

## Week Five : Wishes

To all of our fabulous Mount Street Infants and their families,

This week we are taking time to be positive and think of others.

We have made a 'Dandelion Wish' video for you all.

<https://www.j2e.com/mount-street-cp-infants/VictoriaH/videos/Wish.mp4>

The idea is to blow the dandelion clock and make a wish.

We have all dedicated our wishes to you.

We hope you are all healthy and safe with your loved ones.

If you'd like to let us know what you wished for then you can email us on...

[learning@mountstreeti.powys.sch.uk](mailto:learning@mountstreeti.powys.sch.uk)

Taking the theme of 'wishes' we have put together some ideas that will help to keep us all positive in these unusual times. You are all doing an amazing job of keeping busy and upbeat.

Enjoy this week's activities.

Stay positive

Stay safe

From all of the staff at Mount Street Infant School

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# Dandelion Wishes

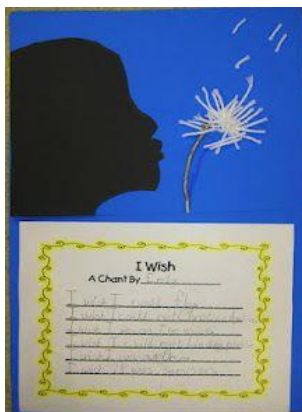
Challenge- Can you tell us your wishes? Either record them or write them down. You could even type them up in your HWB account.



All the Staff have made wishes this week for you. There are so many different wishes and we would love to find out yours too.

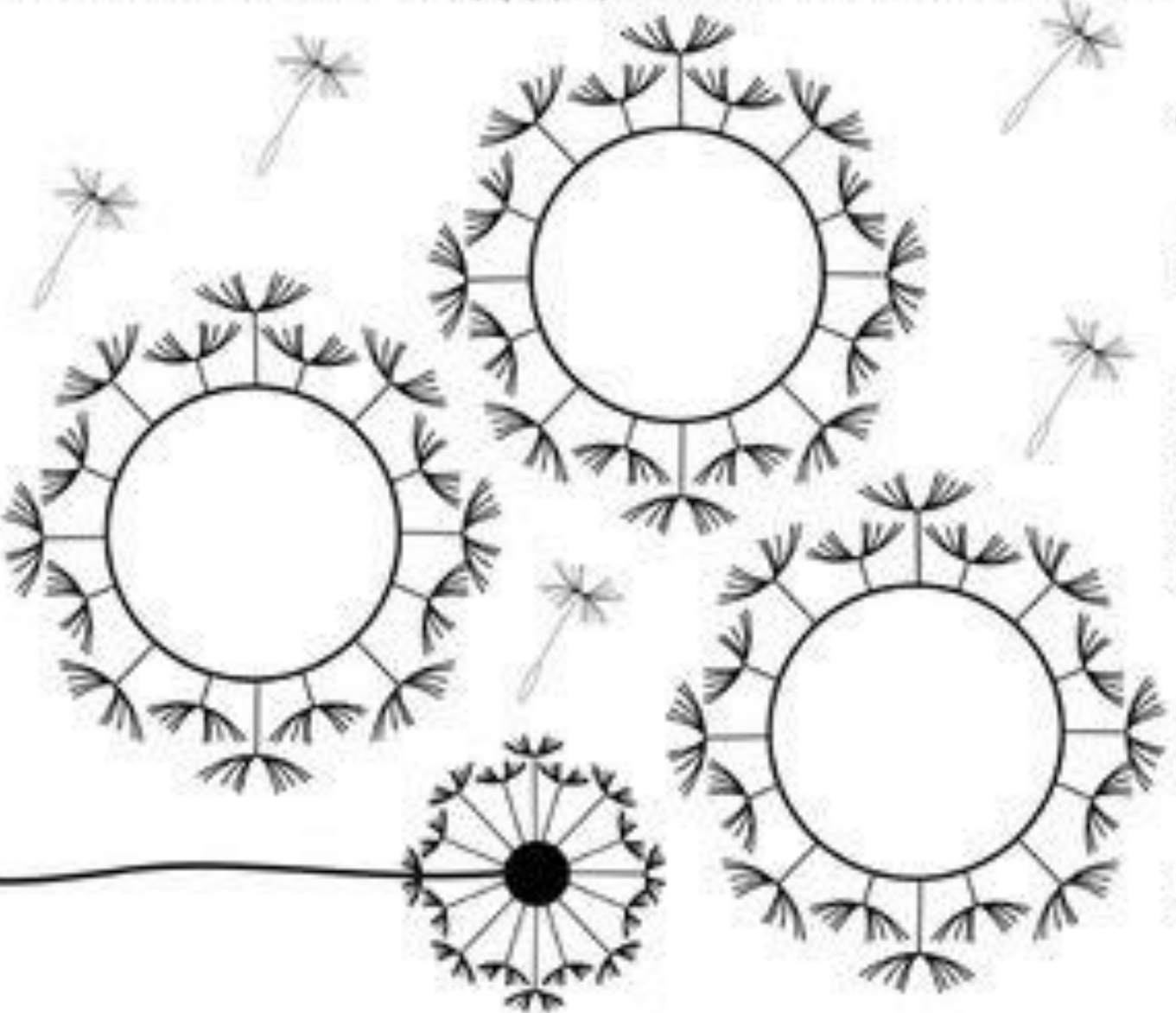
If you were granted three wishes by a magic genie, what would you ask for? Think about things that cannot be bought, but you would really like to achieve or have. E.g. "I wish I could be good friends with my sister and stop falling out." "I wish I could go to the park and play with my friends." They are your wishes so you choose what you want them to be.

