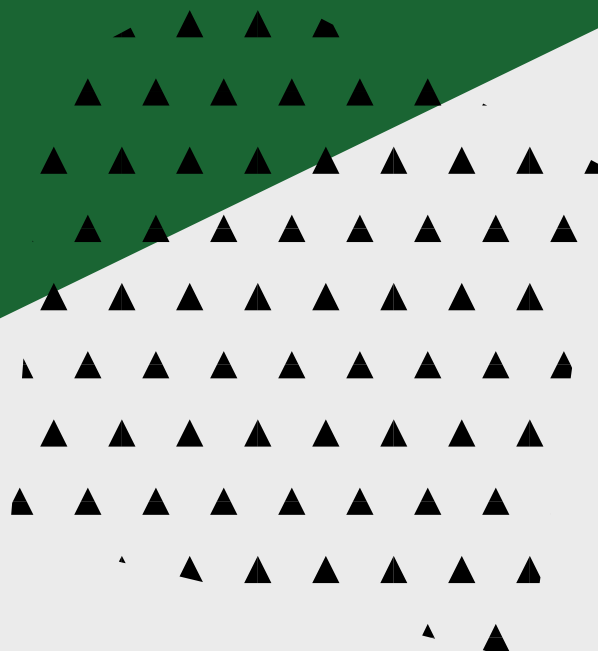




Unlocking Potential

UP's Weekly
Well-being activity

4.05.20





Unlocking Potential

What's Inside...

Welcome to this week's wellbeing activities. Don't forget to have a look at the accompanying videos on the Unlocking Potential You Tube channel.

Where does my mind go?

Doing schoolwork at home can be tough. Do you find yourself getting distracted sometimes? Try these tips and tricks to help you focus on your learning.

My Learning Timetable

Use these example timetables to help you organise your learning and break times! Make sure to refresh your brain with five-minute activities when you start to feel tired!

How to make a jumping origami frog

This can be a quick brain break activity or something for the whole family to do! They are fantastic for races and games.

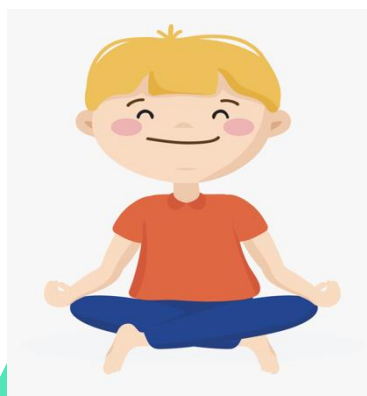
Five ways to... Help your child focus on their learning

For parents and carers: try these simple strategies to help your child focus on their learning for longer periods of time.

Warrior 2
Pose



Butterfly Pose



Tree
Pose



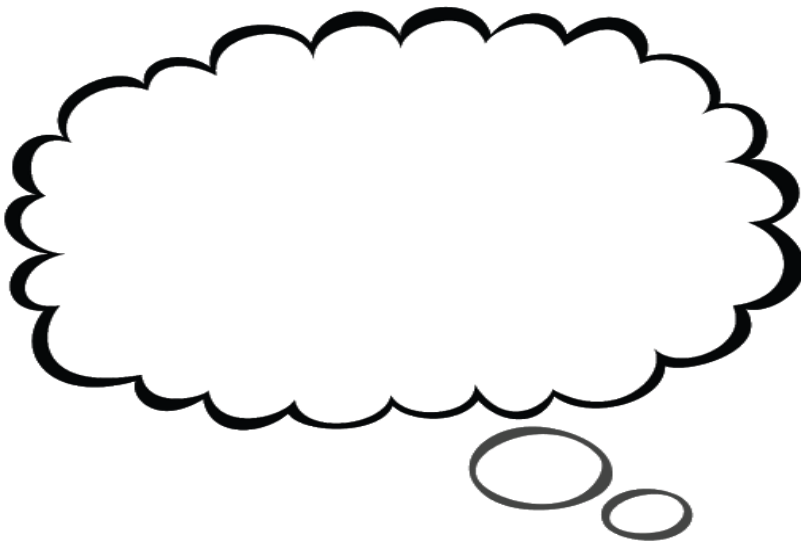


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Where Does my Mind Go?

Learning at home isn't always easy, especially because we don't have our teachers to help keep us focused. There are things we can do to improve our concentration. Give the tips below a try.

Before you start, use this bubble (or draw your own) to write down the thoughts that come into your mind when you become distracted. Leave them there for now, you can come back to them later. Maybe there are things that it would be helpful to talk to an adult about?



1. Plan what you're going to do today. Use the timetable on the next page or draw your own. You can decorate it during one of your brain.

2. Have you watched the mindfulness video in the Week Three resources kit yet? Mindfulness is a really good way to help you focus your brain. Before you start work, begin with a strong mindful pose to concentrate your attention. Try the Superman: stand with your feet hip-width apart and your arms stretching as high as they can towards the sky. Or give Wonder Woman a go: stand with your feet hip-width apart and your hands firmly on your hips. Hold one of these poses for 10 seconds in silence and think about how you feel.

