



The School at the Heart of Wales

# Ysgol Calon Cymru

## KS3 Wellbeing Activities

Spring 2021



# Garden Designing

What would be in your dream garden? A water slide? A helter skelter? A rollercoaster? A swimming pool?

Take a sheet of A4 paper and design your dream garden.



# Spring Baking

Get into the kitchen and bake something that represents Spring time.

Below are some ideas to get you started!



# Easter Egg Design

Design your own flavoured Easter egg and the packaging that you'd find it in.

What flavor egg will you have?

Will it be sweet or savoury?

What size will your egg be?

Will there be a filling inside your egg?

Is your egg going to be healthy or unhealthy?



What material will your packaging be?

What information needs to go on your packaging?

Will you have a logo?

Who is your target audience?

What will your colour scheme be?

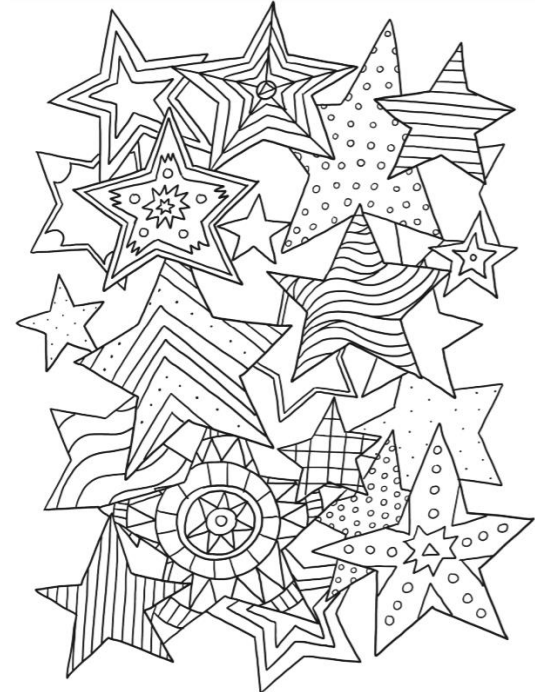
**If you're brave enough, have a go at making your egg and the packaging!**



# Mindfulness Colouring

Draw your own image that you could pass onto someone if they needed some relaxation time.

Some examples to help you...

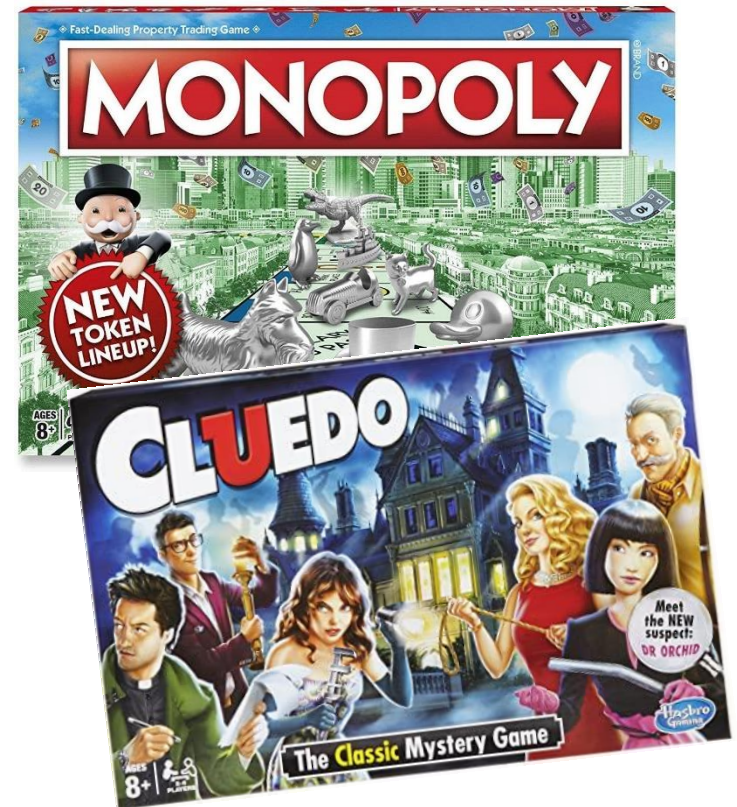


# Board Game

Create a board game inspired by the lockdown.

You might:

- Recreate 'Monopoly' but include street names and challenges linked to the local area and lockdown.
- Recreate Cluedo with 'where did the last toilet roll disappear to?'
- Or design a completely new game!



