



<p><b>Positive story/ time to talk</b></p> <p>Look at the video of the author reading her book titled, 'Have you filled a bucket today? A guide to daily happiness for kids. By Carol McCloud and illustrated by David Messing.</p> <p><a href="https://www.youtube.com/watch?v=JEg38zCOMgk">https://www.youtube.com/watch?v=JEg38zCOMgk</a></p> <p>Talk with your family, what would they put in their bucket?</p>	<p>Draw a large bucket and decorate it.</p> <p>Then draw and label all the good things you like to fill your bucket with. It could be reading a story with someone in your house, going for a walk or even baking a cake.</p>
<p><b>Mindfulness</b></p> <p>Mindfulness clip to help you relax.</p> <p><a href="https://www.youtube.com/watch?v=O29e4rRMv4">https://www.youtube.com/watch?v=O29e4rRMv4</a></p>	
<p><b>Keep active</b></p> <p>Can you go on a walk with your family and find all the things on the nature scavenger hunt?</p>	<p><b>NATURE SCAVENGER HUNT</b></p> <ul style="list-style-type: none"> <li>Find 4 pine cones.</li> <li>Find something that is yellow.</li> <li>Find 2 tree stumps.</li> <li>Find a feather.</li> <li>Find a seed pod.</li> <li>Find 4 smooth rocks.</li> <li>Find a spider web with a spider on it.</li> <li>Find 3 mushrooms.</li> <li>Find a long stick.</li> <li>Find 2 things that can fly.</li> <li>Find 3 different sized green leaves.</li> <li>Find a dandelion weed. Blow a wish.</li> </ul> 
<p><b>Song</b></p> <p>We love to sing.</p> <p>Remember this song from assembly?</p> <p>Does it help you wake up and start your day on a positive note?</p> <p><a href="https://www.youtube.com/watch?v=mXVXPTyfA4c">https://www.youtube.com/watch?v=mXVXPTyfA4c</a></p>	<p><b>Wake Up!</b></p> <p>CHORUS</p> <p><b>Wake up! Wake up!</b>          Give yourself a <b>shake up</b>,          Get your <b>body moving</b>.  <b>Reach up, jump up</b>,          Give your friend the <b>'thumbs up'!</b>  <b>It's another new day!</b>          (Repeat)</p> <p><small>1 of 2 Words and Music by Mark &amp; Helen Johnson © 1996 &amp; 2007 Out of the Ark Ltd. CCL No. 2003105</small></p>