

# St John's CE Middle School

## Wellbeing Afternoons



Friday 26<sup>th</sup> February  
Issue 6

The focus of this week's Wellbeing afternoon is having a growth mindset.

### Exercise and Physical Activity



We really hope you have been enjoying our live activity sessions with Mrs. Hine.

Last week was quite challenging but please keep your growth mindset and join us again!

Boxercise and Fitness 13:30 – 13:55 and Yoga 14:00 – 14:30

Meeting ID: 266 633 6207

### Growth Mindset

This week we are continuing with the theme of having a Growth Mindset. On Epraise there are two Wellbeing afternoon tasks in your to do list; One of them is this newsletter and separately is a PowerPoint about growth mindset.

Work through the PowerPoint and complete the quiz which will tell you what kind of mindset you have and steps to improve your mindset.

On the next page you will also find some growth mindset activities.



# St John's Lockdown Reading Challenge!

Listen to an audiobook.	<b>TAKE A PHOTO OF YOURSELF READING IN AN UNUSUAL SPOT.</b>	Read a favourite book from your childhood.	Write a book review about a book you have recently read.	Read aloud to a member of your family for at least fifteen minutes three times in a week.
Read a book set in a different time or place.	Read a book that was made into a film.	<b>Take a book out on a walk with you and take a photo of it.</b>	Read a new book, then write an alternative ending for it.	Read a book that is at least fifty years old.
Make a miniature book using just one piece of paper!	Host a virtual book club session with friends, so you can discuss books together.	Try reading a book genre you have never read before.	Create a new character for a book and draw them.	Create a fact file about an author.

We would love to see photos of what you are reading, or anything you achieve from this challenge. If you complete every challenge on the sheet, please send evidence to [kdevey@st-johns-bromsgrove.worcs.sch.uk](mailto:kdevey@st-johns-bromsgrove.worcs.sch.uk). All children who complete all of the challenges will receive a prize!

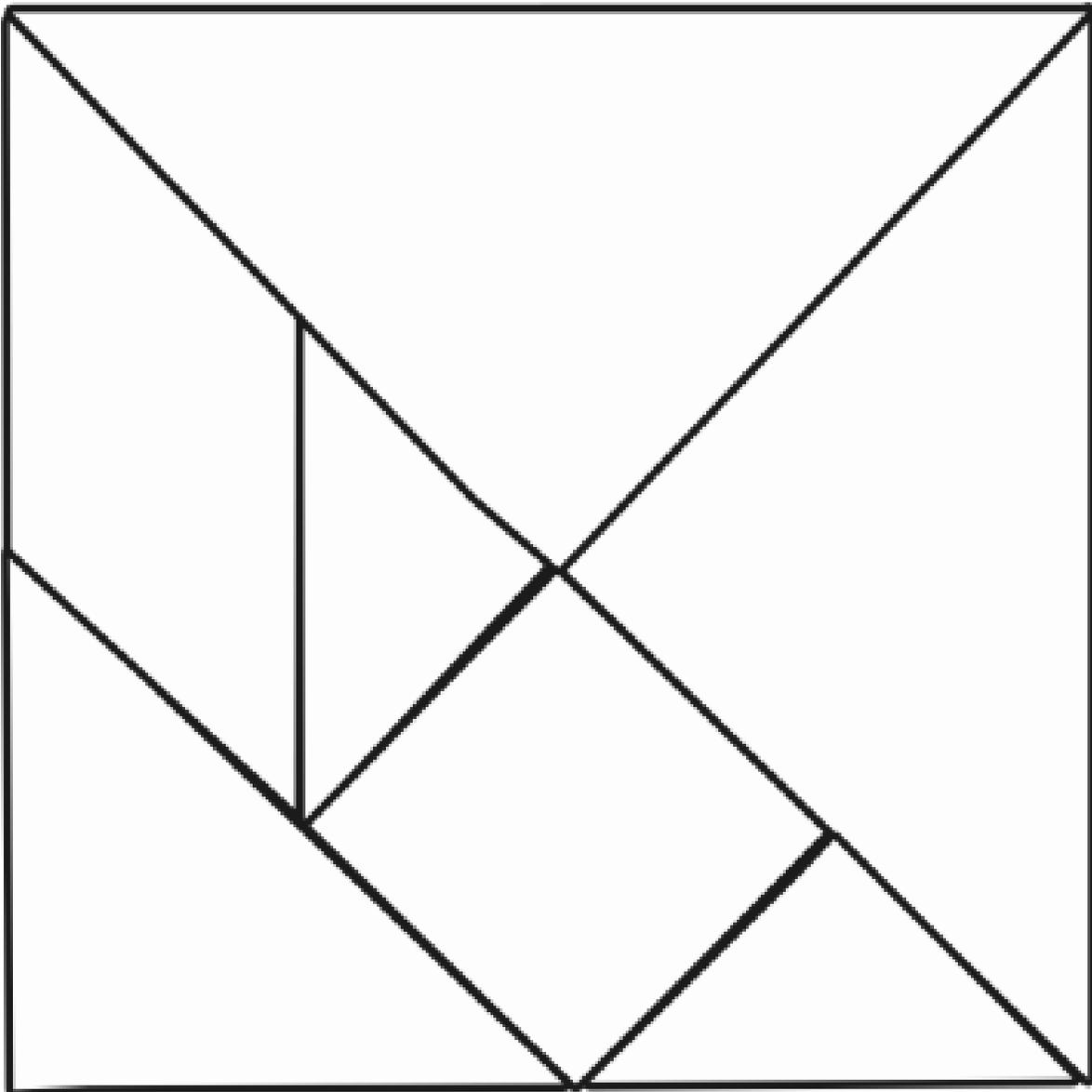
# St John's CE Middle School Wellbeing Afternoons

