

We know how hard you have all been working and this has meant spending lots of time in front of a screen for your online lessons and completing work on classcharts.

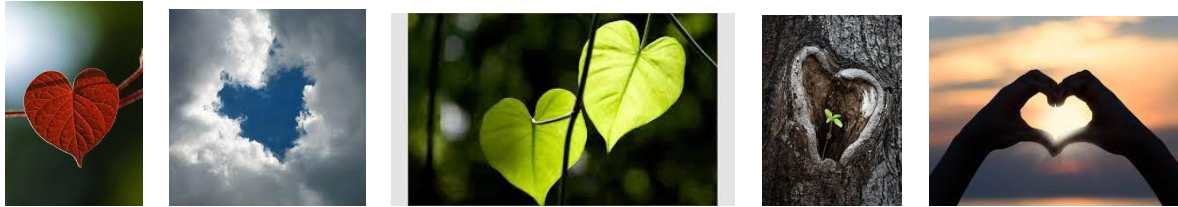
On **Friday 12th February** we are having a screen free **Wellbeing Afternoon**. We would like you all to **plan** an activity that is enjoyable, fun & relaxing and if possible outdoors.

As Valentines day is approaching we would like you to think about the theme of Love and Hope. Love and care for yourself and others and messages of hope

Discuss with others in your household as you may like to plan to do something together.

If possible, **get outdoors** as getting outdoors is good for our physical and mental health. Research has shown that looking at nature improves our ability to restore concentration so that we can focus for longer. Being in nature has also shown to improve confidence and self-esteem, reduce feelings of stress and anger and can support overall wellbeing.

The link below takes you to the wildlife trust walks in Taunton. While walking please look out for hearts in nature. <https://www.somersetwildlife.org/wildlife/take-wild-walk>



Get Baking

Bake something heart shaped to share with your household.



Get Creative

Make a card with a message of love & hope to give to a family member or friend.



Get Sporty

Get your heart pumping with some physical challenges.

Take part in the **'keepy-ups' challenge**. Find a ball or soft object to keep in the air for as long as possible, using just your hands, feet, or head. Time how long you can do this for? Take the 30 sec challenge and challenge everyone in your household.

Build your own **fitness circuit or obstacle course** using whatever equipment you have in your home or garden or go for a run or bicycle ride.

Please send a photo to your tutor of your card, bake, hearts in nature or physical activity you took part in.