



## KS2 Wellbeing Wednesday

<b>Mindfulness Activity</b>	<b>General Useful links</b>
Watch the video and practice :))	<a href="https://www.youtube.com/watch?v=uUIGKhG_Vq8">https://www.youtube.com/watch?v=uUIGKhG_Vq8</a>
<b>PE / Fitness Activity</b>	<b>General Useful links</b> <a href="https://www.youtube.com/watch?v=W1M7tr4E5QI">https://www.youtube.com/watch?v=W1M7tr4E5QI</a> <a href="https://www.youtube.com/watch?v=zJY7kDJJrp0">https://www.youtube.com/watch?v=zJY7kDJJrp0</a> <a href="https://primarypeplanning.com/home-pe-ks2-activities/">https://primarypeplanning.com/home-pe-ks2-activities/</a> <a href="https://www.youtube.com/watch?v=MzGYBV_XQEc">https://www.youtube.com/watch?v=MzGYBV_XQEc</a>
Complete the whole of a daily workout with Joe Wicks 😊	Work out with Joe Wicks using the link below <a href="https://www.youtube.com/watch?v=3Z05939ZMbE">https://www.youtube.com/watch?v=3Z05939ZMbE</a>
<b>Activity 1:</b>	
Choose an activity from the topic web on your year group home learning page on the website that does not require using the screen. <a href="https://www.llantiliopertholeycv.monmouthshire.sch.uk/">https://www.llantiliopertholeycv.monmouthshire.sch.uk/</a>	
<b>Activity 2:</b>	
Choose an activity from the Health and Wellbeing section of the website: <a href="https://www.llantiliopertholeycv.monmouthshire.sch.uk/copy-of-expressive-arts-websites">https://www.llantiliopertholeycv.monmouthshire.sch.uk/copy-of-expressive-arts-websites</a>	
<b>General Useful links and ideas</b>	
<a href="https://www.bbc.co.uk/programmes/p08zbq8b">https://www.bbc.co.uk/programmes/p08zbq8b</a> .... <a href="https://www.bbc.co.uk/bitesize/levels/zbr9wmn">https://www.bbc.co.uk/bitesize/levels/zbr9wmn</a> <a href="https://kids.nationalgeographic.com/">https://kids.nationalgeographic.com/</a> <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a> <a href="https://www.firstnews.co.uk/">https://www.firstnews.co.uk/</a>	

