



ENGAINES PRIMARY SCHOOL AND NURSERY

Headteacher: Mrs Cherry Curle

Confident
Happy
Empathetic
Resilient
Inquisitive
Supportive
Honest

11th February 2021

Dear Parents/Carers

As of this Friday we will be starting a Feel Good Friday to help us all with our mental health. Please see the activities on the second page.

The idea is that instead of the normal lessons the children will complete some screen free activities, many of which can be completed without adult help. The activities will be fun, creative and designed to encourage independence and exploration.

As well as this on a Friday the children can continue to enjoy the class teacher reading a story.

Have a great Half term.

Mrs Jo Ford

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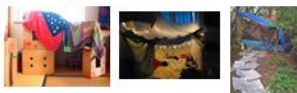


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Scavenger hunt challenge. Can you find these objects in your bedroom. Maybe you could tidy as you hunt?



Build a den big enough for you to get in. While you are in there read a book or tell your toys a story. Don't forget to take a torch, it might be dark!



Play a board game or a card game. If you have no one to play with see if you can adapt your game to a one player.



Feel Good Friday Activities.

12.2.2021



Make a sandwich for your lunch. Will it be a healthy sandwich or a sandwich that you would not normally eat. (Make sure you check with parents before doing this one).



Watch one of your parents favourite childhood movies, what differences do you notice between their favourite movie and yours?

Make a puppet and perform a puppet show to your parents or your toys.



Find a bird watching hide (if its nice weather you might sit in a sheltered spot in your garden, if not sit by a window). See what birds you can spot. You could put some food out to encourage more birds. Make a tally chart and see if you can identify any. You could report your finding to www.rspb.org.uk/get-involved/activities/birdwatch



Garden bird detective



www.rspb.org.uk/birds-and-wildlife/bird-spotting/

Birds seen: Chaffinch, Greenfinch, House sparrow, Collared dove, Starling, Wood pigeon, Blackbird, Great tit, Blue tit, Goldfinch, and Pigeon.