## Dot to Dot

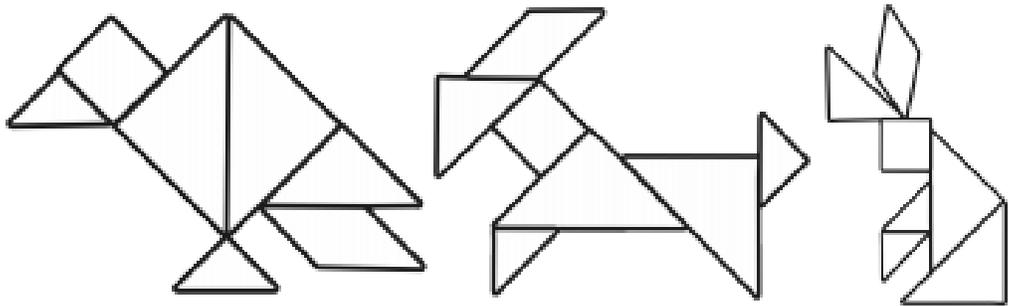
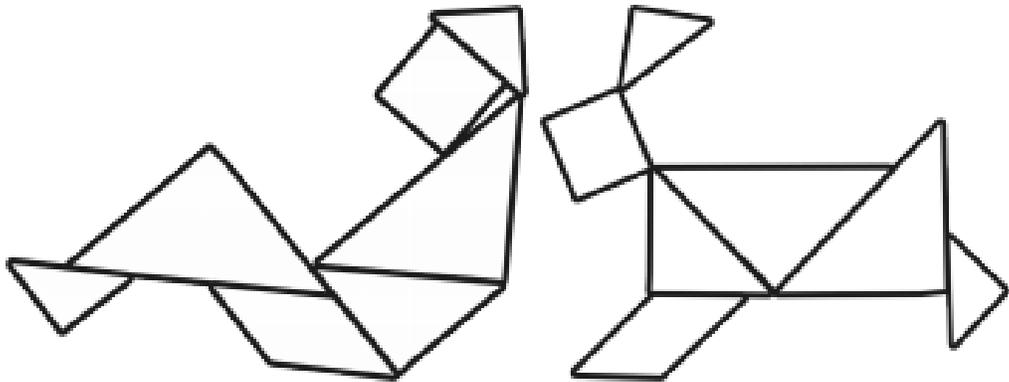
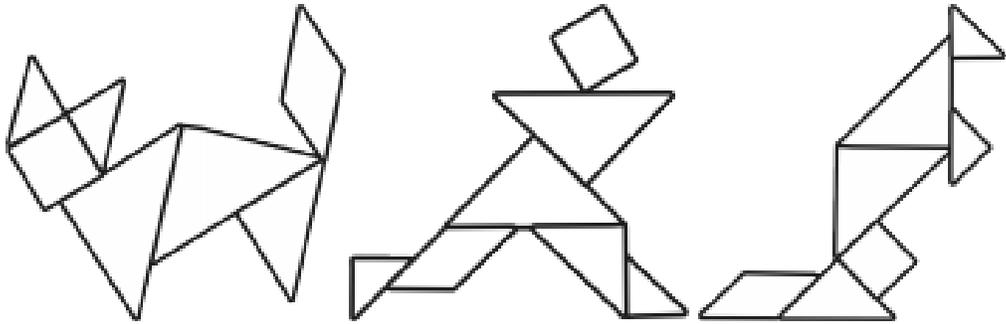


## Tangram Challenge

Cut out the shapes below. Try to complete the tangrams on the following page. Concentrate hard and complete as many as you can in three minutes.