# Spring Creature



## NEWS FLASH!!!

It has been reported that a new creature has been found on Mynydd Epynt.

You are the first person to see it!

Reporters from across the globe have flocked to Mid-Wales to catch a glimpse of it... but it is nowhere to be seen.

You need to draw a picture and write a detailed paragraph to describe the new creature.



# Try something new...



Choose a new food that you have never tried before and taste it.

Write about your experiences.

Did you like it? Was the taste something similar to another food? Would you eat it again?



# YCC Radio Logo

If Ysgol Calon Cymru had a radio station, what would their logo be?

Think about colour, shape, text, images.

heart

BBC  
RADIO 1

# View from bedroom window

Draw, sketch or paint the view from your bedroom window.  
Look at the examples below to help you.



# Ysgol Calon Cymru Anthem

Ysgol Calon Cymru is a unique school.

Can you create an anthem to celebrate our wonderful school in our local area?

You can use the tune of a pop song to help (have a look at the example on the right!).



Example (chorus to the tune of Dance Monkey).

*Rhayader, Rhayader is lovely ooh  
ooh,*

*Never seen anywhere quite like  
this place before,*

*There is... a town clock, a pump  
track and the Elan Valley Dams,*

*You will have to come and give it  
an explore!*





# Welly Boots

Create a design for a new pair of wellington boots!

Would you have a theme? Pattern? Images?

Here are some ideas to get you started!

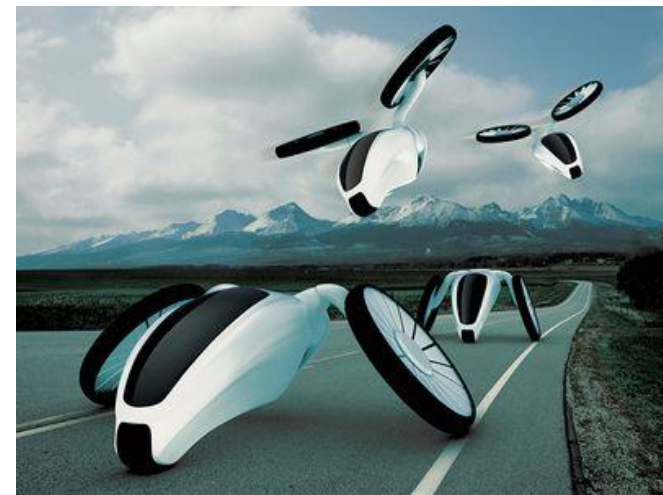


# Futuristic Vehicle

How will we travel in 50 years time?

Floating cars? Teleport? Time machine?

Draw your design and write a paragraph to explain your design.

