

# I CHALLENGE YOU!

## Vaynor First School – Miss Sparkes' Home family challenges

### Wellbeing Challenge



Spend some time this week thinking about what you are thankful/grateful for.

You could then make a gratitude box or jar. Decorate it in any way you want and fill it with things you are thankful for. I would use different coloured pieces of paper to write notes- **I am thankful for.....**

### Father's day Challenge

With Father's day creeping up this Sunday. Can you spend some time this week making cards or gifts for someone special in your life to say thank you?



### Science Challenge

Can you make your very own kite out of a piece of A4 paper?

<https://www.youtube.com/watch?v=mKN0RzxNQhQ>



What design will you make? Can you find any other designs of making a kite? Perhaps you could see which design flies the best?

### Outdoor Challenge

Can you collect some natural materials and leaves from your walks in nature? You could use these, alongside some string to make your own nature mobile.



Why not hang it up in your gardens at home.

### Dance routine challenge

It's time to put on some of your favourite tunes and get busy dancing! Can you make up your own dance routine for a song? Why not challenge people to your very own dance off! If you can't think of your own routines check out just dance on YouTube:

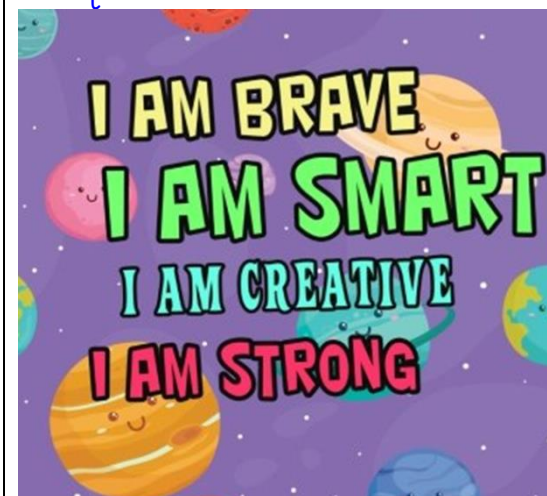
<https://www.youtube.com/watch?v=f3XyYOLftU4>



### Well-being Challenge

Make a list of positive 'I am..' sentences.

<https://www.youtube.com/watch?v=cYVzjoj96vs&list=PLDkXpKMpJOzV9lquTI7Ond3I-Cr6hJa8K>



Make a poster of I am...- to put up in your room, to remind yourself how brilliant you all are.

These are optional home challenges. I hope that these will keep you busy and smiling! Take lots of photos to show us and send them to Miss Sparkes on [Year2@vfs.endeavourschools.org](mailto:Year2@vfs.endeavourschools.org)