



Health and Well Being

1. Joe Wicks

Join in with Joe Wicks' daily exercise class [live on YouTube](#) at 9am every day.

2. The Birdie Song

Join in with the actions to the classic Birdie Song, click the picture to access it online:



3. Animal dance

Another fun animal dance to get you moving this week, click the picture to access it online:



4. Friendship and Helping Others

Helping others

The Little Red Hen asked for help but no-one would help her. We know we have lots of helpful children in our class.

What do you do to help others?

Challenge - Can you do something to help someone in your house? Maybe you will tidy your bedroom or help in the garden.



Friendship

We know you all must be missing your friends. You could **draw or make them a picture to make them smile or show them what you are most looking forward to doing with them when you next see them.** Send a picture of it in via Class Dojo and we will upload them so the whole class can see.



Please take a picture of what you have been up to and email to us at:
[Mrs Timmins email](#) or [Mrs Rudge email](#)

We are putting pictures up on ClassDojo for your child to see their own and others' activities celebrated. If you aren't on ClassDojo yet, [please email us](#) so we can send you the link.

It's lovely receiving all the pictures! Thank you so much!