Maybe you could ask a grown up to video you blowing a dandelion and telling us your wishes? Or you could write them down. Here are a few different ways you may like to do it.



# My Dandelion Wishes

Name \_\_\_\_\_



Name \_\_\_\_\_

## My Dandelion Wish

On a big, white puff,  
I blew and blew,  
I wished for \_\_\_\_\_,

I hope it comes true!



## Make a 'Wishing Jar'

We're all finding ourselves having to say 'No' to things that our children, and ourselves, usually take for granted, like visiting family and friends or going to the park.

Why not create a 'Wish Jar' to help your children to see that there will be an end to this tricky situation. Every time they wish they could do something, jot it down on a piece of paper and place it in the jar. This way, when all this is over this will be your bucket list to work your way through and be more grateful than ever for the little and lovely things in our lives. Until then enjoy watching the jar fill up with magical things to look forward to.'

Why not decorate your jar?

*'Every Dream Begins  
With a Wish'*



Why not place some dandelions in your jar?



# Wellbeing Activity Grid

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Give a gold star</b> Create a star template and each family member writes one for each other. Have some examples such as – "I give you a gold star for always making me laugh."	<b>Enter Britain's Funniest Family</b> Share your original, funniest video and take part in the ultimate challenge for <a href="#">Britain's Funniest Family</a> .  This can be your funniest song, dance, joke or prank.	<b>Learn a new language...</b> Or at least 5 words! Decide on a language for the day and learn the words for hello, thank you, and any others you want to know.  Tip: Give a prize to whoever can remember the most words the next day.	<b>Silly Stories</b> Each person has to say or type one line as you make a silly story together.  Tip: Go round in order of youngest first to avoid everyone speaking at the same time.	<b>Three Good Things</b> Write down 'three good things' that have happened this week. For each thing, think about how it made you feel and why.  These could be anything from - I've worn my favourite slippers all week to I baked a great cake.
<b>Start with a stretch</b> Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...	<b>Play our quarantine quiz</b> Find out which quarantine character you are by taking part in our fun <a href="#">online quiz</a> .  This can be a fun way to keep your minds off the news.	<b>Write a letter</b> Write letters to other family members or draw them pictures to show that you're thinking of them.  You could post them if you're able to, or show them over video call.	<b>Quiet time</b> Play some calming music and ask everyone to close their eyes and listen. Try to focus on your breathing.  Tip: Try some yoga exercises or stretches with the music.	<b>Get your body moving!</b> Play a song for a few minutes, to shake off the tension and have a dance.  Tip: Use this time to practice your funniest family dance!
<b>Make a playlist</b> Everyone in your family picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day.  Tip: you can use <a href="#">our playlist</a> for inspiration.	<b>Design a superhero</b> Use our design a <a href="#">superhero activity</a> to create your own super powers.  Tip: sign up to <a href="#">#HelloYellow</a> on our website to get more great resources like this.	<b>Jumping Beans</b> When someone shouts out a type of bean, everyone else has to do the action below.  Baked bean: crouch down into a ball, Runner bean: run on the spot, Jumping bean: jump up and down, Magic bean: freestyle move!	<b>I am grateful</b> Write, or draw three things you are grateful for.  Tip: You could extend this by creating a 'gratitude tree'. Use the <a href="#">mural app</a> so that each family member can add theirs on a virtual post-it.	<b>Plan your weekend</b> Create an itinerary with timings for your weekend – including things like lunchtime, movie night, crafty activity, read my book, make dinner.
<b>Share some coping tips</b> Some of you may be feeling anxious about the news. Share <a href="#">this blog</a> with your older children, or explain this to younger members of the family.	<b>Make a self-soothe box</b> This can be a great way for the family to feel grounded when feeling anxious. Put sensory things in the box like playdough and peppermint.  Tip: Read our <a href="#">blog</a> to help you.	<b>Have a good news day</b> Find three positive news stories online or follow three positive news accounts on social media like <a href="#">The Happy Broadcast</a> or <a href="#">The Happy Newspaper</a> . You can also <a href="#">#OwnYourFeed</a> with YoungMinds.	<b>Funniest family song!</b> Put on any song and have a sing along together.  Tip: you can find the lyrics to almost any song on <a href="#">YouTube</a> .	<b>Have a rest day</b> Sometimes we can feel pressured to be productive while we're all at home. But it's important to rest and look after ourselves. What is the family doing for self-care this weekend?

