**Wellbeing Calendar by Years 3 and 4**

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| **Get creative**MRes Creative Industries Master's Degree | University of Portsmouth | **Get active**Thyroid Cancer Patients Benefit From Exercise | **Try something new**10 Tips for Learning Something New | Memory Foundation | Be kind. Unless you can be fantastic. Then be fantastically kind ...**Be kind** | **Become more skilful**5 skills you can learn at home - News - University of Liverpool |
| 111 Best Potions for kids images | Potions for kids, Science for ...Creating and making potions | Design a PE workout for the class to complete – either inside or outside | Have a themed day with themed activities and food, e.g. Romans, Vikings, French, Italian  | our christmas memory book by leelu | notonthehighstreet.comMake a photo bookof memories  | How to Grow Tasty Homegrown VegetablesLearn to garden and plant flowers and vegetables – care for them and watch them grow |
| Mua Top Trumps Deadliest Predators Card Game trên Amazon Anh chính ...Make your own comic or Top Trump cards | Photo challenge walk/quiz – take a picture or write down how many things you can find on a walk | QuizzesMake a quiz for your family e.g. household noises | Ask the Expert: What's the best way to get my child to help with ...Offer to help with housework chores to help adults in the house  | Learn to knit, cross stitch or sew a tapestry |
| Make a den and furnish itWestport Lake, Wild Families Den Building | The HitMix 107.5FM | Betway Sports Offers Live In-Play Betting | Online Casino ReportsLearn a new sport, e.g. rugby, badminton, yoga/go for a bike ride | Stars lost behind light pollution for majority of people in ...Study the night sky and learn about the stars, planets and constellations | Write a letter to a member of your family or friend saying why you value them so much | 12 common cake baking mistakes and fails fixedBake cakes, flapjacks, shortbread, biscuits, mug cakes, make ice cream or fruit smoothies |
| Playing consequences in a small group; either the drawing or the writing version | Use a Fitbit and aim to reach 10,000 steps a day | Paper airplanes - Origami for Everyone | UdemyMake paper aeroplanes and have a competition to see whose can fly the furthest | 5 Ways to Find Time to Learn a New Skill - People Development NetworkHelp a member of your family with their reading/drawing/cooking | Times table rock stars - Churchfields Junior SchoolLearn a new times table/beat your current score on Times Table Rock Stars  |
| Cardboard Castle | Trash To Treasure | Kids ActivitiesMake a fort or castle | Design some Olympic sports games – e.g. with a slinky, ping pong balls, straws etc | Secret code found in Weldon university library books, Canada ...Challenge your family members to crack your secret coded messages! | Tons of Handmade Gifts - 100+ Ideas for Everyone on Your List!Make someone a gift, e.g. a card, a drink, some food  | Kid Craft :: Make Your Own Bored Game | Board games diy, Homemade ...Learn some new board or card games |