



Children in Need



This year's theme is 'Five to Thrive'. This involves promoting mental health and wellbeing. For our CiN activities can you please complete as many of the 'Five to Thrive' activities as you can!

The first task is called 'connect' can you use J2E Mix do draw a picture of you and a friend and write a sentence about why your friend is amazing!

The second task is called 'Take Notice' can you ask a grown up to take a photograph of you with someone or something you are really grateful for. It could be a family member, a toy, it could be a picture of you eating your favourite food or a picture of your bedroom etc.

The third task is called 'Get Active' for this I'd like you to take part in some exercise. You could watch CiN and join in with Joe Wicks or you can do your own exercises at home. Can you then send a picture or video of you exercising?

The fourth task is called 'Be Curious' can you find out one fact you didn't know about something you are interested in? For example, you may be really into outer space, or under the sea or even dinosaurs. Can you find me one interesting fact?

The fifth task is to 'Give' can you help someone out by doing something nice for them. You may help with tidying your bedroom, help with the dishes or you may even want to donate to CiN

All these tasks are to work alongside the home learning, please don't feel under pressure to get them all done immediately, I will have them over the weekend and into next week. Thank you for your continued support 😊