4		I feel frustrated/ annoyed	<b>Stop!</b> Count to 10 <b>Think-</b> what is making me feel annoyed? <b>Do-</b> take 5 deep breaths -Take a break/ change what you are doing
3		I feel worried	<ul style="list-style-type: none"> <li>• Talk to a grown up</li> <li>• Draw a picture of what is worrying you</li> <li>• Do something you enjoy</li> </ul>
2		I feel good/ relaxed	Keep doing what you're doing 😊 Think positive thoughts
1		I feel great/ excited	Keep it up 😊 have fun!

# A game to relax your body: Robot, Tower, Jellyfish

- call different sequences of Robot, Tower, Jellyfish. Mix them up and keep going until your body feels relaxed.



Robot- hold your hands up to your chest and make your whole body feel **tight**.

Tower- **stretch** your body as tall as you can. Go up on your toes and stretch your fingers up high.

Jellyfish- let your whole body relax. Be **loose** and **wiggly** like a jellyfish.

# Keep active

[PE with Joe Wicks](#)

[https://www.youtube.com/playlist?list=PLyC\\_LoPd4VxBtWi7RnRLz6gHgOgWiB\\_LrH](https://www.youtube.com/playlist?list=PLyC_LoPd4VxBtWi7RnRLz6gHgOgWiB_LrH)

[Daily Dance breaks](#)

<https://www.youtube.com/channel/UCqscMO1YfPB3-7dZZSxKPrQ>

[Yoga for kids](#)

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



# Go Noodle- try some new ones here

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Go Bananas

<https://www.youtube.com/watch?v=zFQWVN4xip0>

The Maxarena

<https://www.youtube.com/watch?v=MAp7TYPYcc>

Blast off at the Fresh Start Gym

[https://www.youtube.com/watch?v=K4DnPhR9\\_mo](https://www.youtube.com/watch?v=K4DnPhR9_mo)



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# You might be tired after that exercise! Time to relaaaaax..

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## Melting

<https://www.youtube.com/watch?v=fTzXFPh6CPI>

## Balloon

<https://www.youtube.com/watch?v=ZBnPlqQFPKs&t=76s>

RELAX

\*Don't forget to do something you enjoy  
everyday\*



What do YOU like to do??

toys

play

games

write

paint

exercise

art

read

draw

bake

Lego

jigsaws

# 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1

You were hired by an amusement park to create a new roller coaster.

Day 2

NASA needs you to build a new rocket.

Day 3

Your parents want to build a new home and they want you to build it.

Day 4

Hollywood hires you to build a movie set for a new Star Wars movie.

Day 5

You enter a contest to build the world's tallest tower. Will you win?

Day 6

You are stuck on Mars and need to build a new ship to get home.

Day 7

Ford hires you to create the toughest pick up truck in the world.

Day 8

You and 4 friends are stranded on an island. Build a boat to find a way home.

Day 9

Captain Hook needs a new pirate ship and wants you to build it.

Day 10

You and your friends decide to build a tree house.

Day 11

Prince Charming hires you to build a castle for him & Cinderella.

Day 12

Dr. Who hires you to build a new TARDIS.

Day 13

You are asked by the President to build a new monument to George Washington.

Day 14

Mr. Hilton hires you to build a new hotel.

Day 15

There is a circus in town. Build a place for the performance.

Day 16

Help your fellow pioneers build a wagon to make it across the country.

Day 17

Build the fastest car around and join the big car race.

Day 18

Do you wanna build a snowman? Get in the winter mood and build a snow scene.

Day 19

The city wants you to build a bridge to connect one side of the town to the other.

Day 20

Pizza party! It is up to you to make a pizza for all the guests.

Day 21

You are hired to build a brand new hospital.

Day 22

The fence is broke and the dog keeps escaping. Build one he can't get out of.

Day 23

You are now in medieval times. You are commissioned to build a jousting arena.

Day 24

The local bank keeps getting robbed. Build a safe no one can crack.

Day 25

Design and build your dream bedroom.

Day 26

You are elected ruler. Build a flag for your land.

Day 27

Aliens are invading and you need to build a war robot to defeat them.

Day 28

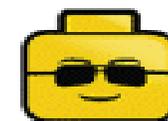
The aliens have taken over. They are impressed by your robot. They want you build one for them.

Day 29

You are hired to build a house entirely out of yellow Legos.

Day 30

There is blizzard. You will need to build a snowmobile



What was your favorite day?



# 30 day drawing challenge

today, you will draw...

- Day1- yourself
- Day2- fav animal
- Day3- fav food
- Day4- fav place
- Day5- best friend
- Day6- fav book
- Day7- fav movie
- Day8- fav animated char.
- Day9- fav tv show
- Day10- fav candy
- Day11- turning point in your life
- Day12- most recent accomplishment
- Day13- comic
- Day14- fav fairytale
- Day15- family picture
- Day16- inspiration
- Day17- fav plant
- Day18- just a doodle
- Day19- something new
- Day20- something orange
- Day21- something you want
- Day22- something you miss
- Day23- something you need
- Day24- a couple
- Day25- scenery
- Day26- something you dont like
- Day27- someone you love
- Day28- anything youd like
- Day29- a place you want to go
- Day30- a congrats banner for finishing the challenge

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BE SAFE BE SMURF  
STAY @ HOME

#COVID19



United Nations

Don't forget:

Stay safe, have fun and wash your hands 😊

