



# 'Brilliant Schools'

Wellbeing Subscription package.

## Remote Learning Timetable, Wellbeing - Spring 1

Date	Video	Theme	Activities
20 <sup>th</sup> January 2021	<p>All or Nothing</p> <p><a href="https://www.brilliant.school/courses/all-or-nothing-pupils?ex=1&amp;ac=1611559675">https://www.brilliant.school/courses/all-or-nothing-pupils?ex=1&amp;ac=1611559675</a></p> <p>Your Mind Matters</p> <p><a href="https://www.youtube.com/watch?v=5rXQFPuzDxg">https://www.youtube.com/watch?v=5rXQFPuzDxg</a></p>	<p>Goal Setting</p> <p>Looking after your mental and physical self</p>	<p>Children to set themselves a goal to work towards over lockdown.</p> <p>Children to state five reasons why exercise is great. Write three commitments to look after bodies over lockdown.</p>
27 <sup>th</sup> January 2021	<p>Life is a Big Fat Sausage</p> <p><a href="https://www.brilliant.school/courses/life-is-a-big-fat-sausage?ex=1&amp;ac=1611559798">https://www.brilliant.school/courses/life-is-a-big-fat-sausage?ex=1&amp;ac=1611559798</a></p> <p>Game of Life</p> <p><a href="https://www.youtube.com/watch?v=H3s_2PVnDjA">https://www.youtube.com/watch?v=H3s_2PVnDjA</a></p>	<p>Botheredness</p> <p>Future Self</p>	<p>Reflection activities from the video. Explain the sausage machine and write a list of ingredients. Two futures activity.</p> <p>N/A</p>
3 <sup>rd</sup> February 2021	<p>Bouncebackability</p> <p><a href="https://www.brilliant.school/courses/bouncebackability?ex=1&amp;ac=1611559800">https://www.brilliant.school/courses/bouncebackability?ex=1&amp;ac=1611559800</a></p> <p>How to Train Your Parents</p> <p><a href="https://www.brilliant.school/courses/how-to-train-your-parents?ex=1&amp;ac=1611560006">https://www.brilliant.school/courses/how-to-train-your-parents?ex=1&amp;ac=1611560006</a></p>	<p>Bouncebackability</p> <p>Acts of Kindness</p>	<p>Children to write down an example of a plot twist and what they have learnt from the situation.</p> <p>Children to take action and tell me how they have helped their parents out at home.</p>
10 <sup>th</sup> February 2021	<p>Review of the Science of Flourishing</p> <p><a href="https://www.brilliant.school/courses/spring-1-review-of-the-science-of-flourishing-choosing-a-positive-perspective?ex=1&amp;ac=1611560113">https://www.brilliant.school/courses/spring-1-review-of-the-science-of-flourishing-choosing-a-positive-perspective?ex=1&amp;ac=1611560113</a></p>	<p>Choosing a positive perspective</p>	<p>Activities to do during the video</p>