

Activity Pack for 7-9 years old



3 people I am thankful for:

Draw my favourite part of today:

3 positive words to describe myself.

- 1.
- 2.
- 3.



Something I learnt today:

Worries, Good Things and Dreams

Use the worksheet below to help you write down:

WORRIES

-Anything you have been worrying about. Are you worried about going back to school?



GOOD THINGS

- What is going well at the moment?
- What are you enjoying the most whilst being at home?



DREAMS

- What do you hope will happen in the future? List any wishes and dreams you have.

Worries
What could be better?

Good things
Whats's going well?

Dreams
What does a good life look like?



Snakes and Ladders!

You will need some dice. Roll the dice and work your way across the board. Complete the activity that you land on. Can you avoid the snakes?

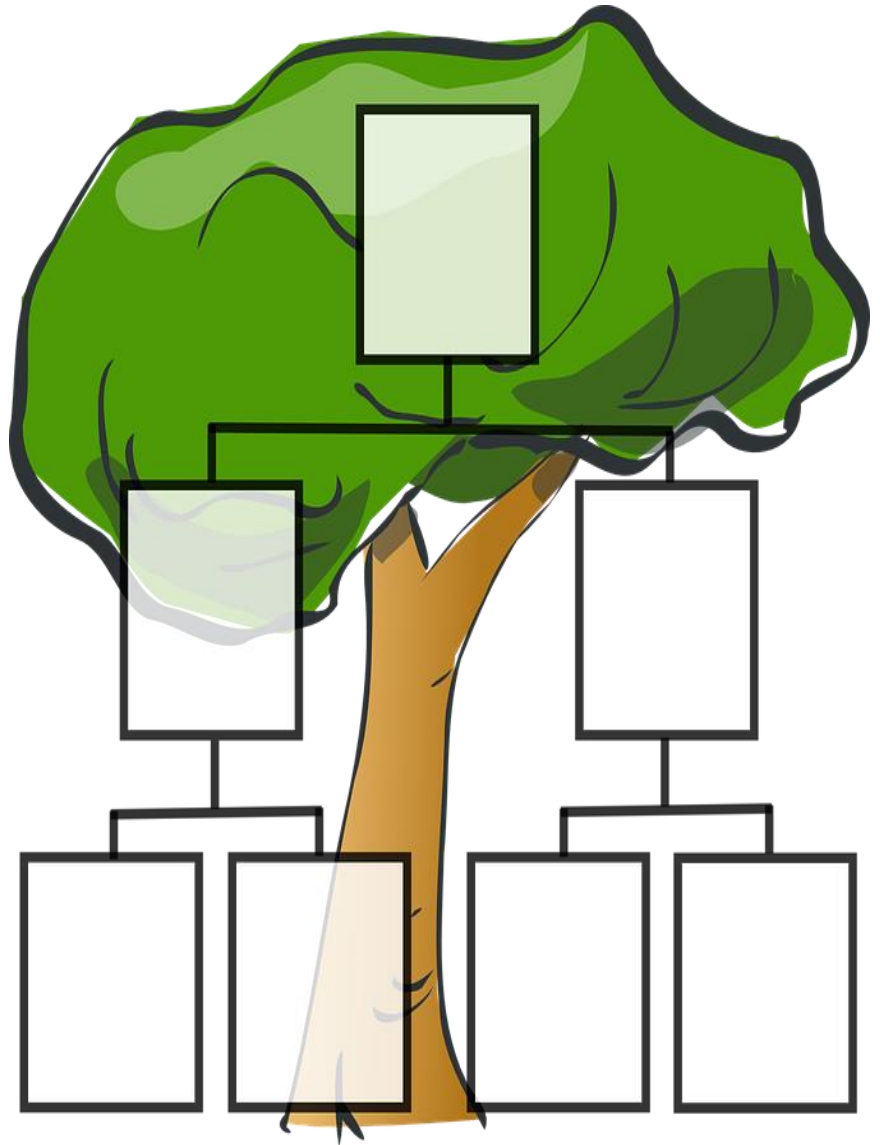
<p>1</p> <p style="color: green;">Call a relative and ask about their day</p>	<p>2</p> <p>Tell a joke to cheer someone up</p>	<p>3</p> <p>Offer to help someone in the house</p> 	<p>4</p> <p style="color: yellow;">Leave a special note for someone</p> 	<p>5.</p> <p>Help make dinner!</p>	<p>6.</p> <p style="color: orange;">Read a chapter from your favourite book</p>
<p>12.</p> <p>Give someone a compliment</p> 	<p>11.</p> <p>Follow a recipe</p>	<p>10.</p> <p style="color: red;">Read to your pet</p> 	<p>9.</p> <p>Go on a daily walk. List what you saw</p> 	<p>8.</p> <p>Make an obstacle course in the garden</p>	<p>7.</p> <p style="color: blue;">Draw something that is special to you</p> 
<p>13.</p> <p>Make a thank you card</p>	<p>14.</p> <p>Can you find 3 red, 2 yellow, 5 green, 4 blue objects and 1 purple object in the house?</p>	<p>15.</p> <p>Make up a dance to a song of your choice</p>	<p>16.</p> <p>Write about your favourite animal</p>	<p>17.</p> <p>Create a wordsearch with your brother/sister</p>	<p>18.</p> <p>Try a food you have never tasted before!</p>

Family Tree Activity

Work with your family to create your family tree. You could draw your own tree. Here is an example below.

