



The School at the Heart of Wales

# Ysgol Calon Cymru

## Wellbeing Activities

### Summer Term 2

### 2021



# Cooking

Design your own mini-Pizzas.

You could choose to create an:

- Animal faces
- Emotion faces
- Hearts
- Rainbow
- Beach



# Outdoor



Build a DIY anemometer. To measure wind speed.

Follow this link to find out how:

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

# Planting

Follow each of these links to find specific advice about how to grow each of these vegetables!

## Carrots



<https://www.rhs.org.uk/advice/grow-your-own/vegetables/carrots>

## Beetroot



<https://www.rhs.org.uk/advice/grow-your-own/vegetables/beetroot>

## Parsnips



<https://www.rhs.org.uk/advice/grow-your-own/vegetables/parsnips>

## Peas



<https://www.rhs.org.uk/advice/grow-your-own/vegetables/peas>

# Origami

Follow this link to have a go at creating origami ice cream cones!

<https://m.youtube.com/watch?v=ybmXJVe2QpA>





# Arts and Crafts

Using pebbles, stones and any other natural resources that you can find, create an image which includes people.

Take a look at the examples below for some inspiration.



# Natural Art

Lizzie Spikes is an artist who is based in Aberystwyth. Some of her pieces of work are painted onto natural materials, such as pieces of wood. See examples of her work below!

Your challenge is to create your own piece of artwork using a natural material(s) to represent the local area.

For example, you might choose to recreate the Elan Valley onto a piece of wood or paint the Epynt Mountain range onto an array of rocks. Email a photograph of your submission to [wellbeingb5@hwbcymru.net](mailto:wellbeingb5@hwbcymru.net) for a credit.





# Fizzy Drink 'Explosion' Experiment

Have you ever wondered what happens when you drop mentos sweets into a fizzy drink? Well wonder no more!



Choose a few variety of fizzy drinks and take off the lids.  
Pour 4 mentos into each bottle and stand back!  
Which type of fizzy drink do you think will make the biggest explosion?  
Record your experiment and email to [wellbeingb5@hwbcymru.net](mailto:wellbeingb5@hwbcymru.net) to receive a credit.