

Watford FC Mindfulness Sessions Week 4

Waterside Primary Academy – Year 6 Wye Class



For Monday

Survey quiz link – A quick 3 question quiz with no score/leaderboard used just to assess learning of week 3 content. Please ask pupils to complete this quiz once.

[Quiz Link](#)

Code: 2750509

Week 4 introduction video – Video introducing all of week 4 content.

<https://youtu.be/0lZrhVnDuis>

Work sheet – a checklist table with various activities pupils can complete that are related to the 5 ways to wellbeing.

For Thursday

Week 4 Content Poster – A poster summarizing the weeks key points

Summary Video – Liam going through some slides giving some final information on the weeks topic.

<https://youtu.be/ifxQjh1LXSw>

Please do send any of your completed work to our class Twitter page @Wye_WPA and tag in @WFCTRUST