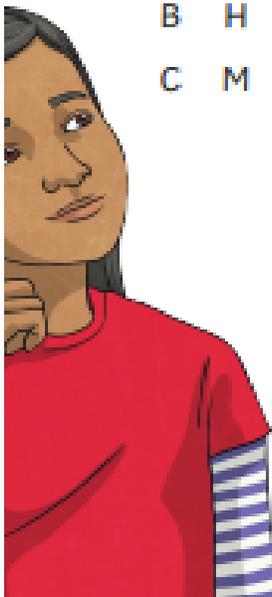


## Tangram Challenge



## Word Search Challenge

K I C W W O J K A K K Z O J S  
R C H X G X J M T R A V S Z N  
E W C U R I O U S T A I C U X  
O F V G J B P H W K H M A M O  
E N C O U R A G I N G A D P X  
Q P P Z D X L N K X N G V O U  
Z Y F E G W Z K H Z T I E S C  
T M U C R B Z V Q R V N N I Z  
G D N H N S R R A L T A T T B  
Y K P I Y C I N Q X F T U I B  
S U A C W G K S Y Y R I R V S  
E O P T I M I S T I C V O E A  
F C Y Z Z V M G M E N E U Z D  
B H K R E S I L I E N T S O G  
C M H X G W D E X A I T C R S

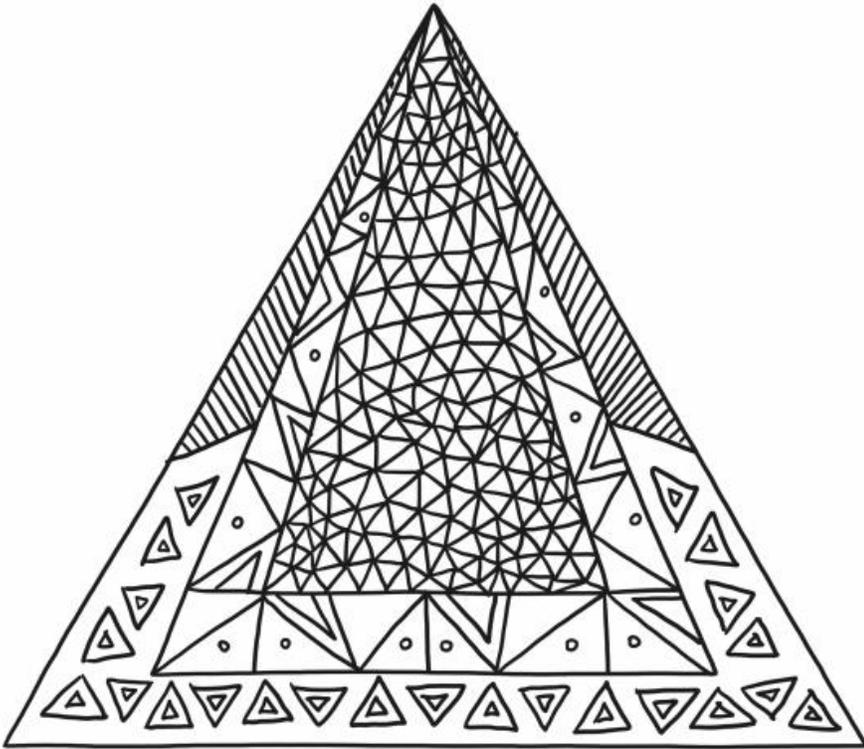


positive  
resilient  
encouraging  
imaginative  
curious

adventurous  
persistent  
optimistic  
fun



## Mindful Colouring



## St John's CE Middle School Wellbeing Afternoons

Thank you so much to everyone who shared how they spent their Wellbeing afternoon. Housepoints have been awarded to everyone who sent in photos or reflections of their time. We'd love to see what you get up to again this week. Please email [nhine@st-johns-bromsgrove.worcs.sch.uk](mailto:nhine@st-johns-bromsgrove.worcs.sch.uk) or submit via your planner on Epriase.

### Mindful Colouring and Art



Esme, 5AKE



Anna, 5SW

### Mindful Colouring and Art competition winners



Ella Crofts, 6BC  
and Emma, 7MM0  
are this week's  
competition  
winners. We have  
your prize at  
school ready for  
your return to  
school.



# St John's CE Middle School Wellbeing Afternoons

We love seeing photos of what you are doing to look after your wellbeing at home, please keep sharing with us.

