



Co-op Academy Stoke-on-Trent

Wellbeing - Transition

Welcome to the Co-op Academy Stoke-on-Trent Year 6

You will find some ideas below to help you with your wellbeing during this unusual time.

In school we have the iZone which is there to help remove your barriers to learning and to support you whilst at school.

However, until we meet you in September, we have some ideas for you to try.

1. Travel the World



We may not be able to leave the house, but we can find out about people in other countries and visit the world from home.

Choose a new country to visit, virtually, every day. Learn the things that are special about the new places you go to....

- What animals live there?
- What is special about the place and its people?
- What do they eat?
- Which continent is it?
- Identify its location on a map
- What is its climate like?
- What is the Flag like?

- What other interesting facts did you learn?

Look in an atlas, online, or go on BBC bitesize My World Kitchen teaches children about food from different parts of the world.

<https://www.bbc.co.uk/cbeebies/shows/my-world-kitchen>

You can also visit different museums around the world online.

<https://www.theguardian.com/artanddesign/2013/apr/09/worlds-best-museum-galleries-online>

2. Be physically active



Joe Wicks is doing some great workouts online. Join him at 9am on his YouTube channel - make sure you have some water ready to drink, it is hard work! "Being active is not only great for your physical health and fitness it's good for feeling mentally well too."

Yoga | You can do a yoga workout on YouTube at home, learn a new yoga pose each day, or master a more challenging pose depending on your yoga skills!

Dance | Watch YouTube and learn a new dance.

Sport England have some guidance on staying active while at home.

<https://www.sportengland.org/jointhemovement>

3. Take notice (mindfulness)



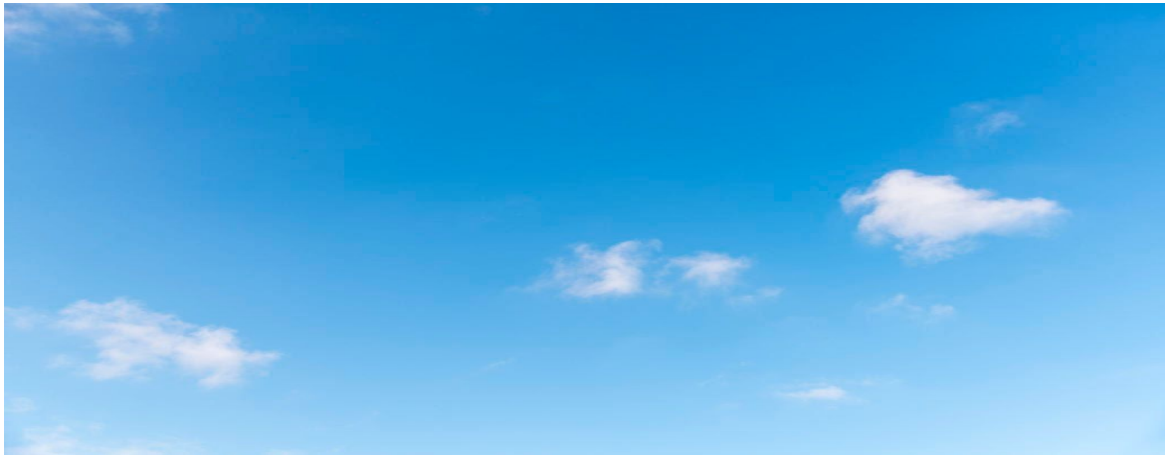
"There is so much to pay attention to all around us, all the time. Even in a city I can enjoy singing blackbirds and starlings, magnolia trees in full bloom and even winter bumble bees. So, look up or out of the window and take notice of all the beautiful and wonderful things everywhere."

Trees | Learn about British trees - learn about a new one every day. Or spot a tree you like and identify it.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/how-to-identify-trees/>

The Sky | Take some time each day to watch the sky in the day and at night.

The Clouds | When you look at the sky in the day, watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.



The Moon | Learn about the moon and its different phases. Make some time to have a look for it each night. Maybe draw a picture of what you see.

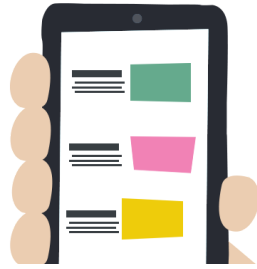
The Stars | See if you can spot stars you recognise and give them names. Also try to spot different constellations.

Mindfulness

“Mindfulness for me is about having some quiet time with myself, to just sit for a while and see what is going on. You can explain it by saying it’s a bit like looking outside in the morning to see what the weather is doing. You see what the weather pattern is like inside you. This helps you to know what you need that day. So, if it’s raining outside, you know you need an umbrella. If you’re feeling stormy inside, you ask yourself what you need – maybe that’s to be on your own for a bit, or to ask for a hug or to do some exercise.

Get an empty jar and fill it with water, put some glitter in ,give it a shake and watch it all fall slowly to the bottom, looking at the different patterns it makes.

4. Keep learning



Look at BBC bitesize for ideas or work through the English and Maths pages on the transition worksheet.

5. Gardening



Like cooking, getting into the garden is a great way to chill out. Being outside, we can connect to nature, hang out with birds and spot new bugs and plants. Set up a veggie patch or a little garden or grow some plants inside on a windowsill. Plant some seeds, watch them grow, check on them every day.

Write notes or take a picture to keep track of how things are doing. Planting cress seeds is an easy way to start growing your own.



Reading | Read, read, read! Or listen to a story, learn a poem by heart every day.... try some fun activities based on your favourite books.

6. Give to others. ...



“This is a tricky one with social distancing, but we can still give people our time without being physically close to them. Check on people and make sure they are okay. We can also give people some of the things we create – our cooking and the vegetables we have grown.”

These are part of our coop values you will learn about when you arrive, we are all part of our community.