

Feel Good Friday

Friday 12th February 2021 - All about Me

Part 1

Museum of Me

- Turn your bedroom in to a fascinating museum of awe and wonder.
- Discuss the importance of some of your treasured exhibits.
- Advertise your museum through a poster or information leaflet.
- Design tickets and sell them to your family (and pets).
- Stock your gift shop full of souvenirs and try and maximise profit.

Virtual Museums

Visit the British Museum <https://www.britishmuseum.org/>

**Explore Shape through
museum artefacts (KS1)**

[https://
www.britishmuseum.org/
learn/schools/ages-3-6/
classroom-resource-2d-
shape](https://www.britishmuseum.org/learn/schools/ages-3-6/classroom-resource-2d-shape)



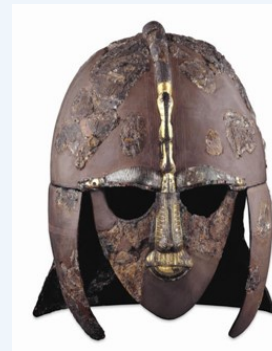
**Explore Colour through
museum artefacts (KS1)**

[https://
www.britishmuseum.org/
learn/schools/ages-3-6/
classroom-resource-colour](https://www.britishmuseum.org/learn/schools/ages-3-6/classroom-resource-colour)



**Explore Pattern through
museum artefacts (KS1)**

[https://
www.britishmuseum.org/
learn/schools/ages-3-6/
classroom-resource-pattern](https://www.britishmuseum.org/learn/schools/ages-3-6/classroom-resource-pattern)



**Explore the Sutton Hoo
Treasure through
museum artefacts (KS2)**

[https://
www.britishmuseum.org/
learn/schools/ages-7-11/
ancient-britain/classroom-
resource-sutton-hoo](https://www.britishmuseum.org/learn/schools/ages-7-11/ancient-britain/classroom-resource-sutton-hoo)

Explore the Bronze Age through museum artefacts (KS2)

[https://www.britishmuseum.org/learn/schools/ages-7-11/
ancient-britain/classroom-resource-bronze-age-britain](https://www.britishmuseum.org/learn/schools/ages-7-11/ancient-britain/classroom-resource-bronze-age-britain)



I - Exhibits

- Collect 5 items from around your house that mean a great deal to you and/or your family.
- Choose carefully as you will have to discuss your exhibits and explain why you have chosen them.
- How are you going to display your exhibits to showcase them at their best?
- Turn your bedroom into this museum (you may need to tidy first and borrow throws to make your displays look amazing).



I - Exhibits

Think about each exhibit in turn.

- What is it? Does it have a name?
- How old is it?
- How long have you had it?
- Why is it important to you?
- Does it hold any special memories?



Children can either do quick piece of written work about each exhibit (see next page for example) or could be recorded talking about each exhibit and what it means to them.

I - Exhibits

Abba Memento Programme



When I was 9 years old, my family and I all went to see the pop group ABBA in concert at The Bingley Hall in Stafford.

