

## Watford FC Mindfulness Sessions Week 3

### Waterside Primary Academy – Year 6 Wye Class



#### Monday Tasks

**Survey quiz link** – A quick 3 question quiz with no score/leader board used just to assess learning of week 2 content. You will need to just complete this once.

[Week 2 Quiz Link](#)

code: 493835

Introduction Video - <https://youtu.be/VPVvpakMsk8>

Week 3 Worksheet editable PDF & example video - <https://youtu.be/POOpHb2ys4>

Week 3 Stacking Challenge editable PDF & example video - <https://youtu.be/m-0zaEm6cRY>

**Worksheets available to download on the ‘Home-Learning’ page on the school’s website.**

#### For Thursday

**Week 2 Content Poster** – A poster highlighting the weeks key points

**Summary Video** – Liam going through some slides giving some final information on the week’s topic.

<https://youtu.be/PRM1a09r0Zw>

**Please do send any of your completed work to our class Twitter page @Wye\_WPA and tag in @WFCTRUST**