



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL
REMOTE LEARNING ACTIVITIES
 IF YOU CAN DREAM IT, YOU CAN DO IT!



Year Group: 5

Date: Friday 26th February 2021

FEEL GOOD FRIDAY

Feel Good

Non-Screen Activities

It's time to put your gadgets down and move away from screen time.

Here is a list of 100 activities you can do while away from your screen. See how many you can complete today.

Activities

Feel Good

Family Time

Spending time with your family is always important. See how many of these activities you can complete with your family.

Activities

Take some photos of your activities. You may want to keep them for a family photo album.



Feel Good

The Great Outdoors

Get yourself outside (wrap up if it's cold) and give some of these activities a go. There are so many you can do.

- Go For a Walk**
- Go On a Bike Ride**
- Minibeast Hunt**
- Fly a Kite**
- Climb a Tree**
- Wildlife Watch**
- Build a Den**
- Watch The Sunset**

LOOKING AFTER YOURSELF!

It's so important to look after ourselves. Yoga is an amazing way to relax and improve mental health.

[Work through these yoga positions.](#)



GET CREATIVE!

You have built your own Amazon rainforest, but can you build the Amazon River?

[Take a look at this and see if you can build the river. Make it as realistic as possible.](#)



SPELLS AND TRICKS

Just Dance!

Here are 3 activities for you to try. Are you a better dancer than Mr Derbyshire?

- Activity 1**
- Activity 2**
- Activity 3**



UP FOR THE CHALLENGE?

THE PLANK!



[This is a hard one. Can you complete the 5 day plank challenge?](#)

Each day gives you a different plank to complete.