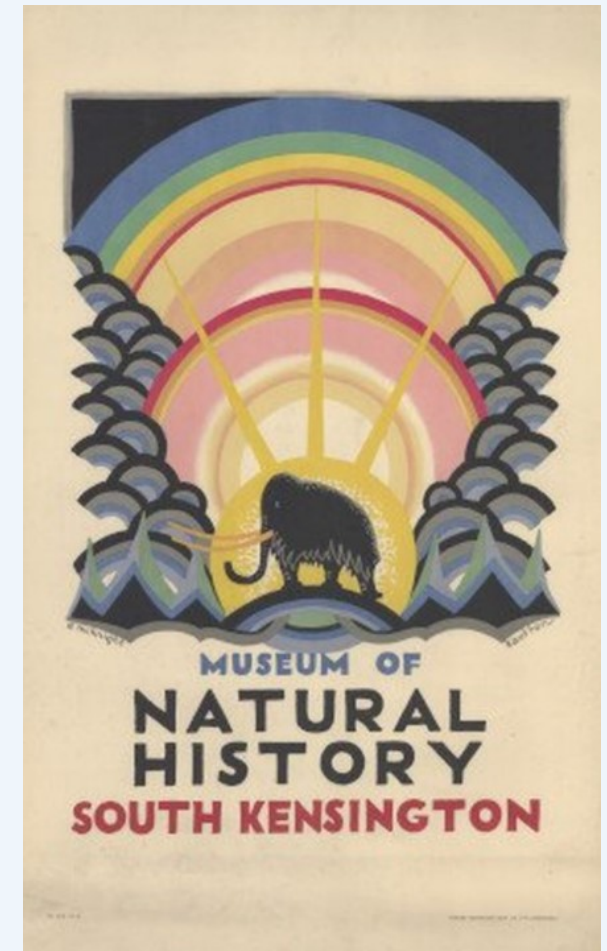
This is important to me as it is one of my earliest memories, and also the best answer to "What was the first pop concert you went to?" you can possibly give.

This particular exhibit was given to me by Ellis Allen, a child I taught in year 6 who knew of my fondness for all things Abba, and that throughout the year we had changed many lyrics to Abba songs to suite our needs. My particular favourite being "Thank you for the Harvest."

The music of Abba will live for ever, and is a great source for happiness.

2 - Promotion

Poster.....



2 - Promotion

or Leaflet ?

BIRCHES VALLEY FOREST CENTRE

Set in the midst of the Cannock Chase Area of Outstanding Natural Beauty (AONB) the forest centre is the ideal place to start your visit. The centre is located amongst a wide variety of landscapes including mature trees, forest glades, heathland and the magnificent Fair oak pools.

FAMILY FUN

The spacious purpose built play area, deer dash trail, family events programme, and easy to follow walking and cycling trails makes this the perfect location for a day out. The award winning education team provides a wide range of programmes and fun activities throughout the year. With enough accessible space to keep even the most energetic amused, the site is a must for families.

WILDLIFE

While out in the forest keep one eye open for the wide variety of wildlife including deer, reptiles and over 40 species of birds that inhabit the forest. The way marked Hagley trail of 1.5 miles and Fair oak walk of 3.5 miles provide easily followed routes that wind around the picturesque Fair oak valley.

ADVENTUROUS

For the more energetic why not try your hand at orienteering on foot or by cycle. Cannock Forest offers hundreds of miles of almost traffic free roads and tracks for everyone to enjoy. During the summer of 2002 the cycle centre will be developed to

offer facilities for bikers of all abilities. Call in to see the latest models, to get this weeks live check points, and to find out about routes and events.

RELAX

The forest shop with its tranquil atmosphere and freshly prepared hot and cold food plays an important part in any day out. The friendly team will be happy to show you our large selection of gifts and provide you with up to date local information. Plentiful picnic benches, wooden sculpture and beautiful landscapes complement this relaxing site.

For further information look on www.forestry.gov.uk

CANNOCK CHASE

Cannock Chase Area of Outstanding Beauty (AONB) consists of a wide variety of land uses including woodland, heathland, farmland and parkland. Some parts of Cannock Chase, such as the Special Area of Conservation (SAC) within the

Country Park, are more fragile and require sensitive management. The robust nature of the forest areas means that large numbers of visitors and a wide variety of recreational pursuits can be accommodated without significant environmental damage.

