



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

REMOTE LEARNING ACTIVITIES

IF YOU CAN DREAM IT, YOU CAN DO IT!



Year Group: 5

Date: Friday 5th March 2021

FEEL GOOD FRIDAY!

Feel Good

TOP 100

Check out this awesome list of 100 activities you can do indoors!

How many can you tick off?



100 INDOOR ACTIVITIES

unplugged



Family Fun

Spending time with the family is always important in life. Find time to complete as many of the activities on the list below!

FAMILY FUN IDEAS

Perhaps you could take photos participating in activities with your family and add them to a family photo album!

family IS FOREVER



Feel Good

The Great Outdoors

There are plenty of things to do outside and away from the screen. Just remember to wrap up warm!

- Go for a Walk
- Stargaze
- Have a Picnic
- Wildlife Watch
- Go on a Bike Ride
- Feed the Ducks/Birds
- Climb Trees
- Scavenger Hunt
- Draw a picture
- Minibeast Hunt



YOUR MENTAL HEALTH MATTERS

Mental health is just as important as our physical health! Why not play

MENTAL HEAL BINGO

with your family?

Mental Health

GET CREATIVE!

If you can **DREAM** it, you can do it.

We must never let go of our **DREAMS**. Create your very own dream catcher, ready for your return to school! Have a look at the examples below!

EXAMPLE 1 **EXAMPLE 2**



SPRINGS AND TALKES

Positive Mind

"Stay **POSITIVE!** Better days are on their way!"

Create your own poster of positive affirmations about you and pin it up proud somewhere to see every day!

- I AM BRAVE
- I AM KIND
- I AM STRONG
- I AM SMART
- I AM HELPFUL
- I AM HONEST
- I NEVER GIVE UP
- I AM GRATEFUL
- I AM LOVED
- I AM ENOUGH
- I AM HAPPY

UP FOR THE CHALLENGE!

Check out this awesome **Would You Rather?** exercise. Challenge yourself to complete the entire video!

Don't forget to send your videos in!

Ever tried to do everyday activities/tasks with your non-dominant hand? Have a go - it's hilarious!