<https://youngminds.org.uk/resources/school-resources/wellbeing-activity-calendar-and-games/>

# National Children's Day

National Children's Day UK



It was 'National Children's Day' on May 17<sup>th</sup>

National Children's Day aims to highlight the importance of a 'healthy childhood' and the need to protect the rights and freedoms of children, to ensure that they can grow up into happy, healthy adults.

This year, in response to the coronavirus, they would like us to think about what we have learnt from our recent experiences, and what '*small steps*' we can all take to create a 'kinder and more connected world'.

So, lovely children of Mount Street Infants, as you all know about being 'happy, healthy and safe' can you think about your recent time at home and tell us ...

- \* Who or what has made you happy?
- \* Who or what has helped to you to be healthy?
- \* Who or what has helped you to stay safe?
- \* What can we all do to make it a better world for you to grow up in?



All these things will help you identify the 'small steps' that you, your family, your community and your world have been taking to create a 'kinder and more connected world'.

CHALLENGE – To think of the ‘*small steps*’ that we are all taking to create happy healthy families, caring communities and a wonderful world.



1. Begin by drawing around one of your feet (we hope you haven't got smelly feet today!)
2. Draw a picture, write a word or sentence inside to tell us how you have been keeping happy, healthy and safe, or how you have helped others to stay happy, healthy and safe.
3. If you have a suggestion on how we can make our world more wonderful too, you could draw a picture or write a sentence about that too.
4. How many ‘*small steps*’ can you think of? You can put all your ideas on one foot, or you could draw around as many feet as you like, adding one idea to each. You could even cut them out and create a ‘small steps’ piece of art and take a photograph to show us if you like.





washing my hands

planting seeds

reading a book

helping a neighbour

making fruity caterpillars

talking to Granny and Grampa

walking in the sunshine

NHS



## Dish Brush Dandelions Craft

- Dip a dish brush into white paint but press it on another sheet to get the excess off.
- After stamping on the black paper, take your small paintbrush and paint on some green stems.
- Now you have a pretty field of dandelions



<https://www.craftymorning.com/pretty-dandelion-craft-ideas/>

## Fingerprint Dandelion Craft + Card Idea

- You will need white/green/brown **paint**, small paintbrush, card stock paper, and a finger
- Start by dipping your finger into the brown paint and pushing it down on the paper. Then take a small paintbrush to draw the stem part
- After the brown paint dries, dip your pinky finger in white paint and make a dandelion puff!
- You could also make it look like they're blowing in the wind by having fingerprints trail off above them





# How To Paint Dandelions With Empty Toilet Paper Rolls

Empty Toilet Paper Rolls/ cardboard tubes

Aluminium Foil (or paint pallet, a plastic plate would also work)

Scissors

Cotton wool buds

Poster Paint

Cotton Wool (or cotton balls or squares)

- First, cut fringe at one end of your toilet roll then make a little pool of paint, either on a plastic plate or on a piece of foil and start dipping and stamp painting the beautiful dandelions.
- Then use the same stamping technique to make the dandelion dust
- Use the cotton wool buds to draw the stem and to add the seeds





