

Wellbeing Week Challenges

[Click here for the Introduction video](#)

Starter activity: Be Kind

- Complete an act of kindness to friends or family members
- Help at home
 - Cook a meal
 - Deliver a meal to a family member

1. PE - Mr Errington

- How many times can you keep a toilet roll up in the air only using your feet.
- Can you beat Mr Errington's score of 15?
- [Watch here](#)

2. Storytime - Mr Flack

- List to the classic children's story Wacky Wednesday read by Mr Flack
- Can you spot all the 'wacky' events of that day?
- [Watch here](#)

3. Music – Mr Lewis

- UK Garage podcast
- DJ RKL masterclass
 - How many tracks/artists can you name?
 - [Listen here](#)

4. Challenge yourself – Mr Anthony

- Reaction time challenge
- What score can you get on the reaction time challenge
 - Can you beat Mr Anthony's score of 674?
 - [Watch here](#)

5. Brain training – Mr Bint

- Solving a logic puzzle
- Follow the link to a sudoku challenge
 - [Watch here](#)

6. Get cooking – Mrs Nelson

- Pancake masterclass
- Learn how to make sweet and savoury pancakes
 - How high can you flip your pancake?
 - [Watch here](#)

7. Get creative – Ms Moreland

- Hexaflexagons
- Make your own paper hexaflexagon
 - Flip and flex it to find how many faces it has
 - [Watch here](#)

8. History untold – Mr Pettitt

- Listen to an untold story of WW2
- Have you ever heard of the Ghost Army of WW2 that dominated the South-East of England?
 - Watch the video and find out more
 - [Watch here](#)

9. Cup Song Challenge - Miss Foster

- Miss Foster sets the 'Cup Song' challenge
- Can you do a better job than Mr Curcic and Mr Ninalga?
- [Watch here](#)

10. Lateral Flow Test at Verulam – Mr Newsome

- See how the test is taken and administered at Verulam.
- Become familiar with what happens
 - See how the Hall now looks and functions
 - [Watch here](#)

