

Staying active is important.

You could try going for a walk with a parent.

You could play ball games in the garden.

You could complete yoga @ <https://www.cosmickids.com>, as we have done together in class 3.

You could try dance or fitness videos online. (Just dance, Oti Mabuse or Joe Wicks)

Choose a new country to visit, virtually, every day. Learn the things that are special about the new places you go to....

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.html>



Access Mars: A WebVR Experiment

NASA, JPL, and Google bring the real surface of Mars to your browser.

<https://www.farmfood360.ca/>



Virtual field trips: 35 destinations where you can travel with kids

From the San Diego to South Africa, these destinations are offering a ton of ways to take your family on a virtual

If you are lucky enough to have a garden, then you can sit down and use your senses. We have done this in the Sledmere School learning garden. What can you hear? What can you see? What can you smell?

Read a book. Reading gives us somewhere to go when we have to stay where we are.

Doing something to help someone. Can you offer to do something for your parents or your brothers/sisters? Maybe you could wash-up the pots, help to sort the washing or tidy?

Mindfulness

Sleep: A good sleep routine will help you to feel well, both emotionally and physically.