

Make a poster to thank your postman/postwoman and any delivery drivers that bring food and other items to your house, then display it outside your front door, where they'll see it.

Make a list of seven kind things you can do for someone else. This could be for your family (help with a DIY task, tidy your room, read with your brother or sister) or people you don't get to see every day (pay someone a compliment, draw a picture and send a photo of it to your relatives, etc). Remember you can communicate to one another on DB Primary; why don't you send a kind message to a friend?

Each day, do one of the seven kind things from your list.

Visit [BBC Live Lessons](#) and choose a lesson to watch in a subject that interests you. There are lots to pick from!

Practise your times tables on [Hit The Button](#). What is the best score you can get?

Reading activities:

Create a special reading area where you can read calmly.

Read a story or a poem to a family member or friend over the phone.

Recreate the front cover of a favourite book.

Create a collage or mind map to show what you have read.

Eagle and Kestrel Class home learning activities for Wednesdays

On Wednesdays we are going to have 'Well-being Wednesdays'. This is a chance for you to catch-up on any incomplete work. You can also choose an activity or two from this selection. You do not need to email this work but please make sure you are prepared to share what you have done during our Thursday zoom.

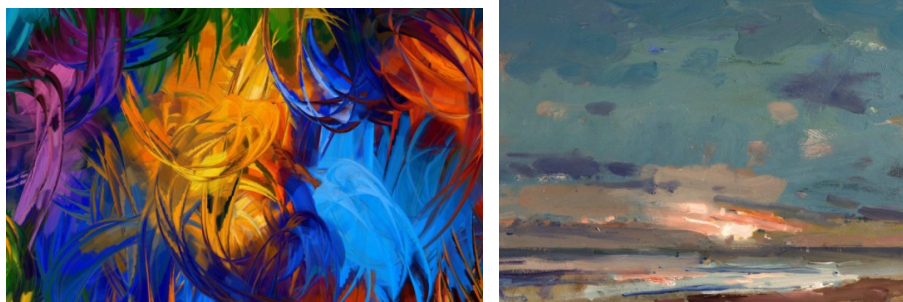
Please note there are now no class Zoom sessions on a Wednesday.

These activities are for Wednesdays: 20th, 27th January, 3rd and 10th February.

Watch an episode of [Art Ninja](#) to get some ideas for an art project you could complete at home.

Go for a walk and collect some sticks to create your own stick man or stick family. You could add wool, beads and googly eyes.

Create your own piece of abstract art. You might be inspired by something you have seen in nature, colours or different textures. Remember, abstract art does not have to represent objects or living things.



Make a playlist of your favourite feel-good music. Keep adding to the playlist as you think of more music that makes you feel happy. Spend some time dancing to music from your playlist!

Close your eyes to listen to [this piece of classical music](#). Draw a picture of what you can see when you listen to it. Find out a fact about the musician who composed it.

Ask an adult to download [The Woodland Trust Tree ID app](#) and use it when you go out on a walk to help identify the trees you see.

In preparation for [The Big Garden Birdwatch](#), follow [these instructions](#) to make a bird feeder to hang in your garden. Keep an eye out for birds; see if you can identify them using the [RSPB website](#). Choose one of the birds you have seen and draw or paint it.

Visit [Change4Life](#) for lots of healthy recipe ideas. Pick something to make with an adult, brother or sister.

Follow along to [Joe Wicks](#) or complete a zumba routine on [GoNoodle](#)