

Wellbeing Activities Week 4

Word of the week is:

Theme of the week is:

Unique

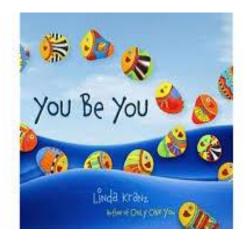
Me

Activity 1: Indoor activity 👍 💎



A story about being unique

https://youtu.be/HwAQvHBCY2M



Activity 2: Creative activity 4 🖓



Create your very own 'YOU', based on the story.

You will need; A piece of paper Pencils, crayons or felt-tips Draw your own 'YOU', and create a pattern that is as unique as you.

Or A stone,

Paint or wax crayons.

Hunt for a stone that you like, design a pattern and colour with either paint or wax crayons or both

Enjoy!

Activity 3: **Family Activity** 4



This is us paper chain



This is us Paper chains

You will need; Paper. **Pencils** sellotape/glue

- Cut lots of strips of paper,
- Give 10 strips to each member of your family and get them to colour the strips their favourite colour.
- Now write things about each member of your family on the paper that make them unique,
- And lots about you that make you unique

For example;

Dad you are funny

Mum, you make the best Sunday roast I have ticklish feet.

Read them out loud (giggle a lot) Then join them all together to make a 'This is us' paper chain and hang it up!

Have fun



Activity 4: Family Activity 👍 무



After each question evaluate your answers What was the reason behind your choice? What does it say about who you are? What do other members of your family think?

Would you rather...?

Have lots of games? Have lots of books? Or have lots of sweets?

Would you rather...?

Have a bath in your garden? Have a bath up a mountain? Have a bath at school?

Would you rather...?

Play football with rhinos? Play hockey with ducks? Or swim with giraffes?

Would you rather...?

your house was surrounded by... Jelly? Money?

Or trampolines?

Would you rather...?

Have metal teeth? Have plastic hands? Or have wooden hair?

Would you rather...?

Invent a new colour? Live for 200 years? Or grow 6 more arms?

Would you rather ...?

Be able to talk to insects? Be able to talk to birds? Or be able to talk to fish?

Would you rather ...?

Invent a new video game Invent a new car Invent a new chocolate bar

Would you rather...?

Just eat chocolate Just eat chips Just eat cake

Would you rather...?

Read a book Play video games Watch tv

Activity 5: Creative activity 👍 💎

What it means to be me

You will need;

Paper and pens to draw a picture of yourself.

Following titles:

Name

Age

Hair colour

Eye colour

Best feature

height

Shoe size

Favourite hobby

Favourite food

What animal would best describe your personality

What do you fear

What do you want to achieve

Activity 6: Creative activity 👍 💎

Who lives in here?



Using bubble writing or a unique style of your own, write your name and design each letter. Cut each letter out and decorate your bedroom door with your unique design.

CLOIRE

ALEXIS

Vickie

Activity 7: **Family_4** 🖓

Sometimes we forget things that are meaningful to us

- Find an object that is meaningful to you.
- Share with your family how the object represents you
- Why is this object so special to you and why is it so significant?



Activity 8: Adult 49

Complete the Myers/ Briggs personality questionnaire

https://www.16personalities.com/freepersonality-test



This can be a real eye opener...... Be really honest with who you are Ahhh