FORESTS FOR TIMBER

Cannock forest is a working forest and produces around 15,000 tons of timber each year. This timber goes to make a wide variety of products

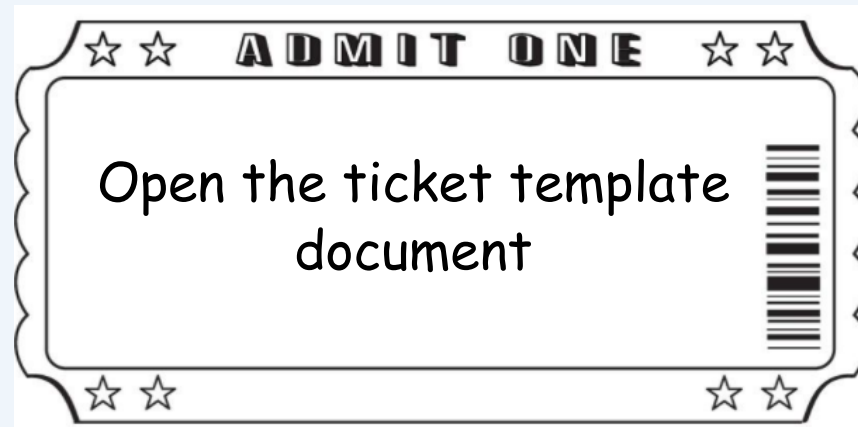
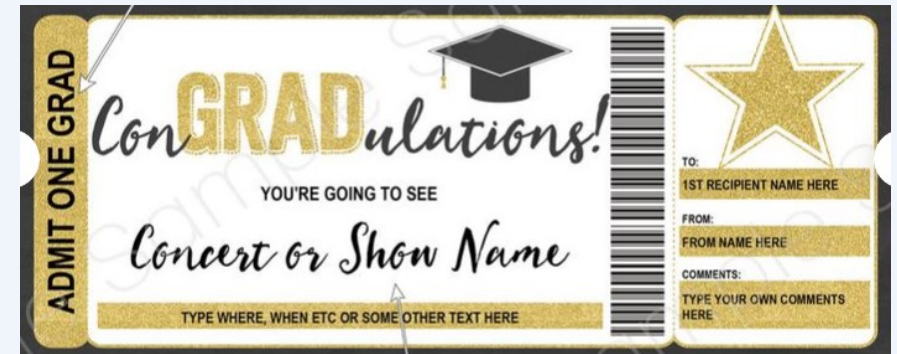
such as fencing materials, building and DIY materials. The timber also supports many local businesses and jobs. Wood is a sustainable resource as it requires only water, nutrients, time and light to grow. A house made of wood can be twice as environmentally friendly as a house made of other products such as bricks. Every part of the tree cut down is used, except the branches and needles that are left on the ground to return nutrients to the soil. For every tree felled several young trees are planted. Young tree plantations give out larger amounts of oxygen than mature tree plantations and combat the effects of global warming.