3. OK, you're ready to start. Sit down. Decide what you're going to do. Remember to work on just one subject at a time. Check the clock. How long do you think you can keep working for? 10 minutes? 20 minutes? Set yourself a target (start small and build up).

4. Have you completed your learning minutes? Good job! Treat yourself with a five-minute fun brain break activity. You can try out the yoga poses on page 1, dance for 5 mins, or make a fun drink for yourself! Lots of fun options to choose from.

5. Ready to start learning again? Repeat steps two, three and four.





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Check out page 1 for three different yoga poses you can try for your brain breaks!

My Learning Timetable

Name:		Date:	
	Time	Activity	Minutes
Morning		Learning: Don't forget to have some brain breaks! Write your activities in the circle	5 min Brain breaks
		Learning: Don't forget to have some brain breaks! Write your activities in the circle	5 min Brain breaks
		Lunchtime and long break	
Afternoon		Learning: Don't forget to have some brain breaks! Write your activities in the circle	5 min Brain breaks
		Long break:	
		Learning: Don't forget to have some brain breaks! Write your activities in the circle	5 min Brain breaks
	Dinnertime and evening activity <i>Tell someone at home what I learnt today!</i>		



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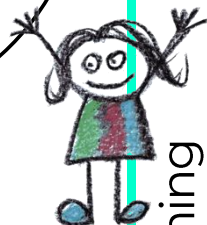


Name: Billy

(KS1 Example Template)

Date: Tuesday, May 5

	Time	Activity	Minutes
Morning	9:30 am	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Watch the video sent from school</i> <i>Spelling and handwriting</i>	15 15
	10:10 am	Long Break: <i>Do some colouring in!</i>	30
	10:40 am	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Mathletics! Addition today!</i>	30
	11:15 am	Lunchtime and long break <i>Cheese on toast for lunch today!</i> <i>Walk to park: How many flowers can I count?</i>	90
Afternoon	12:45 pm	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Art project to take back to school</i> <i>Gluing and sticking today</i>	60
	1:55 pm	Long break: <i>Play a game with my brother</i>	20
	2:15 pm	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Read my book</i>	15
	Dinnertime and evening activity <i>Tell someone at home what I learnt today!</i> <i>Pasta for dinner! Help wash up. TV for 1 hour.</i> <i>Practice a song from school</i>		





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Name: Lenny

(KS2 Example Template)

Date: Tuesday, May 5

	Time	Activity	Minutes
Morning	9:30 am	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Literacy - read core text</i> <i>Answer comprehension questions</i>	10 20
	10:10 am	Long Break: <i>Play a game of cards with my sister</i>	20
	10:30 am	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Spelling and handwriting practice</i> <i>Ken skills exercise</i> <i>Read 5 pages of my home reading book</i>	15 15 20
	11.30am	Lunchtime and long break <i>Tuna sandwich for lunch today!</i> <i>Walk to park - do some exercise</i>	90
Afternoon	1pm	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Times table Practice</i>	30
	1.55pm	Long break: <i>colouring in</i>	25
	2.15pm	Learning: Don't forget to have some brain breaks! Write your activities in the circle <i>Art activity - paint my creative project for return to school!</i>	60
Dinnertime and evening activity <i>Tell someone at home what I learnt today!</i> <i>Noodles for dinner! Help wash up. TV for 1 hour.</i>			



