

Stay connected with other students with positive social media

Give to others – make a meal, bake a cake

Student Wellbeing at Home

Be physically active – a lot of activities can be done indoors

Pay attention to the present moment- While being sensitive to the challenges many pupils are facing, encourage them to focus on the present moment. This could be by asking them to note down three things they are grateful for before bed or at lunchtime.

Keep learning new things

<http://www.flaquarium.org/sea-span> Florida Aquarium in Tampa has launched its first ever SEA-SPAN Facebook Live “to keep kids learning and adults entertained.

<https://www.delish.com/> some fun and easy recipes parents and children can make together.

“The Body Coach” Lasting for 30 minutes, the class using principles of high-intensity workouts to get children moving in their living rooms. To get involved, go to Joe Wicks’ YouTube account [here](#).

Craft <https://www.goodtoknow.co.uk/tag/craft> Many, many craft opportunities on this site.



Watch the beluga whales <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Explore the surface of **Mars** with this digital 360° camera.

Play Cards: Rummy, War, Go Fish, Solitaire, Uno, Old Maid... Any game you can think of!

Play board games: Scrabble, Monopoly, Candy Land, Chutes and Ladders...

Break out the jigsaw puzzle!

Set up an outdoor gym with obstacle course

Learn more about the wildlife of Africa by checking out this [African wildlife cam](#) situated by a busy water hole

Learn how to make dozens of [origamis](#): dinosaurs, swans, frogs, and more.

There’s never been a more relevant DIY project than making your own [hand soap](#).

You can start an indoor herb garden by using eggshells as planters or make a terrarium out of mason jars. Check out [Food52](#) for a [terrarium tutorial](#).

Read books/comics

Be creative – paint/draw, design a dress, shoes etc



Where's Wally?

1. What do you call a doll with chops on her head? Barbie
2. What do you do when you get cold? Go stand in the corner, it is usually around 90 degrees.
3. What do you call a donkey with three legs? Wonkey
4. Have you heard the rumour going around about butter? Never mind, I shouldn't spread it!
5. Have you tried the new restaurant on the moon? The food is great but there's no atmosphere.

Dad Jokes