|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meditation** Find a quiet place in your house where you can feel calm and still. Get into a comfortable position and close your eyes. As you breathe in, say into your mind ‘mara’ and on the out breath say ‘natha’. Try to hear the words in your heart, not just your head. Do this for 2 minutes. | **Our Lady** Say a decade of the Rosary for those in need of prayers. You may want to think of the homeless, sick or lonely.  | **St Mark**Research our school Patron Saint. Find out his story and why he was a special person. Create a leaflet, poster or solo talk all about him and his life.  | **Scottish Saints** Research one of the following Scottish Saints:St Mungo St EnochSt Margaret of ScotlandSt Andrew  | **Prayer** Follow the Pope Francis 5 Finger Prayer Guide to make sure you pray for each group of people. Image result for pope francis 5 finger prayer |
| **Reconciliation** Write down or say out loud the things you are sorry for.Say an Act of Sorrow. Rip up the paper or rub them away from your mind. Say an Our Father.   | **Thank-You** Draw pictures of all the things you are thankful for. Post them around your house to remind others that you have lots to be happy about.  | **Eucharist** Research what the following words mean.Communion Consecration Tabernacle Chalice Last Supper | **Other Religions**Choose another religion to investigate. Find out as much as you can about their beliefs, place of worship and culture. Put all of the information into a Mind Map and present it to a member of your family.  | **Prayer Space** Create a space in your home which will be dedicated to prayer. Decorate your altar with things that are special to you. If you have a family bible or holy statue you could place it on your altar. This space can also be part of your garden.  |
| **Food Technology**Find a healthy recipe which you could help to prepare with an adult. Ask your family to rate your cooking out of 5! | **Health & Well Being** Offer to help your parents with one of the following jobs:Set the table for a meal Wash the dishesSeparate the washingFold the washingChange the bedsTidy out a cupboard  | **Fitness** Complete the following circuit 3 times. Each exercise should be completed for 45 seconds with a 15 second break in between each one. 1. Star jumps
2. Squats
3. High knees
4. Press ups
 | **Mental Health** Draw a balloon. Inside, write down or draw all the things that make you happy. Decorate it and put it somewhere to remind yourself of all of your happy thoughts.  | **Mental Health** Talk to an adult about anything that makes you feel anxious or worried. Talk about ways in which you can get rid of worry and stress.  |
| **Food Technology** Find out 5 ways to keep your kitchen hygienic, safe and clean. Ask if you can help an adult to prepare a meal. Before doing so, ensure your work space is ready and safe.  | **Mental Health** Make a list of all the things that make you you. Now draw a shield and split it into different sections. Fill each section with pictures, illustrations and words from your list. This is your unique shield!  | **Health and Well Being** Talk to your parents about the importance of teeth brushing and personal hygiene. Now research the topic further using books and the internet. Create a poster which can be used in schools to teach other pupils.  | **Fitness** Complete the following circuit 3 times. Each exercise should be completed for 45 seconds with a 15 second break in between each one. 1. Tuck jumps
2. Sit ups
3. Squats
4. Jogging on the spot
 | **Fitness** Stand with your feet shoulder width apart. Stretch your hands and arms above your head as high as they can go. Slowly creep on to your tip toes. Repeat 5 times. Keep your legs straight and bend to touch your toes. Count to 5 and repeat. Add in any other stretches that you know!  |