



Dear boys and girls of St Vincent's.

I know that you are all being stars at home, helping and learning but if you get a chance please have a go at some of these health and wellbeing activities and show your family how amazing you are. If you can, email me some pictures (gw07ziololorena@glow.sch.uk) or tweet them (@EkVincents) Remember if you are looking for us on twitter you need to have the E and V as capital letters. I look forward to hearing from you.

I am missing you all.

Mrs Ziolo

<p><i>Self Portrait</i></p> <p>Draw a picture of yourself in the middle of an A4 piece of paper. Now write lots of words to describe yourself. E.g: beautiful, smart, funny.</p> <p>Put it up on the wall in your bedroom.</p> 	<p><i>Think of all the guests that have inspired us at assemblies in school.</i></p> <p>Think about what inspires you and chat about it with your family.</p>	<p><i>Complete this short fitness routine. Encourage someone in your house to join in with you.</i></p> <p>10X Star jumps 10X Squats 10X spotted dogs(one leg in front/swap over and continue) 10X Press ups 10 x Sit ups</p> <p>Repeat 3 times</p>
<p><i>Cooking</i></p> <p>Help someone in your house to make a meal.</p> <p>Can you do some parts by yourself?</p>	<p><i>Baking</i></p> <p>Have a go at baking. Try Miss Timmons 'bake along'</p> <p>Copy and paste the link below into your browser.</p> <p>Enjoy your yummy creations!</p>	<p><i>Road Safety.</i></p> <p>Draw a road safety poster to share with friends as they will be out walking, cycling and scooting more than ever.</p>

<p><i>Find Your Brave.</i></p> <p>You all have amazing talents. Choose one of them to share with your family. Perhaps you could put on a show for them.</p>	<p>Have a look at: 'Think you know' website. There is also a link on your glow launchpad.. Click on your age group and play some of the games that teach you to be safe online</p> 	<p><i>I am an Amazing Person.....</i></p> <p>Answer these questions:</p> <p>I am a good friend because..</p> <p>I am really good at.....</p> <p>I have worked hard to improve....</p> <p>My special talent is.....</p> <p>I am proud of myself when...</p> <p>I am a good family member because....</p> <p>I am thoughtful because.....</p>