

Thursday 21st January

Good morning everyone, how are we feeling today? It's so important to think and talk about our feelings, a bit like the colour monster? Are you yellow and happy today or maybe feeling a bit blue and sad? Draw your own colour monster sharing how you are feeling. If you've forgotten the others pink is love, black is fear, red is anger and green is calm.

That was a nice way to start our day, thinking about our feelings. Let's think about our bodies now sticking to us doing some exercise on a Thursday! I am giving you some dinosaur exercises today; each one you have to do for a whole minute! See if you can count to 60 or ask an adult to time you.

- Velociraptor run- run as fast as you can either on the spot or around inside or outside.
- Stegosaurs stomps- on your hands and feet, hips high, walk forwards and backwards.
- Pterodactyl take off- arms wide, move them quickly in circles, jump up and down as high as you can whilst you do it.
- T- Rex run- tuck your elbows in and run as fast as you can lifting your knees high off the ground.
- Compsognathus prance- Jump left and right, crossing your legs behind you as you move.
- Brachiosaurs stretch- Stand up straight as tall as you can go, with your arms up high on your tiptoes. How far can you reach?
- The Diplodocus- Start and your hands and knees. Stretch your left leg behind you and your right arm in front of you. Move your leg up, down, right, left. Then switch sides and do it again.
- Spinosaurus stretch- Suck your tummy in towards your spine and arch your back toward the ceiling. Your back should be in an arch like shape, similar to the spines on the Spinosaurus.

Few, are you feeling a bit tired now? If you aren't try and do it all over again!

If you are take some time to rest, again read a book or listen to a story online, <https://www.storynory.com/> has lots of fun stories to have a listen to.

We also would spend some time on Thursdays doing music or some ICT. Today let's think about music. Could you spend some time listening to various songs- try listening to some classical, jazz, blues and dance music and see how it makes you feel. You could listen to these on Youtube or spotify. See how each type of music makes you feel. I'd love to know your answers.

Have a wonderful day

Mrs Edlin