FORESTS FOR WILDLIFE

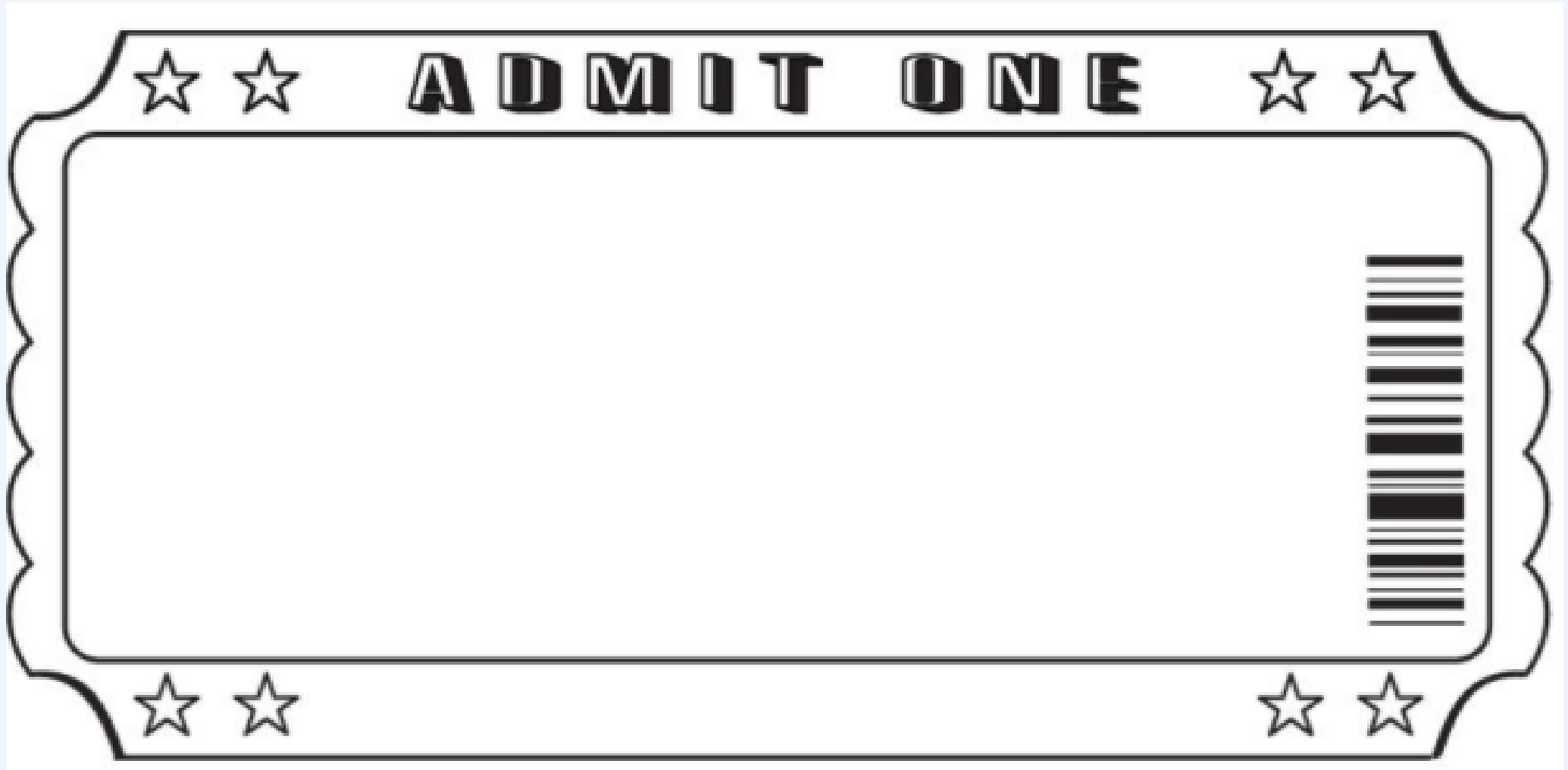
Cannock forest is important for a wide variety of wildlife. The area is carefully managed to provide an intricate mixture of tree ages, tree species, open ground, heathland and water features. Species that are encouraged through this system of management include reptiles, birds of prey, butterflies, deer and specialised birds such as nightjars, woodpeckers, wood larks and crossbills.



3 - Tickets



3 - Tickets



4 - Gift Shop

Everyone loves a well stocked gift shop.

Decide how to stock your shop to make as much money as you can.

Remember, you will be able to sell more of the cheaper items, so even though you may not make as much money per item, the amount you sell will make you more money.

Item	Cost Price	Number Wanted	Total Spent per Item	Selling Price	Number Sold	Total received per item
Decorative Mug	£0.65		£0.00	£5.00		£0.00
Cap	£4.00		£0.00	£10.00		£0.00
Water Bottle	£0.65		£0.00	£8.00		£0.00
T-Shirt	£3.80		£0.00	£18.00		£0.00
Tea Towel	£1.70		£0.00	£8.00		£0.00
Fridge Magnet	£1.10		£0.00	£3.00		£0.00
Key Ring	£0.35		£0.00	£4.50		£0.00
Engraved Pencil	£0.50		£0.00	£1.50		£0.00
Rubber	£0.30		£0.00	£1.00		£0.00
Post Card	£0.10		£0.00	£0.40		£0.00
		Total Spent =	£0.00		Total received =	£0.00
					Total Profit =	£0.00