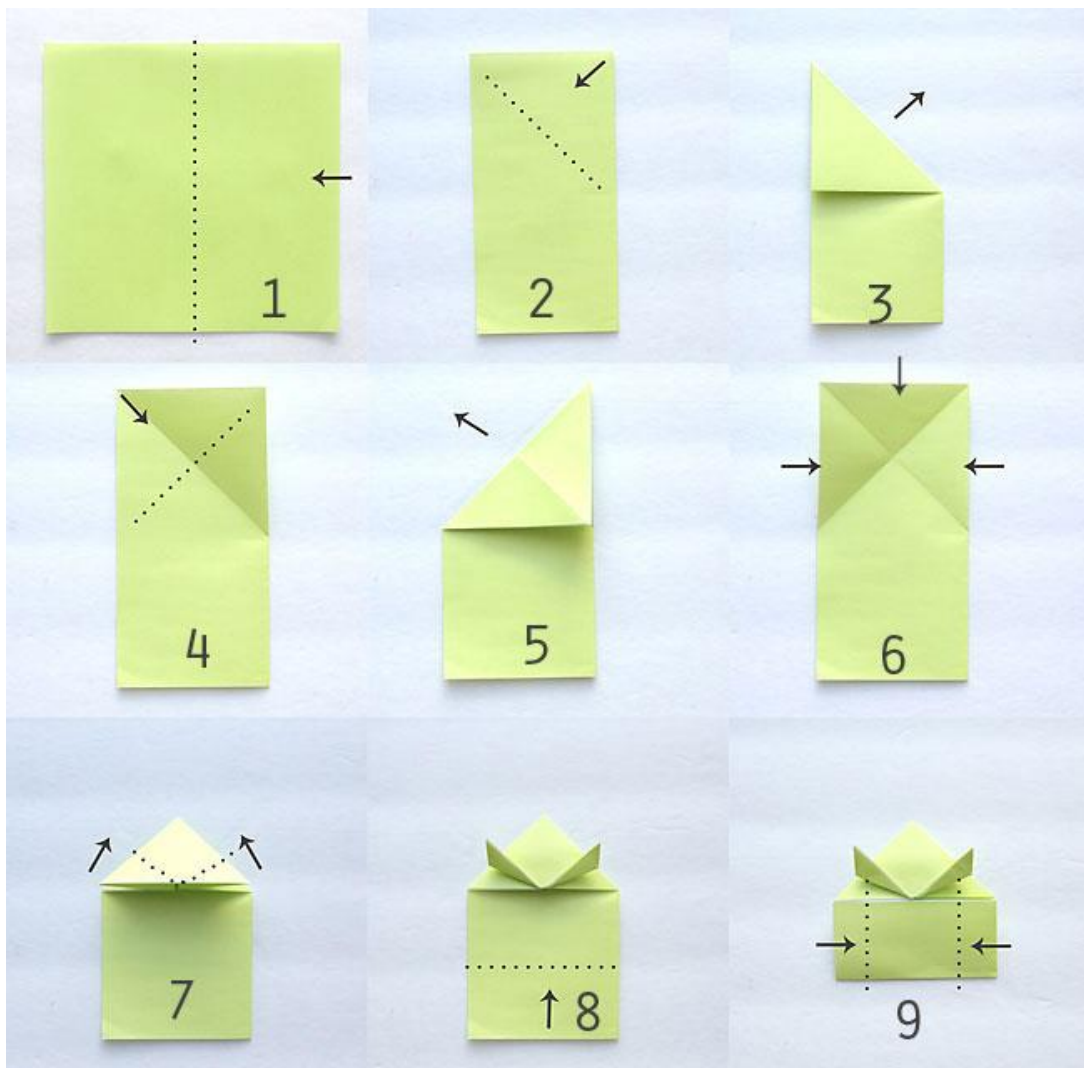


Unlocking Potential

Origami Frog

This is a great brain break activity that can take as little as 5 minutes, it can be a family project or solo, the frogs are fantastic to race and can be enjoyed by everyone!

Step by Step Guide:





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4. Fold the square in half, crease firmly.
5. Bring the top right corner down to the left
6. Unfold it right away.
7. Bring the top left corner down to the right
8. Unfold it right away.
9. Make a squash fold, as shown below. You must bring the sides to the middle, so they meet each other. Then, flatten the top of your rectangle to make a triangle. I know this step can be a little tricky.



1. Fold the two corners of the triangle up to the center
2. Fold the bottom part up to the triangle, then fold it back on itself to create its back legs.
3. Now it is time to play! To make your frog jump, lightly press the back and release it. How far can you make it jump?





Unlocking Potential

5 Ways to: Help your child focus on their learning

Home schooling is hard for parents too. Try these tips to help improve your children's focus and concentration.

1. Get them in the zone

Create a designated learning space. Some children work best in their bedrooms, others do better with company so create a spot for them in the kitchen or living room. Set up a desk and chair in a light part of the room, facing the wall or away from the action. Remove any distractions, such as ornaments and clutter and any devices they don't need for study – this should be a phone-free zone. Let your child personalise the space, setting out their books and stationary, including some paper and art materials. You could also help them make a timetable (you can use the template on page three) and stick this to the table or wall.

2. Help them set a routine

Work out with your child how long they can realistically concentrate for in one go. If you aren't sure, start small and build up. As a guide, five-year-olds can usually concentrate for 10 to 20 minutes at a time and 10-year-olds for 20 to 30 minutes. But this will depend on the task and the child! Set a timer and when the alarm goes off, let them choose a five-minute movement break (see page six for ideas) or a snack or drink.

3. Focus the fidgets

If your child is a wrigglebum, a fidget toy might help them avoid looking for other distractions and enable them to concentrate for longer periods of time. This could be a stress ball, a blob of Blu Tack or a pipe cleaner tied to their pencil. Try making a homemade stress ball by filling a balloon with rice or flour. You could also tie an old pair of tights around the front legs of their chair to create a stretchy band that they can bounce their feet against.

4. Factor in reward time

You could try giving your child something to work towards with a reward system or chart. Their target should be achievable in order to keep them motivated. For example, one day you could challenge them to complete three batches of 20 minutes uninterrupted work, or to complete their maths homework before lunchtime. Their reward could be playing a game with you, watching their favourite TV programme or their favourite dinner or snack.

5. Go easy on yourselves

The timetables in this pack are just for inspiration. If you feel stressed about your child not getting their learning done, they'll feel anxious too and that's the last thing anyone wants. Parents are currently juggling an awful lot and it's not possible to recreate school at home perfectly. These are exceptional circumstances and we can all only do our best.

