

## Wellbeing Wednesday (10<sup>th</sup> February)

Remote learning can mean that we all spending more time in front of a computer than normal so today is all about looking after our mental health and being active.

Today, you can choose your own timetable of learning activities to suit your own personal tastes, interests and hobbies.

From Monday 8<sup>th</sup> February teachers will be posting a range of different learning activities for you to try. This could range from making something, to cooking, to taking part in a live PE session with our own Joe Wicks (Mr Milson)!

Use the timetable below to jot down what you have chosen to do in each session of the day. If you are able to take a photograph what you have been doing and send it to us it would be great to see what you have been up to.

Enjoy the day and have fun!

Lesson	Activity
<b>Reg:</b>	
<b>P.1</b>	
<b>P.2</b>	
<b>Break</b>	
<b>P.3</b>	
<b>P.4</b>	
<b>Break</b>	
<b>P.5</b>	