

It's really important that during these challenging times caused by the coronavirus that we pay close attention to our own wellbeing, and the wellbeing of those around us. This page is full of helpful ideas and links to resources that can support you to look after yourself and your loved ones. At Woodside we understand the importance of the 5 ways to Wellbeing. ➡ ➡ ➡ ➡ ➡ ➡ ➡



This newsletter will focus on **KEEP LEARNING** - Continued learning through life enhances self-esteem and encourages social interaction and a more active life.



FOR GROWN UPS!

Free Online Courses: Why not try a free online course at [Dudley Adult and Community Learning](#).

Learning Resources: Chatter Pack have compiled a comprehensive list of resources to prevent you getting bored and help you to discover a new area of interest.

Lifelong Learning: Learning does not have to be about gaining a qualification, it can be a new or old hobby or skill, reading information from a website or any book that helps you learn about something you enjoy. You could also access [Dudley's Community Information Directory](#) to see if there is a local group you would like to join.



Keep learning - Follow this useful clip and enjoy finding and making together!

<https://www.youtube.com/watch?v=IWxZydqv-k>



Useful websites:

***THERE IS MORE ON THE FOLLOWING PAGE**

- **BBC – 5 to thrive links**

<https://www.bbcchildreninneed.co.uk/schools/primary-school/five-to-thrive-hub/be-curious/>

https://www.bbcchildreninneed.co.uk/wp-content/uploads/2020/10/t2-par-41787-try-something-new-today-outdoors-activity-sheet-english_ver_3-1.pdf

<https://www.bbcchildreninneed.co.uk/schools/primary-school/five-to-thrive-hub/take-notice/>

- **Nursery/Pre-school Links**

<https://www.bbcchildreninneed.co.uk/schools/nursery-pre-school-2020/fundraising-inspiration/>



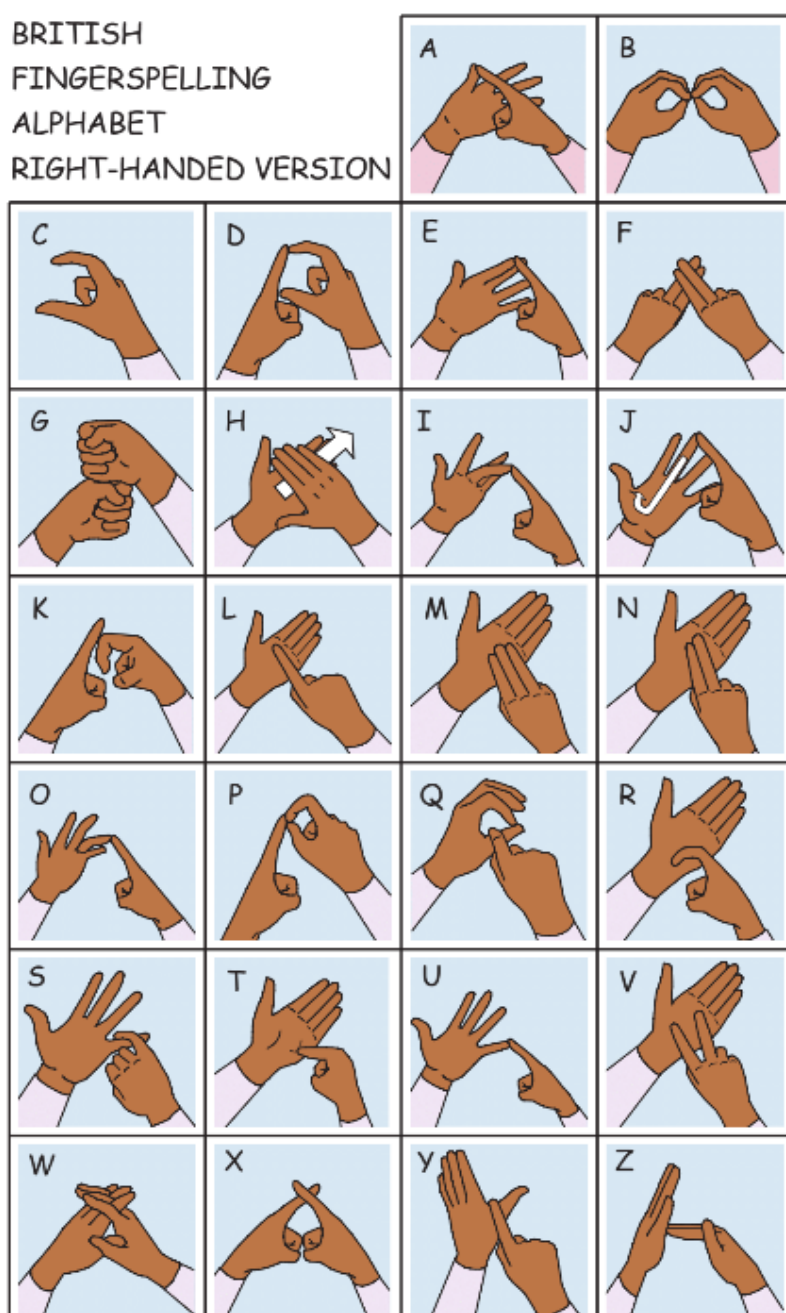
Why not try learning some basic Sign language! Our Year 6 children are experts in this area, so why not give it a go together!

