

Weekly Plan for Easter

	EYFS	KS1	KS2
Monday	<p>Yoga Dance Party: https://www.youtube.com/watch?v=23VdtT0vQUY</p> <p>-----</p> <p>Watch the Easter story: https://www.youtube.com/watch?v=Wnbo2AmS3OI</p> <p>Can you create a picture or craft to represent some elements of the story? Please see RESOURCE 1 for craft ideas.</p>	<p>Yoga Dance Party: https://www.youtube.com/watch?v=23VdtT0vQUY</p> <p>-----</p> <p>Purple Mash: Please log into Purple Mash using the link below and your child's individual log in. https://www.purplemash.com/sch/stbarth A task has been set.</p>	<p>Yoga Dance Party: https://www.youtube.com/watch?v=23VdtT0vQUY</p> <p>-----</p> <p>Purple Mash: Please log into Purple Mash using the link below and your child's individual log in. https://www.purplemash.com/sch/stbarth A task has been set.</p>
	<p>Mindful moment of the day- Whale breath: Take a deep breath in, hold it while you count to 5 with your fingers then tilt head up to blow it out of your blowhole. You can also put your hands up on top of your head to create the blow hole to "blow" out.</p>		
Tuesday	<p>Sticky kids , stand up, sit down: https://www.youtube.com/watch?v=bfoZg-ZvNXQ&list=PLJayJhsNx</p>	<p>Sticky kids , stand up, sit down: https://www.youtube.com/watch?v=bfoZg-ZvNXQ&list=PLJayJhsNx</p>	<p>Sticky kids , stand up, sit down: https://www.youtube.com/watch?v=bfoZg-ZvNXQ&list=PLJayJhsNx</p>
	<p>Purple Mash: Please log into Purple Mash using the link below and your child's individual log in. https://www.purplemash.com/sch/stbarth A task has been set.</p>	<p>Can you create your own Easter bonnet/hat? We would love to see your creations!</p> <p align="center">OR</p> <p>Log into your Purple Mash account and pop 'Easter' in the search engine. There are loads of Easter activities you can try.</p>	<p>Can you create your own Easter bonnet/hat? We would love to see your creations!</p> <p align="center">OR</p> <p>Log into your Purple Mash account and pop 'Easter' in the search engine. There are loads of Easter activities you can try.</p>
<p>Mindful moment of the day- Rainbow breathing: Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow).</p>			

<p>Wednesday</p>	<p>5 minute active move with Joe Wicks: https://www.youtube.com/watch?v=u0_1QBQ8Syk</p> <hr/> <p>Can you create your own Easter bonnet/hat? We would love to see your creations!</p> <p style="text-align: center;">OR</p> <p>Log into your Purple Mash account and pop 'Easter' in the search engine. There are loads of Easter activities you can try.</p>	<p>5 minute active move with Joe Wicks: https://www.youtube.com/watch?v=u0_1QBQ8Syk</p> <hr/> <p>Create your very own Easter garden to represent the Easter story. Please see RESOURCE 2 for ideas. If you have already made one, can you enhance your garden further using aspects of Spring?</p>	<p>5 minute active move with Joe Wicks: https://www.youtube.com/watch?v=u0_1QBQ8Syk</p> <hr/> <p>Create your very own Easter garden to represent the Easter story. Please see RESOURCE 2 for ideas. If you have already made one, can you enhance your garden further using aspects of Spring?</p>
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Mindful moment of the day –



Thursday

5 minute active move with Joe Wicks:

<https://www.youtube.com/watch?v=hvJXQT4gowg>

Create your very own Easter garden to represent the Easter story. Please see **RESOURCE 2** for ideas. If you have already made one, can you enhance your garden further using aspects of Spring?

5 minute active move with Joe Wicks:

<https://www.youtube.com/watch?v=hvJXQT4gowg>

Mini-beasts can be found everywhere and are so important to nature. Can you create your own simple bug hotel? What mini-beasts do you think will use your bug hotel? Can you create signs to welcome any possible guests? Please see **RESOURCE 3** for ideas.

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Mindful moment of the day:



And 'Wake up shake up' song:

<https://www.youtube.com/watch?v=1gUbdNbu6ak>

Friday

Sticky Kids- Funky Monkey:

<https://www.youtube.com/watch?v=U9aBYLRhFW8>

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The Continent Song:

<https://www.youtube.com/watch?v=K6DSMZ8b3LE>

Can you create art using natural materials? Andy Goldsworthy is a British sculptor, land artist and photographer. Please look at the link below to explore some of his amazing creations:

<https://www.youtube.com/watch?v=JTnHiOA6a0E>

Can you create your own land art at home? If you do not have access to any outside space or nature you could use your PurpleMash account and create some art using '2Paint'.

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Mindful moment:

TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



RESOURCE 1: Easter story craft/art ideas:



RESOURCE 2: Easter garden ideas



RESOURCE 3: Bug Hotels

