

Year 3 Home Learning

PSHE - Wellbeing

To take part in activities which benefit our mental well-being and help us to stay positive.

This week for your PSHE home learning, you have a choice of activities, all of which are designed to help you think positively and to benefit your mental well-being. Choose at least 1 activity per day this week (you can do more if you would like to!) and record what you have chosen in your home learning book. You need to choose at least 1 green box activity across the week. You might like to send your teacher a photo of you doing one of them.

Send a letter to someone that you miss.	Lay down outside and look at the clouds. Can you make any cloud animals with them? Make up a story in your head about them.	Write a note to your teacher to tell them something that you have enjoyed about Year 3.	Do something for someone else in your house without being asked.	Choose 3 countries that you know nothing about and find out 5 facts about them.
Find out what happened on this day in history.	Spend half an hour reading a book or a magazine.	Make a piece of art using only things that you can find outside.	Phone a member of your family who you haven't seen for a while.	Make a list of things that you are excited about for Year 4. Write down any questions you might have.
View the virtual National Portrait Gallery at https://www.npg.org.uk/whatson/bp-portrait-award-2020/virtual-exhibition	Take part in a yoga session: https://www.casnickids.com/	Keep a feelings diary. Write down or draw how you feel at different points in the day. What happens to your body when you feel that way?	Go on safari with the National Geographic https://www.nationalgeographic.com/video/safari-live/	Create a new ice cream flavour and make an advert for it.
Learn a new skill.	Play your favourite music and dance around the house!	Cook dinner for your family.	Create a Guide Book for Year 3 to tell Year 2s all about what to expect next year.	We hope you enjoy this week's tasks ☺