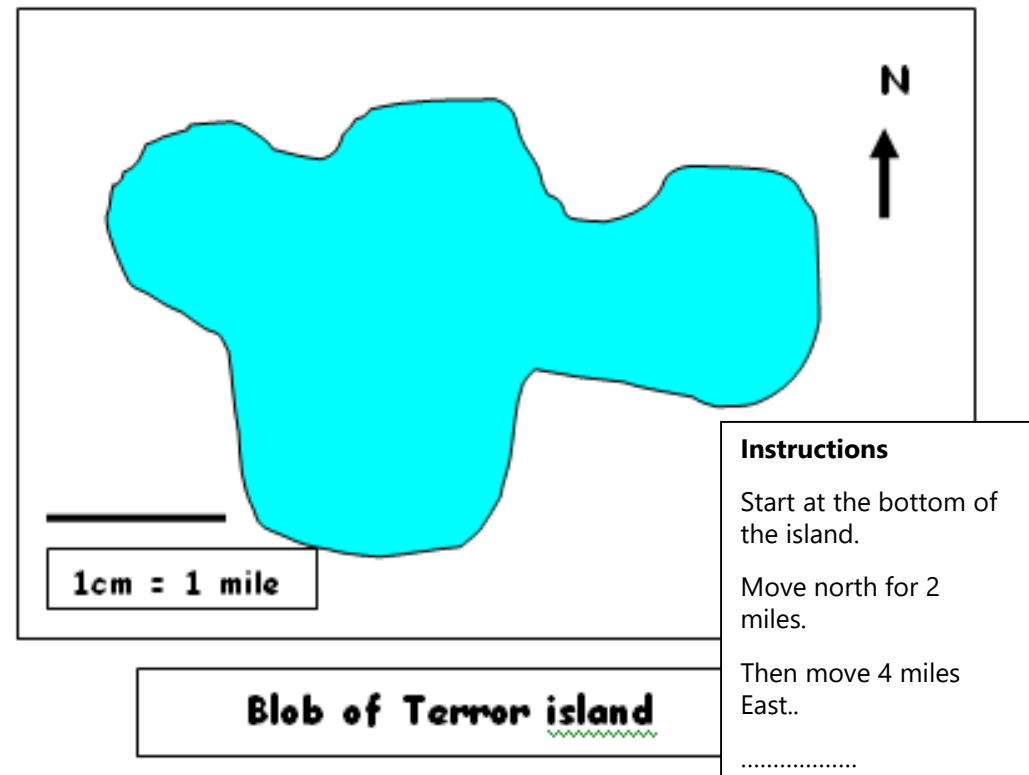


# Island Designing

Your challenge is to create a treasure island map.  
You can do this in on paper or on a computer.

## Your map needs to include:

- 1) A frame
- 2) A cool island with a theme of your choice
- 3) A compass on it
- 4) A scale – remember to use Cm.
- 5) A title
- 6) Instructions to find your treasure using compass directions, scale and landmarks on your map.
- 7) Optional – you may include a grid with grid references.

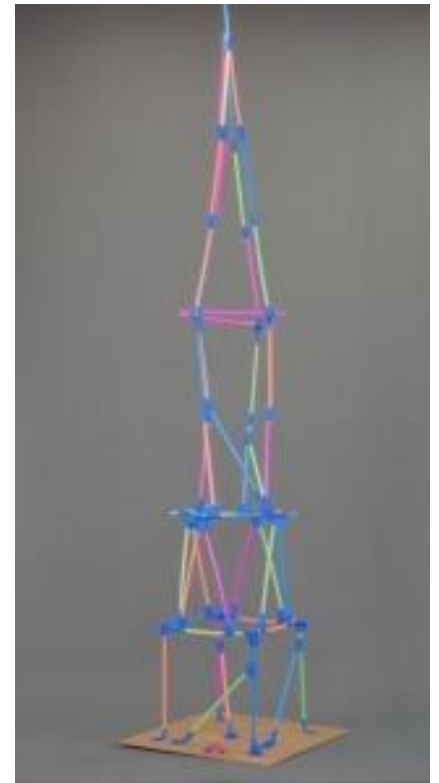
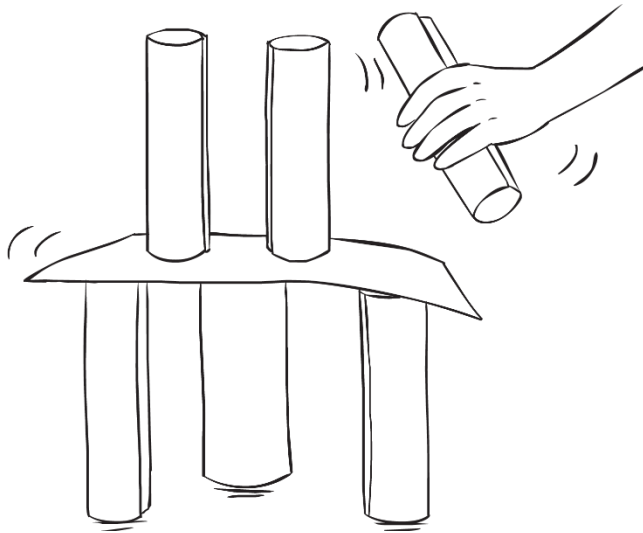




# STEM Challenge

Make the tallest tower you can which is capable standing freely and not attached to anything.

Record how many Cm tall your tower is!



# Face Mask Poster

We are still be encouraged to wear a face mask to keep ourselves and others safe.

Design a facemask to remind everyone in school to continue to wear their face covering.

Posters will be displayed around school!



# Choreograph your Routine



## What makes you YOU?

What are your hobbies?

Who do you live with?

What job do you want in the future?

What are your aspirations?

Choreograph a dance, comedy sketch or piece of writing that best represents you.





# New Rugby Ball

Your challenge is to design a new rugby ball.  
Think about the colours, shape, logos, text that could be included.

Below are some examples to get you thinking.



# Positivity Jar



Find a jar/plastic cup in your house.

Make a nice label to go on your jar (e.g. 'Positivity Jar').

On small pieces of paper, write nice comments about your family, funny memories and lovely thoughts.

Encourage your family to take a piece of paper out of the Positivity Jar when they are feeling down/ stressed.

