



The School at the Heart of Wales

Ysgol Calon Cymru

Wellbeing Activities

Autumn 2

2021-2022



Baking



https://www.bbc.co.uk/food/recipes/gingerbread_men_99096

Follow the link to find an easy gingerbread recipe which is great for baking and it makes a lovely homemade Christmas present. Make gingerbread men or any Christmas themed shape!

Explore



Wrap up warm, make a hot chocolate and take yourself on a walk outside – whatever the weather!

Snowmen Cake Pops

<https://thegreatbritishbakeoff.co.uk/recipes/all/terry-penguin-snowmen-cake-pops/>

Follow the link to make these tasty snowmen cake pops!

Send pictures of your snowmen cake pops to wellbeingb5@hwbcymru.net to show off your skills!



Origami



Follow the link to make
an origami Christmas
tree!

[https://www.youtube.com
/watch?v=TZAsOQqZMEs](https://www.youtube.com/watch?v=TZAsOQqZMEs)

Arts and Crafts



<https://www.crayola.com/free-coloring-pages/seasons/winter-coloring-pages/>

Follow the link to get some winter themed colouring sheets!

Have a movie marathon



Set up somewhere cozy and comfortable and enjoy some of your favourite films!

Nature



Take your camera out to the woods or to a park and take pictures of the winter landscape. As you walk, look out for small details, like a pine cone partially hidden in snow or a branch of bright-red hawthorn berries the birds haven't found yet. Listen to the crunch of your feet on the snow or the chitter of chickadees bobbing on the branches above you.

Send pictures of to
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your skills!