Can you find any photos of your family you would like to include to it?

1. Draw your own version.
2. Start with adding yourself in to the tree.
3. Work your way up the branches to show your family members.
4. Glue each photo on to each branch of the tree.
5. Label with the person's name and date of birth.

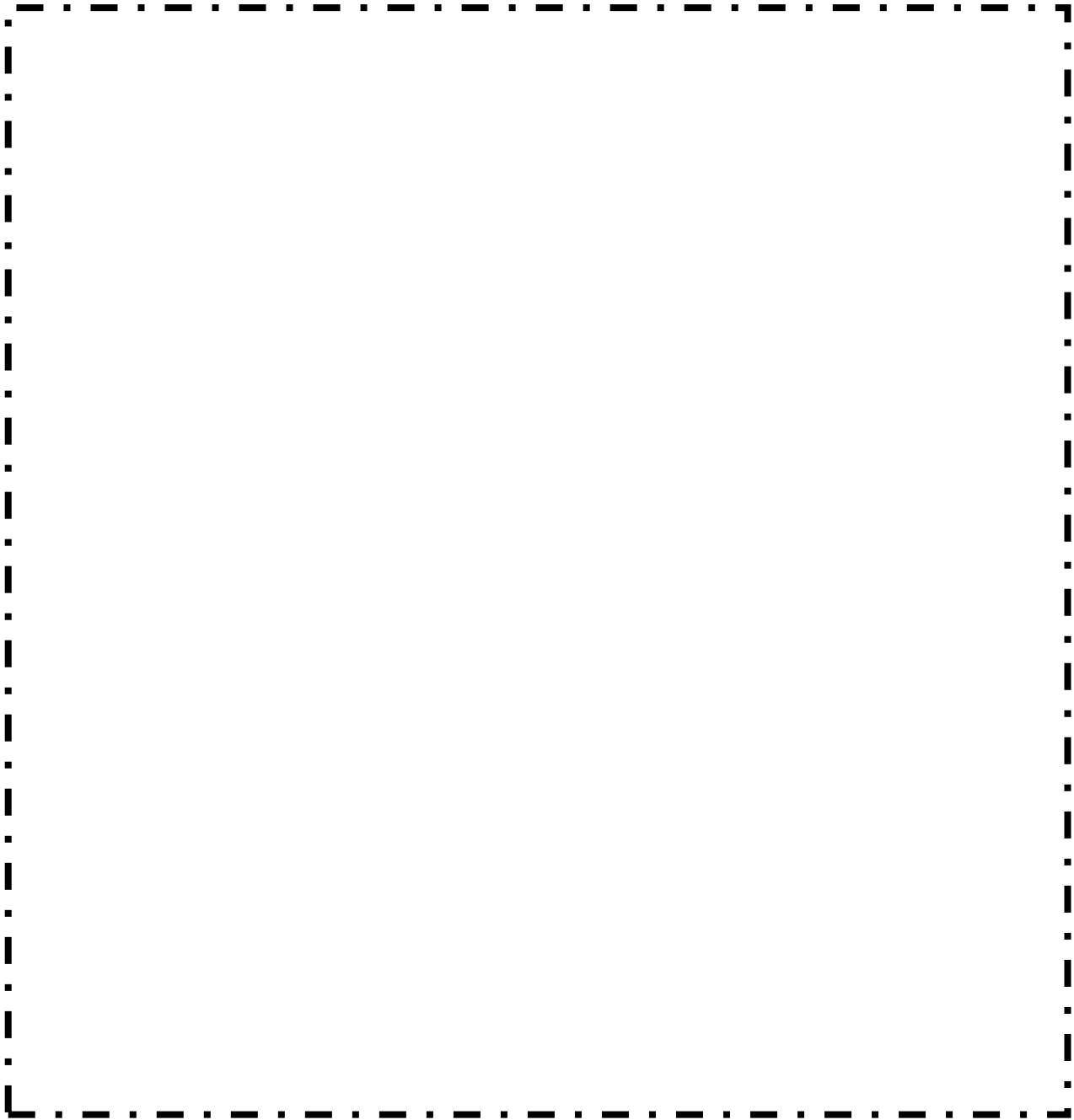


Keeping Safe and happy!

Create a safety poster. Here are some things you and your friends can do to keep safe when you go back to school. You can use these in your poster or think of your own?