- This link will bring up the Finger spelling sheet shown below:
<https://www.dropbox.com/sh/jmi82r8as8m6y9n/AADE5nPifyR60PiEMs4lj0Ua?dl=0&preview=Fin ger+spelling+alphabet.pdf>
- You can try some of the links on Youtube. They are really clear and easy to follow.
- They will help build your confidence and learn a new skill.
<https://www.youtube.com/watch?v=mkTegA4kwUQ>



British Sign Language ~ Finger-Spelling

BRITISH
FINGERSPELLING
ALPHABET
RIGHT-HANDED VERSION



*Don't forget to take a picture and upload it to Google Classrooms!



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Don't forget to upload to Google Classrooms! See if you can spot any of these while out walking this week? Make your own Word search for someone in your house to complete!

Create your own - Bird Spotting Word Search



BLACKBIRD



THRUSH



STARLING



BULLFINCH



CROW



SPARROW



ROBIN



BLUE TIT



DOVE



WREN

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Did you take part in the Big Garden Bird watch? Give these activities a go!

Why not **LEARN** how to make your own Bird Feeder? Follow these instructions. You may be able to collect things as you go out for a walk, if possible you can then hang it in your garden or on your balcony? Give it a go! Upload your pictures to Google classrooms, try photographing any birds that visit, do a sketch of your feathery visitors!

FEED THE BIRDS

You'll need an old apple, pumpkin seeds, two twigs and string to make this birdfeeder.

- 1 First, tie the twigs together into a cross with a long piece of string.
- 2 Use an apple corer to remove the middle of the apple.
- 3 Push lots of pumpkin seeds into the apple's skin.
- 4 Now, thread the string through the apple. Find somewhere outdoors to hang your feeder, then tie a knot.

Sweet, sweet, sweet
Sweet, sweet, sweet

DAWN BIRDSONG

Birds start singing at the start of each new day. This is called the 'dawn chorus'. They sing to attract mates, send messages and warn other birds to keep away from their territory.

tchirrip tchirrip

Watch and listen out for any birds that visit your feeder.

Now try... speaking 'bird'

You could whistle to the birds on your birdfeeder, or follow these instructions to try twit-twooing to them.

- 1 Clasp your hands together like this. Your hands can go this way round...
...or this way.
- 2 Place your lips around your thumbs' knuckles and blow. The air should go through the small gap between your thumbs and make a sound.

Make sure your thumbs are side by side.

There should be a hollow space between your hands.

Place your lips here.

To vary the sound, flap the fingers of your top hand.

Twit-twooing is hard and will take lots of practice. Some people find it easier than others.

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