4 - Gift Shop

- Role play - sell a selection of 'virtual' items to your visitors. Can you add up how much money you have made? Don't forget to give the right amount of change.
- Excel Document - Use the excel spreadsheet to decide what items to stock. You have £500 to spend to stock your shop (use the 'cost' column to decide how many of each item to buy). How much will you make if you sell ALL your items? What is the most you can make without spending more than your initial £500? Note - only one spreadsheet has the formula already included.

5 - Let's move

<https://www.youtube.com/watch?v=QwNBhy3L7vA>



Brain Breaks - Action Songs for Children - Body Bop - Kids Songs by The Learning Station

Try 'The Body Bop', use all the parts of you to dance along.

<https://www.youtube.com/watch?v=SwMc730aZes>



The Greatest Showman | "This is Me" Dance Tutorial

Learn the dance for 'This is Me'.

<https://www.youtube.com/watch?v=Rj4Yu9Utdw0>



Sing along to 'This is Me' from The Greatest Showman

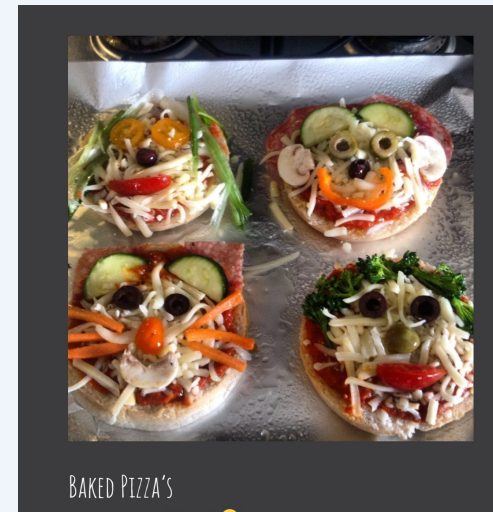
6 - Get cooking

Funny breakfast people – can you make it look like you?



<https://www.forkandbeans.com/2016/08/18/funny-breakfast-man/>

<https://www.easypeasy-lemonsqueezy.co.uk/pizza-faces/>



<https://www.lizshealthytable.com/2015/03/10/peanut-butter-smiley-faces/>

Peanut Butter Smiley Faces
Author: Liz



Fruit Smiley Faces

Why not make a pizza to look like you!

Feel Good Friday

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Part 2

Treasure Hunt

- Think about what the treasure is going to be (what makes it a 'treasure')
- Decide on a great place to hide it
- Figure out the path that leads to the treasure.
- Make clues for others to follow.
- Set up the treasure hunt.
- Maybe even make a treasure map

1 - Choose what the treasure is, and where to hide it.



- The treasure could be as simple as chocolate or a cuddly toy.
- Think about what others would like to find. Why would someone want to 'find the treasure' if it wasn't important to them?
- Where are you going to hide it? Can you hide it in the garden, in the bathroom or even under the kitchen sink (note it needs to be in a safe place where weather can not damage it - who wants to eat a soggy, wet chocolate bar)

2 - Design a Pathway

- What route do you want the treasure seekers to take to find the treasure?
- What clues are you going to use?
- Can you use cryptic clues to guide the way, coded writing or simply say where the next clue can be found (see next page for examples).
- Think about how many steps are going to be on your treasure hunt.



How to play your pirate treasure map game!

Create your own Treasure Map or Treasure Map Game.

<https://www.natgeokids.com/uk/home-is-good/how-to-make-treasure-map/>

<https://www.bbc.co.uk/cbeebies/makes/swashbuckle-treasure-map>

2 - Design a Pathway

Clue 1: Your next clue is under a shoe in the cupboard under the stairs.

