

## Other subjects remote learning for Y5/6 - 5.3.21

### Mental health and wellbeing

**Sleepy Sloth meditation-** Here is another [guided meditation video](#) for you to try. This one is about a sleepy sloth. This is a sleep meditation, so try it before you go to bed.

**Take an active break throughout the day:** See how many lunges you can do in 60 seconds. Write down your score, and see if you can improve next week.

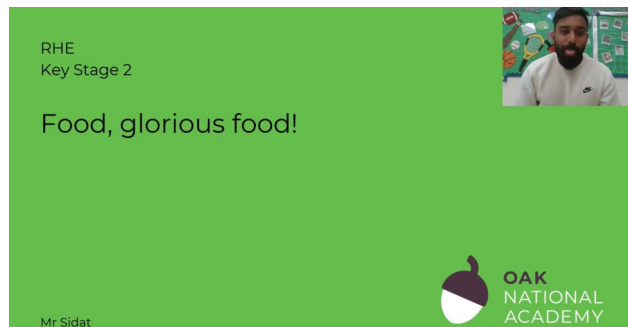


### Healthy Living

This week, we are going to start looking at what it means to have a balanced lifestyle.

**Task 1-** Complete this lesson on the Oak Academy. Today you are looking at food, and why it is important to have a balanced diet.

**Task 2-** Write a food diary, listing all the foods you have eaten this week. Using the eat well plate, decide whether you had a balanced diet or not, and think about how you could change the foods you ate to be more balanced.



### Art

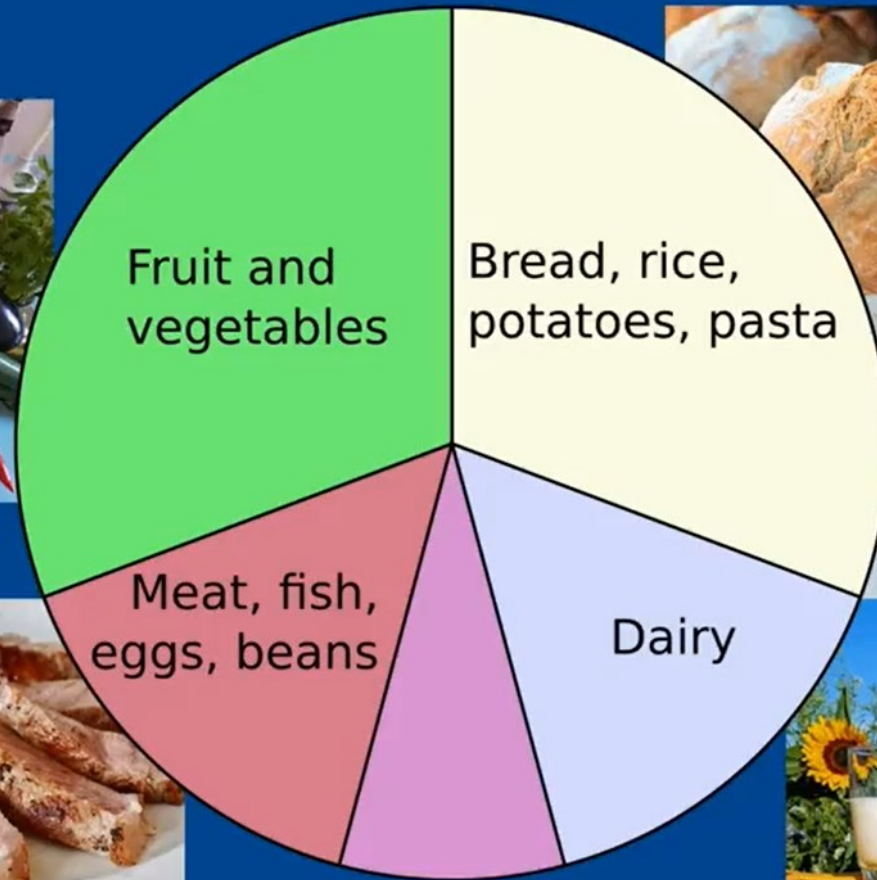
Today we are going to continue look more in detail at how to draw different parts of the face.

**Task 1-** Watch [this video](#) and learn how to draw lips. Sketch along if you want to, and then practice a few times on your own.

**Task 2-** Using the techniques you learned last week for drawing eyes and noses, and the video above, try to draw a full human face.



# Eatwell plate -



Fatty and Sugary foods



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							