



Autumn term 2

Home Learning – Topic Project

## ‘Healthy Body, Healthy Mind’

This term’s whole school topic is ‘Mirrors, Windows, Doors’ which will have links with Geography, History and PSHE. This term’s home learning will continue to focus on the ‘mirrors’ aspect of our topic, but with a different focus. At the end of November we are having a whole school week focusing on wellbeing and mental health, we will be exploring how we can have ‘Healthy bodies and healthy minds’. The week will include a variety of different activities for each class to promote mental health, some of the people working with us during the week are Waitrose, Kidz Love Fit, The Charlie Waller Foundation, Winterbury First Aid and more...

This term’s home learning task is to complete a ‘**Healthy Body, Healthy Mind**’ project. Ideas could include:

- A design for a healthy lunchbox
- Information about keeping a balanced diet
- Instructions to make your favourite meal
- Information about keeping your teeth healthy
- Research into mindfulness activities – what could you get your family to do?
- How you like to relax and wind down after a busy day at school
- A list of things that make you happy 😊
- A bucket list of things to achieve/do in 2019
- A mindfulness colouring page – could you design your own?
- A fitness plan for your family – can they follow it for a week?
- A game designed for people to take part in physical activity
- Photographs of you taking part in physical activity
- Photographs of you enjoying the outdoors (e.g beach walks / tree climbing)
- Unusual ways of keeping fit – could you organise a family den building competition?!
- A ‘random acts of kindness’ advent calendar for your family to do this December

*You could research ‘Bullet Journals’ to get some ideas for how you could present this project and further ideas to include.*

Important reminders:

- This project could be typed (and stuck into books), written by hand or a combination of both.
- There is **no expectation** with quantity, time spent on task or style.
- The project is compulsory for Key Stage 2 pupils and optional for Key Stage 1 pupils.

Enjoy exploring how you can keep a healthy body and healthy mind, we look forward to seeing how you look after yourself and what plans you have for keeping healthy both on the inside and outside.

**Please hand in projects (in homework books) by Tuesday 11<sup>th</sup> December.**