This will get the treasure hunters to go to the cupboard under the stairs where they will find clue 2.

Clue 2: Your next clue is where the fairy goes to collect my tooth when it has fallen out.

This will lead the treasure hunters to look under the pillow in the child's bedroom where they will find clue 3.

Clue 3: 1 = A, 2 = B, 3 = C, 4 = D 24 = X, 25 = Y, 26 = Z
 9 14; 20 8 5; 19 8 15 23 5 18

Clue 4: It rhymes with bread, and where garden tools are kept.

The treasure will be found where the final clue leads them.

3 - Plant the clues and hide the treasure.

- Write the clues (can you try and use old looking writing).
- Hide the treasure (make sure you aren't seen).
- Place the clues carefully in the right place (Work forwards from the first clue. Don't put your first clue in that place - I can not hide my first clue in the cupboard under the stairs, I need to hide the clue I would find there).
- Sit back and enjoy the rest of the family searching high and low.

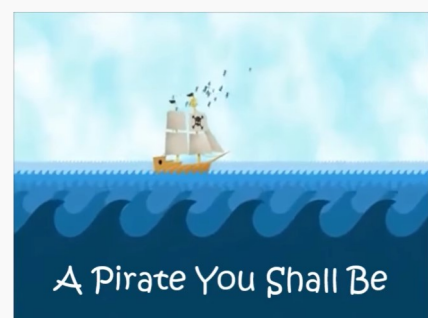
<https://www.youtube.com/watch?v=RUHCl2tIXis>



Kidzone - One Pirate Went To Look For Treasure

Have a Sing-a-Long...how many Pirates looked for the treasure?

<https://www.youtube.com/watch?v=SP7mRFk8oVI>



Just Dance A Pirate You Shall Be with Lyrics

Sing and dance like a Pirate.

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Part 3

Fun Family Film

Examples of films:

Night at the Museum

One of our Dinosaurs in Missing
National Treasure

The Goonies

Muppet Treasure Island

Hook

Peter Pan

Swallows and Amazons

Treasure Planet

Indiana Jones

It's a mad, mad, mad, mad, mad world

Ducktales the movie

The Pirates! An adventure with scientists

Tinker Bell and the Pirate Fairy

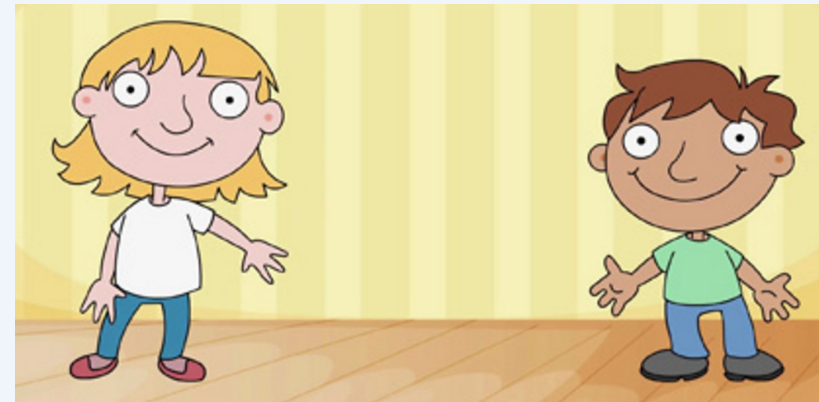
Or other.....



This is Me!

BBC Schools Radio <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z-index/z4ddgwx>

- ◆ If you're happy and you know it
- ◆ I'm a pirate
- ◆ I've got a body
- ◆ When I was 1 I sucked my thumb



CBeebies Pablo Live lessons <https://www.bbc.co.uk/teach/live-lessons/cbeebies-pablo-live-lesson/zn7ty9q>

[teach/live-lessons/cbeebies-pablo-live-lesson/zn7ty9q](https://www.bbc.co.uk/teach/live-lessons/cbeebies-pablo-live-lesson/zn7ty9q)

Pablo uses his magic crayons to turn his life challenges into fantastic adventures and his feelings into colourful characters with a voice. In Pablo's imagination, just about anything can happen.

