



Weekly Well Being



Hi Badgemore children, I hope you have had a happy week. With the weather turning a bit rainy it is important we don't start to feel blue too, here are some in a sunny mood....

Desert island doodles



Doodling is a great activity mindful activity and the sheet below combines doodling with positive thinking. You need to think about all the special things you have and people you know, then you need to decide which of them you would take with you to a desert island! It's not easy to decide! Scroll to the bottom to see your desert island.

Cheer yourself up with a happy photo



Just looking through photos of happy times, friends and family, can cheer you up. How about finding a photo that makes you feel happy and making a frame for it out of an old cereal box?! Here is a link that shows you how to make the frame-

<https://www.instructables.com/id/Make-Picture-Frames-Out-of-Cereal-free-Box-Cardb/>

...all you have to do now is decide which photo to put inside!



Have a laugh



Laughing is an instant way to boost your mood, there are lots of good things that happen to your body and brain when you laugh. You could make and illustrate a joke book to share with your family or if you want a quick laugh, here's a link to a funny Michael McIntyre sketch all about parents and children... does any of it remind you of your time in lock down with your family?!

https://www.youtube.com/watch?v=CX61JSXLI_Q&list=PL9T6ivy9gG_TU2TivqaPsmTMbfu_Bn8bA

Play a board game with a friend from school



It's possible to play some games with a friend via Facetime or Zoom, there are some classic games that lots of you will have at home –

Guess Who?

Connect Four (you need to put your friend's token in too as you play),

Pictionary,

Heads up (or the 'Post-it game')

I'm sure there are lots I have missed off the list! Ask someone in your family to arrange a time that you can join up with your friend. It's important to keep connecting with your friends even though you can't be with your friends in person.

Make a Gratitude jar



Psychologists (scientists who study the brain) have found that 'gratitude' is really important for helping us to be happy. Here's a story for children that explains what gratitude is.

<https://www.youtube.com/watch?v=6TYvJh5Cwww>

You could make your own gratitude jar, decorate it and try and put in three things you are grateful for each day. After a while, your brain will 'program' itself to automatically look for the good things each day.



Take part in a virtual 'pub quiz' with your family

There is a popular quiz that is posted on YouTube each week that is created for children. Can you challenge your parents?? Here is the latest quiz

<https://www.youtube.com/watch?v=XetV7vU66DA>

The host is a man called Jay and he has thousands of people watching his live quizzes each week, he's also made some special quizzes on certain speciality topics, here is his Disney quiz, there's also a Marvel one too.

<https://www.youtube.com/watch?v=5QagsNkdqmA>

If you'd rather not watch online, you can print off some questions and play, although you'll need someone to be the 'Quiz master'!

<http://www.freepubquiz.co.uk/kids-quiz-questions.html>

And finally

Make some playdough



There is something very calming about squeezing and creating with playdough. Here are a couple of recipes to make your own (one is without cream of tartar as visiting the shop may be a little more difficult at the moment!) Don't forget to ask for supervision with boiling the kettle and handling hot water.

Best ever no-cook play dough recipe

Ingredients:

- 2 cups plain flour
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)

Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough

- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!*
- If it remains a little sticky then add a touch more flour until just right.

No Cream of Tartar Play Dough Recipe

Ingredients:

- 1 cup of flour
- 1/4 cup of salt
- 3/4 cup of water
- 3 tablespoons of lemon juice
- 1 tablespoon of vegetable oil
- Food coloring
- Any scents you would like (e.g. lemon or vanilla flavouring)

Method:

1. Add the water, oil and lemon juice to a medium non-stick pot and heat on medium heat on the stove (maybe even slightly lower heat depending on your stove).
2. Add food coloring or flavouring to the water mixture.
3. In a mixing bowl, combine the flour, salt and any dry seasonings you are using.
4. After the water is hot, but not boiling, slowly add the dry ingredients to the pot and while mixing to combine, use a wooden or plastic cooking spoon.
5. Continuously stir until the ingredients combine, dry out and begin to form a ball. If there are parts that seem a bit sticky still, just flatten the dough out and put the sticky side down on the bottom of the pot very briefly. Flip back and forth frequently until it doesn't seem sticky anymore. However, don't cook it too long. It is better to be a bit undercooked as it will firm up as it cools down.
6. Place on a sheet of grease-proof paper until it cools down a bit. Then knead the dough for a minute or two to bring it all together.

Desert Island Doodles

Doodle what you would take to a desert island.

Who would you take if you could choose 3 people?

What things are most important to you?