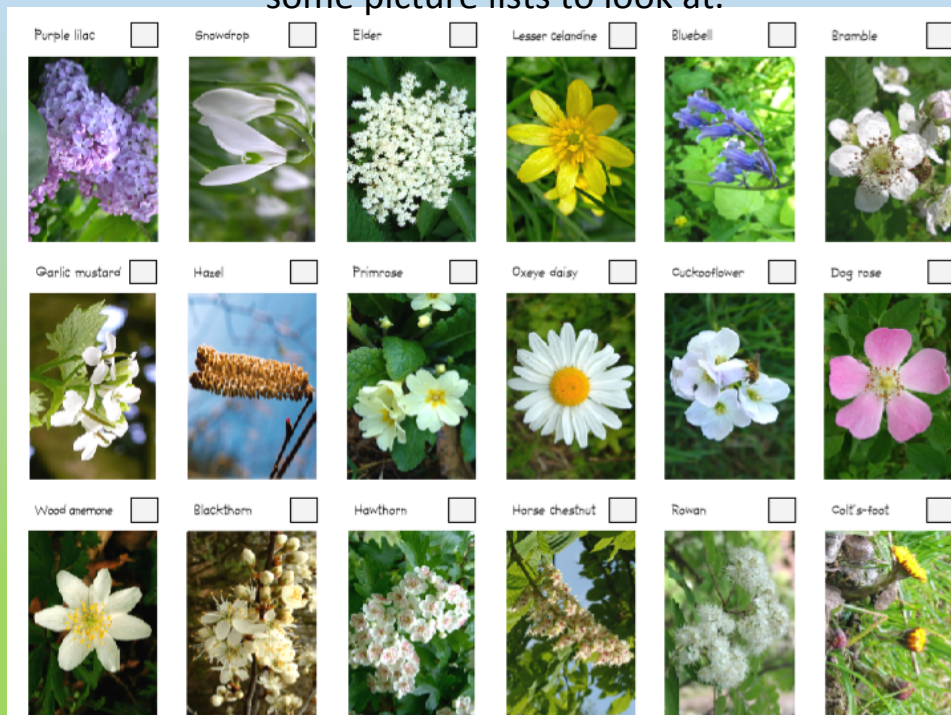


## Wildflower Identification



### Wildflower Identification Walk

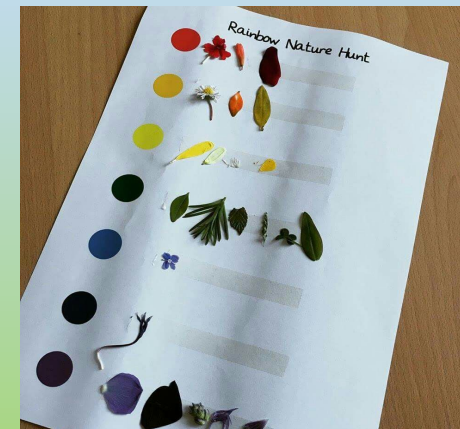
When you are outdoors look around for wild flowers growing. You may spot some in your garden, growing next to the pavement, or in the local park or woods. You could use a tick sheet to identify them or draw a picture. You could use an app on your parents phone. A good free one is called Picture This. The website [www.plantlife.org.uk](http://www.plantlife.org.uk) has some picture lists to look at.



Walking outdoors is good for your wellbeing. It helps you feel happier and gives you more energy. A long walk will even help you sleep better!

### Rainbow Nature Walk

Why not spot different coloured things on your nature walk and sort them into different colours.



### Plant and Flower Lifecycle

For an extra challenge you could find out about the lifecycle of a flower. You could even try planting some and keep a

growing diary

<https://www.plantlife.org.uk/uk/discover-wild-plants-nature/spotter-sheets>

## Stories about Wishes : You may have the books or here are links to versions on YouTube.

- The magic porridge pot

About a little girl who wishes for more food.

<https://www.youtube.com/watch?v=5gleDVbPFww>

<https://www.whsmith.co.uk/products/the-magic-porridge-pot-ladybird-first-favourite-ales/alan-macdonald/hardback/9781409309543.html>

- A squash and a squeeze

About a little old lady that wished she had a bigger house.

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

<https://www.whsmith.co.uk/products/a-squash-and-a-squeeze/julia-donaldson/axel-scheffler/paperback/9781509804788.html>

- I wish you more

Thinking of others.

[https://www.youtube.com/watch?v=Y\\_U31UZQiE0](https://www.youtube.com/watch?v=Y_U31UZQiE0)

<https://www.whsmith.co.uk/products/i-wish-you-more/amy-krouse-rosenthal/hardback/9781452126999.html>

- The Wish Tree

Helping others.

<https://www.youtube.com/watch?v=XiTfx5s1oK4>

<https://www.whsmith.co.uk/products/the-wish-tree/chris-turnham/kyo-maclear/hardback/9781452150659.html>

- Aladdin and the magic lamp

The Disney version of the classic tale about a boy who finds a genie in a magic lamp and is granted three wishes.

<https://www.youtube.com/watch?v=xXmBKWG3owM>

<https://www.whsmith.co.uk/products/oxford-reading-tree-traditional-ales-level-7-aladdin-oxford-reading-tree-traditional-ales/joanna-nadin/laura-anderson/paperback/9780198339687.html>

- The Adventures of the Wishing Chair

An animated version of the Enid Blyton stories

<https://www.youtube.com/watch?v=sHGrVS0Dbc4>

<https://www.whsmith.co.uk/products/the-wishingchair-collection/enid-blyton/paperback/9781405289542.html>

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