

WELLBEING



Hello SJSC!

We hope the routines you created to look after your wellbeing are becoming part of your daily lives.

Last half term, we looked at two of our school values: community and kindness.

This half term, we'll be looking at the rest of our school values – **creativity, resilience & aspiration** – and how they can positively support our wellbeing.

Every fortnight, we'll be focusing on one of the above named values.

Enjoy looking after yourself and others!

Week 2 & 3: Creativity

For the next two weeks, we'll focus on our value of **creativity**.

Creativity is the act of turning imaginative ideas into reality. It's characterised by the ability to perceive the world in new ways, to find hidden patterns, and to make connections.



It's no wonder as to why being creative can be great for our wellbeing – it helps our self-esteem and our confidence!

This week, visit our SJSC Crafts Corner page and choose crafts and get your creative juices flowing!

Creative Activities

Shadow Art Portrait

Create a portrait using your shadow.
Stand in a sunny spot and ask someone in your family to draw around the shadow of your head.
Once the outline is drawn, use natural materials (leaves, twigs petals etc.) to recreate your features.
When complete, step back and take in your masterpiece.



Why not create portraits as a family? You could combine them to make a family portrait.



Music Makers



Listen to the wind as it rustles the leaves. Watch and listen to the raindrops as they fall on the ground. Be inspired by these natural sounds and create some marvellous music.

To create sounds, you can:

- use junk modelling or recycled objects such as spoons to make wind chimes;
- use natural materials such as leaves, sticks or seeds for quieter sounds;
- fill bottles or tubs with sand, stones or beans to create the sound of rain.

Have you created music you'd like to share? Why not record the melodies you make and send them to your friends and teachers!



Natural Paint



Can we make our own paint?

Experiment with mud – what range of colours can you make by adding more or less water?

Try crushing berries, such as blackberries, to release their coloured juice.

Try crushing leaves or herbs. If you add spices, you can even create a scented paint.

Now have a go painting with your natural paints!

