

Wellbeing Wednesday – Suggested Activities for Geography:

1. Make your own 'water-cycle in a bag'.

<https://www.mobileedproductions.com/blog/how-to-make-a-water-cycle-in-a-bag>

2. Create your own 'ecosystem in a jar'.

<https://www.shaverscreek.org/2020/04/08/create-your-own-mini-ecosystem-at-home/>

3. Can you bake a 'geographical themed cake'?

You can bake cookies, cupcakes or a larger cake for your whole family! Ensure your cake is decorated with geographical ideas, processes or key words. Some ideas might be:

- An ecosystem landscape or scene
- Flags or maps
- Tectonic plate boundaries (a volcano!)



4. Make your own 'compass' (and then use it to go for a 'socially distanced' walk)

<https://www.nps.gov/articles/compass.htm>

5. Walk to the nearest beach or park and have a go at 'stone balancing' – incredible as a form of meditation and zero environmental impact!

<https://www.youtube.com/watch?v=UqU19dR0bFE&vl=en>

<https://www.youtube.com/watch?v=vnuloAM0ZnM>



Send us some pictures when you've finished – we'd love to see them!