You might even be able to encourage your family members to write their own comments and post it into the jar!

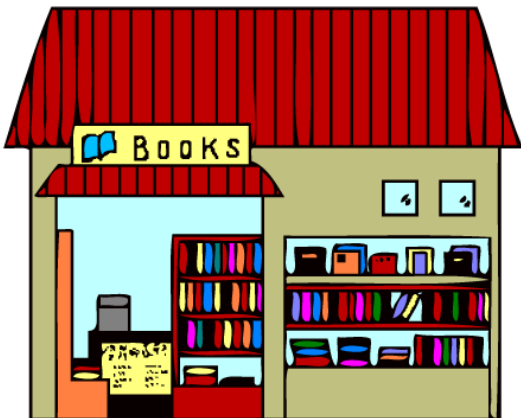
# High Street Shop

## News Flash!!

An empty shop has just been made available on the High Street.

You need to design a new shop. Think about:

- The outside of the store
  - What you will sell
- Your logo and colour scheme
- Your unique selling point



# Safari Tour

Watch this 10 minute video  
(<https://www.youtube.com/watch?v=Pv25aPMcXbg>).

**Write a tour guide as you drive through the safari.**



Think about your senses as you write your piece.  
What would you hear?  
What would you smell?  
What would you see?  
What would you feel?  
What would you taste?



# Become a Quizmaster

Create a quiz that you could be the quizmaster for using Teams, Skype or Zoom. This could be for your friends or family.

You might want to break your quiz down into rounds (e.g. celebrity round, music round etc). Or you might have a general knowledge quiz.



# Healthy Packed Lunch

## What makes a healthy packed lunch?

How many food items should be in your packed lunch?

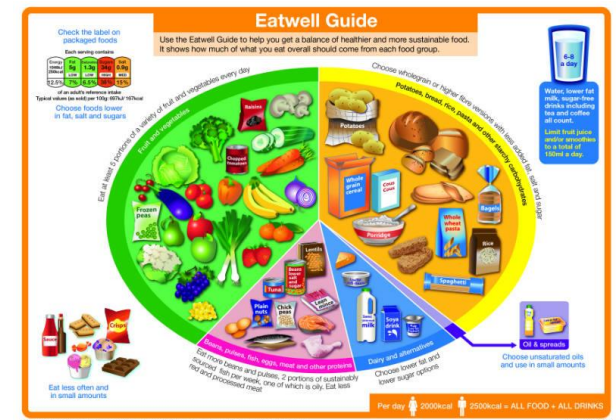
What would be a suitable lunch for:

Someone your age? A young child? A parent? A grandparent?

Design a healthy packed lunch.



If possible – make the packed lunch and enjoy!



# Learn a New Household Skill

Learn how to do something new in the house.

This might be:

- Loading the dishwasher
- Ironing some clothes
- Vacuuming your bedroom
- Hanging out washing
- Mowing the garden

Ask someone to take a photo of you learning your new skill!



# Making a hot drink

Choose a drink (tea, coffee, hot chocolate etc.) and write a set of instructions about how you make this drink.

You may like to take photographs to help you remember each of the steps you took!



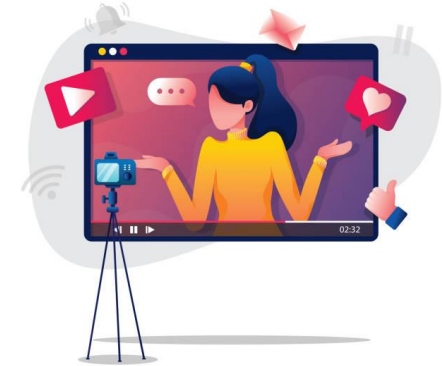


# Blog

Create a blog/vlog to say about what you got up to on a weekend.

Think about making it interesting to your readers/viewers.

What would you want to read about/ listen to?



# YCC Olympics

Imagine that you have been asked to design your own Ysgol Calon Cymru Olympic Games.

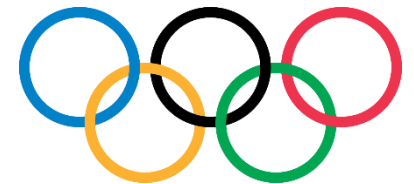
## **Design your own Olympic games!**

Ideas to consider:

What would the teams be?

What sports/activities would competitors participate in?

What would the medals look like?



# Hay Bale Design

Create a design using hay bales.

If this is impossible for you, you can draw your ideas out onto paper.

Here are some ideas to get you started!

