











Therapy Newsletter Week 10.

22nd June 2020

Hello



Welcome to the next edition of the therapy newsletter.

<p>Move</p> 	<p>Challenge: See if you can travel 1 km a day for at least 3 days this week. There are lots of different ways you can do this. You can walk, run, cycle, scoot or skate. You choose. Try and get everyone else involved too! How did it make you feel - energised? happy? tired?</p> 
<p>Build</p> 	<p>Lego: Sadiq Khan would like you to build a new bridge for the River Thames. Will you build a rainbow bridge? Will your bridge have statues? We can't wait to see your fantastic designs!</p> 
<p>Help</p> 	<p>Can you Hoover your bedroom? It means tidying away the things on your floor too! Some people like doing this with music on!</p> 
<p>Walk</p> 	<p>This week we would like you to turn a short walk in the park into an obstacle course. It means going on, over and around the things you see. For example, you might run around the park bench, jump over a log, touch the tree, run slow or fast, avoid the cracks in the pavement, climb a tree or hill, and walk on a line or low wall.</p> 

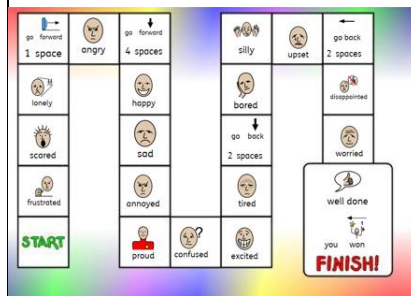
Colour & Write



We would like you to create a map. This can be a real map of your house, garden or local area. Alternatively, it can be a made-up map, a treasure map, desert island, future city or outer space! Please draw and label it. You could take a photo and send it to us.



Zones



Please play our Zones board game with your family. Either make a facial expression to match the emotion you land on or try and think of a time you felt the emotion.

Some of you have now returned to school and some of you are still at home. Where are you? How does this make you feel? Can you think of at least one good thing about being at school or staying at home?

Relax



Find a favourite spot outside. This could be in your garden or in the park. Look up at the clouds. Are they moving? Can you find shapes or pictures in the clouds?



Do /Play

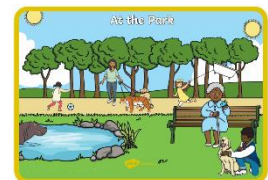


There's something unusual going on! Can you say what's unexpected in the pictures attached below?



Balloon Challenge:

Blow up a balloon each or two if you want to make it more difficult and place them on the floor. When someone shouts go you have to keep your balloon or balloons up off the floor for as long as you can, using your hands or feet. The person to keep their balloons up the longest is the winner!





Read & Think

Exciting News: The new season of Fortnite is here! Please read the information below and answer the questions about it.



Don't forget to send any photo's or comments to twitter @linksec or email them to admin@linksec.org.uk

Your News:



We are so excited to hear that Shaylin has learnt to ride his bike during lockdown.

Well done Shaylin.

He has also been playing table tennis, so we expect him at table tennis club when we are back at school.

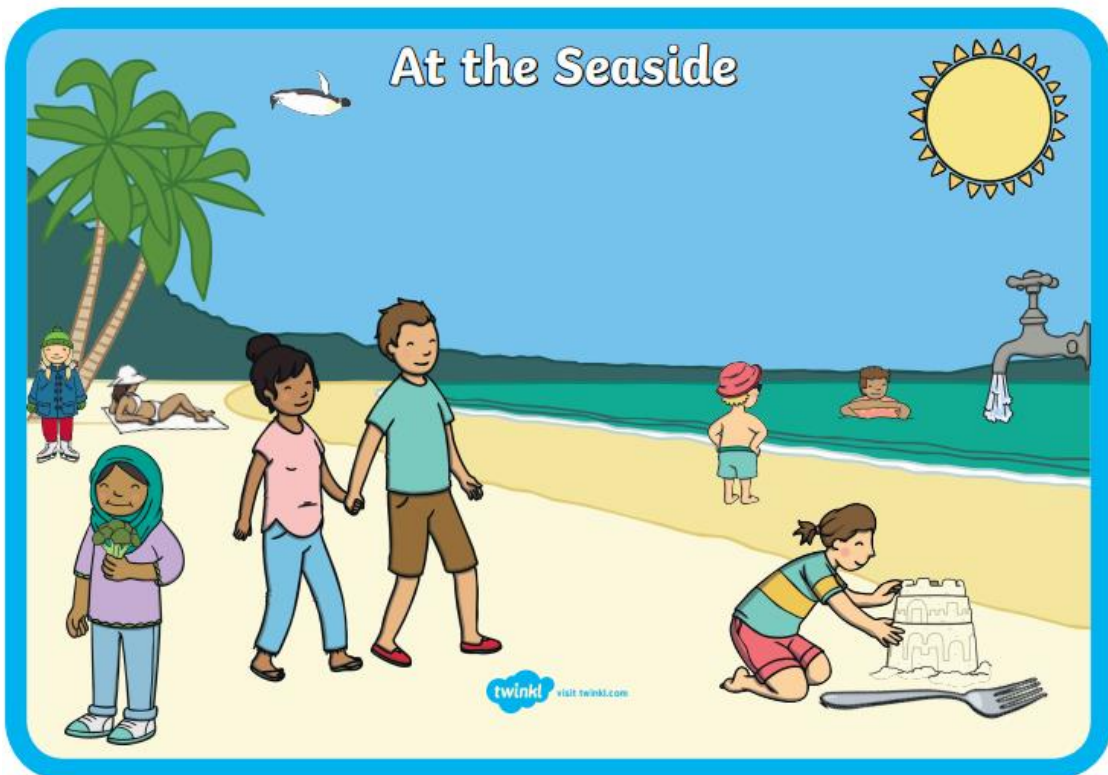


Sean has been baking. The cake looks delicious Sean and you've managed to keep the kitchen clean and tidy. Well done.
We hope you enjoyed eating it.

