



WELL-BEING

Look after your physical and mental well-being this half term by completing one or both of our challenges. We would love to receive pictures of your completed challenge. We will celebrate the *best entries by posting them on the school's website*. Please note, upon emailing photographs you are consenting to them being *published on the school's website*. Send your entries to mailbox@lodge.sandwell.sch.uk by Friday 29th May 2020.



Den Building challenge

Ever fancied hiding away in your very own tranquil place? Well perhaps this half term you could get creative and build your very own den. You can build inside or out using natural or manmade materials. Email the school pictures of your very own hideout.

Visit the Cosmic Kids Yoga website:
<https://www.cosmickids.com/>

Choose one of the stories to follow. Watch, listen and join in with the range of yoga poses.

Challenge: Using a Talk 4 Writing approach, amend one of the stories on the Cosmic Kids website. Create your own yoga poses for any new characters, objects or scenes you introduce. Email your story along with sketches of your poses to the school. Maybe children throughout the school can have a mindful moment whilst following your narrative.

