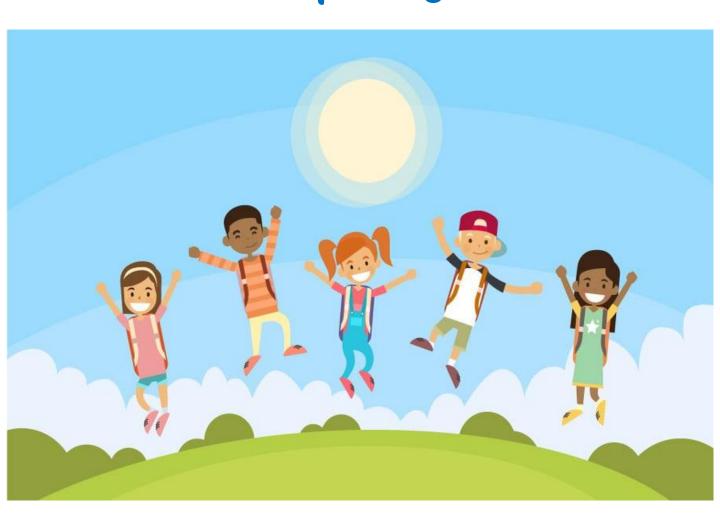
Wellbeing Projects.

Activity 3-Yoga.



Reception.

Hello lovely people!

Today we are going to practise some yoga to help us feel calm, relaxed and happy. If you are at school don't forget your Rainbow Rules.

I've also included some Bear Hunt challenges to keep you busy when you have finished your yoga poses.

To start our afternoon adventure we are going to be going on a bear hunt.



Join in with Cosmic Kids on the link below:

https://www.youtube.com/watch?
v=KAT5NiWHFIU



l am a hen







l am a cow.

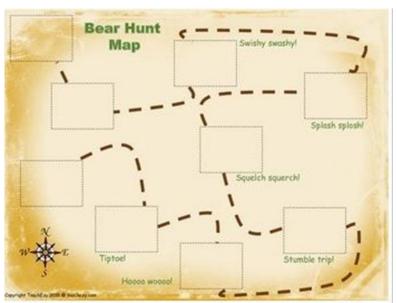


I am a pig. HAPPY BABY POSE Or if you don't have access to a computer have a go at these yoga positions. They are quite tricky so you will have to concentrate!

Take your yoga poses outside.

Now go outside find yourself a big space and make up your own animal yoga poses. Think about what your animal looks like and how they might move. Once you have got into your position close your eyes. see if you can hold it and count slowly to ten.

See if you can go on your own 'bear hunt' and make a map. If you are at school think about what you might come across, what noises will you make? You can do the same at home... maybe map out your daily walk?



In my garden I could pitter patter across the patio, splish splash across the paddling pool and tiptoe past the sleeping cat.



If the weather outside isn't good you can do this activity inside and use your imagination.

I loved watching Michael Rosen telling his Bear Hunt story (below), using his imagination and actions to find his way.

https://www.youtube.com/watch?v=lou5LV 9dRP0

Or if you have the book, read the story with a grown up.

I have added another sheet of activities for you to have a go at home.

I hope you have had a lovely afternoon of yoga and bear hunts.

Love Mrs Neale

We're Going on a Bear Hunt Home Learning Challenge

Draw a picture of your favourite teddy bear.

Find out 3 facts about real life bears that you can share with the class. You could get an adult to write them down for you to help you remember.

If you could search for an animal with your family, which animal would it be?
Where would you go?
What would you do when you found it?

Can you think of some different sounds for the bear hunt? What sounds would the family make if they went through a thunderstorm, along the beach or through a tunnel?

Bears have 4 paws.

Can you draw a

picture of 3 bears?

How many paws do

the bears have

altogether?

Teach someone in your family-the 'Round and Round the Garden' rhyme that we have been learning in class.

Are they ticklish?