1. Wash your hands for 20 seconds.
2. Cover your mouth when coughing or sneezing.
3. Put rubbish and tissues straight in the bin after you have used them.

What other things can you do to make sure that you feel happy?

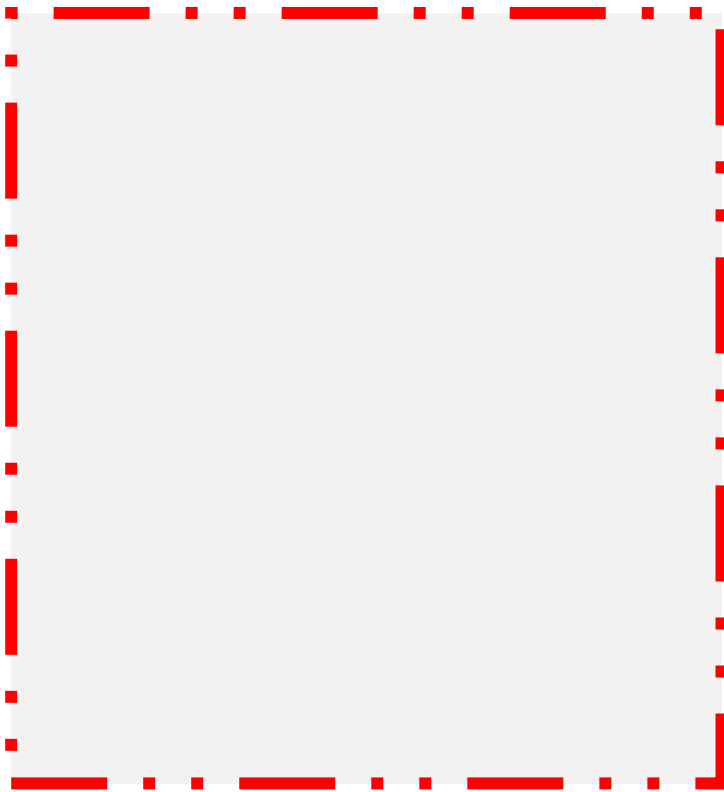


All about my Friend!

Name: _____

Age: _____

Date of birth: _____



How we met:

My friend is a good friend because _____

My favourite memory is _____

I am also a good friend because _____



Post Lockdown Activities

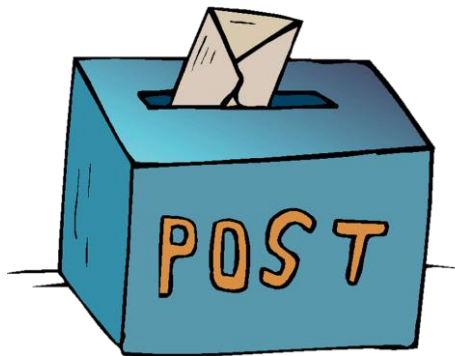
What would you like to do after lockdown ends? What are you looking forward to the most?

First, create a mini post box to post your ideas. You will need:

- cardboard box
- glue
- paint or coloured paper
- scissors
- post it notes/ paper
- felt pens



1. Find an old shoebox or cereal box of any size. If using a shoebox, you can glue the lid on.
2. Draw a rectangle on the box – just above half way or you could do this at the top.
3. Cut out the rectangle.



4. Cover the box with red tissue paper or paint the box in red, or a colour of your choice.
5. Once the paint has dried, you can label the box e.e. 'post, letters'....
6. Write down what you would like to do with your friends and family after lockdown or where you would like to go. Each idea can be written on a coloured post it note with someone in your family.

7. When the time comes, you can empty your post box and start completing your activities.



5 ideas to use Welsh at home!



Learn a new Welsh word everyday!

Listen to a Welsh song



**Watch a Welsh language tv programme.
(like Stwnsh)**

Learn how to draw with the help of Huw Aaron!

<https://www.youtube.com/channel/UCjbHZGFNpOPW9w7vKixrNyQ/videos>

These videos are in Welsh but you can still follow along.



Or, you could even try these links to keep fit in Welsh, as well as the links in the previous Activity Packs!

Keep fit with the family

Here are some more FREE links you can access to keep you busy:

Popeth Pilates:

www.popethpilates.com

Strictly star Otis Mabuse and Marius Lepure are offering dance classes for children live every day at 11:30am:

<https://m.facebook.com/OtiMabuse/>

S4C's Ffit Cymru is offering classes for families on their Facebook and YouTube every morning between 9 and 9:20. Teulu Ffit with Rae is in Welsh, but it will still be easy to follow for those of you who don't understand the language.

<https://www.youtube.com/channel/UCLbGTL7EteW35D35TWqAzJQ>

Menter Gorllewin Sir Gar Weekly digital activities. These include clog dancing, virtual drama sessions and lots more.

www.facebook.com/mentergorllewinsirgar