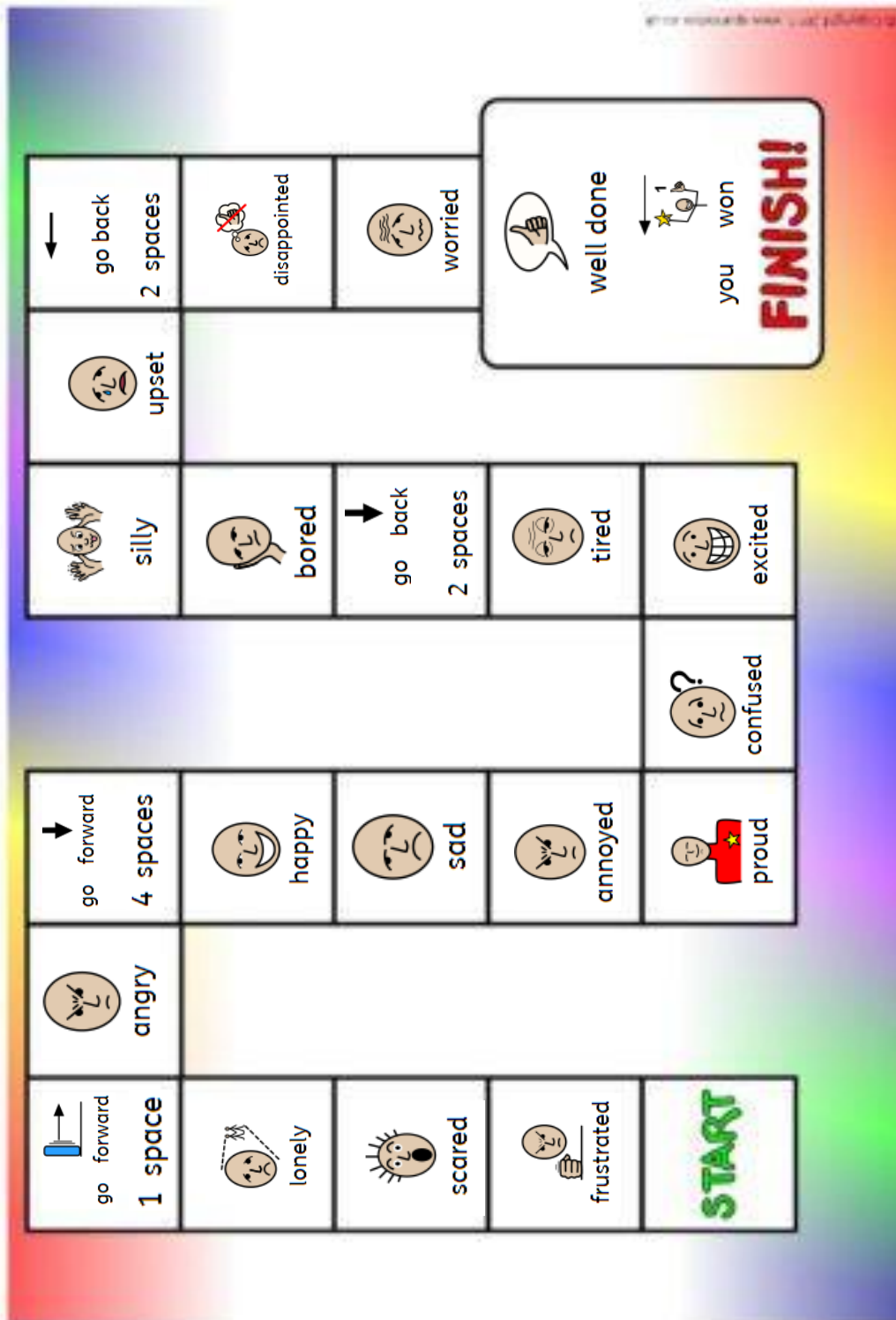
Happy Birthday Shaylin

Would hope you had a lovely day!









Game 1.

Throw the dice

Move your marker

Think of a time you felt the emotion

Game 2.

Throw the dice

Move your marker

Make a facial expression to match the emotion.

Fortnite: New season is here!



The third season of Fortnite is here! There is lots of water in this game - large areas of Battle Royale Island are flooded. Parts of the city look like a water world. Players can water ski being pulled by a shark!



Epic games, the makers of Fortnite have hinted that cars could be coming to the game soon - the first time for Fortnite. As the flood waters go, more roads and new locations can be discovered.



Questions

1. What is the name of the island in Fortnite?

2. What do parts of the city look like?

3. How can the player's water ski?

4. What could be coming to the game soon?

5. What do you think of the game Fortnite?
