Inside a head profile (drawn or printed) create a montage of words or pictures that reflect the problems or worries in your head. • Write a song or a poem that uses some of these words as a duet with a friend comparing problems • Complete a mindful colouring activity, • Make your own health and safety video	 Hard boil some eggs and write/paint some letters on them Make a wall with bricks and write words onto bricks Dress up and role play a scene from the story 		 Counting objects – Sing a song of six pence Shape and bridge building – London bridge Time – Sequencing activities in the day
 Gardening school allotments for wellbeing – Mary, Mary Road Safety and safety outside of school – Humpty Dumpty Experience a waterslide – Insy Winsy spider 	Semi- Formal Topic Web Spring 3 3 weeks	KS4A Topic Looking after myself Key Text Dear Mother Goose – Michael Rosen, Nick Sharratt	 Egg blowing, followed by decorating (make your own humpty dumpty) and push the egg off a wall. (students feel the egg after it cracks.) Sensory search box- objects relating to the story placed in box full of different materials. Mindfulness activity turn lights off at the end of the lesson for 5 mins and sit in silence. Self-care activity
 Gymnastics movements – Rolling, spinning and rotation – Humpty Dumpty Trampolining/jumping– Jumping and Travel – Jack be nimble Hill walking – Jack and Jill Water carrying games- Jack and Jill Movement 	 Basic care of oneself- how to put a plaster on properly, how to clean a wound. Problem solving matching activity-What to do when you have a problem What clothes to wear for bed? For school? For going to the shops? 		 Floating & sinking – hard /soft boiled egg Dropping different objects into sand tray Scavenger hunt in school grounds Egg parachute activity- using plastic cup and bag, Sellotape and straws create a parachute for humpty dumpty.