- Activity 1: Happy and sad expressions
- Activity 1: Happy and sad expressions - pre-traced
- Activity 2: Annoyed and surprised expressions
- Activity 2: Annoyed and surprised expressions - pre-traced
- Activity 3: Draw your own character



This is Me!

<https://www.bbc.co.uk/cbeebies/radio/the-ugly-duckling>

Listen to the story of 'The Ugly Duckling' and consider what happened as the duck grew up.



Consider similarities and differences. Can you do the same things as you did as a baby? Have you learnt new skills? What can you do now that you were unable to do when you were a baby? Do you look the same as when you were a baby? Or Do you look different to how you did when you were small?

Maybe you could look in a mirror and draw, paint or collage a picture of yourself, this is called a portrait.

<https://www.twinkl.co.uk/resource/tf-or-7-we-are-all-different-ebook>

Feel Good Friday

Celebrating Me!

We are all unique; we have our own thoughts, opinions, feelings and interests. Being an individual is a good thing – it helps make the world an exciting place to live!

Draw a picture of yourself in the inner box and write all the things which make you unique in the outer box – celebrate you!

A large rectangular box with a purple border. Inside it is a smaller, empty square box, also with a purple border, intended for drawing a picture of oneself.

What I Am Proud Of

In the centre circle, draw a picture of yourself and then within the trophy, write or draw how you are proud of something you have achieved or the person you are.



Feel Good Friday

Happiness Is... Poem

Think about all the things that make you feel happy. We are all different, so we'll all have different ideas about what happiness means to us.

Create a list poem using the lines below. You can then add illustrations around your poem.

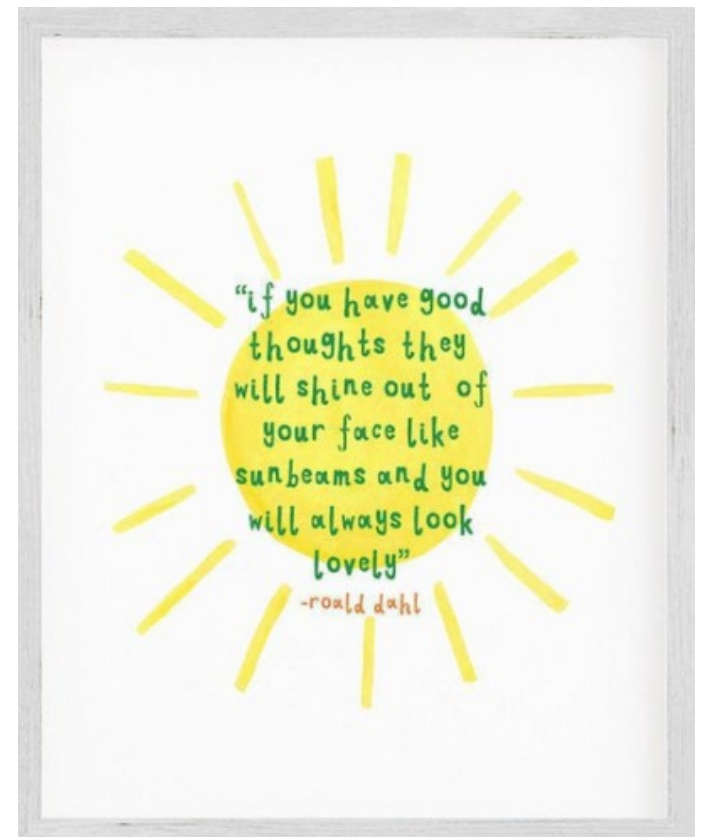
Happiness is _____

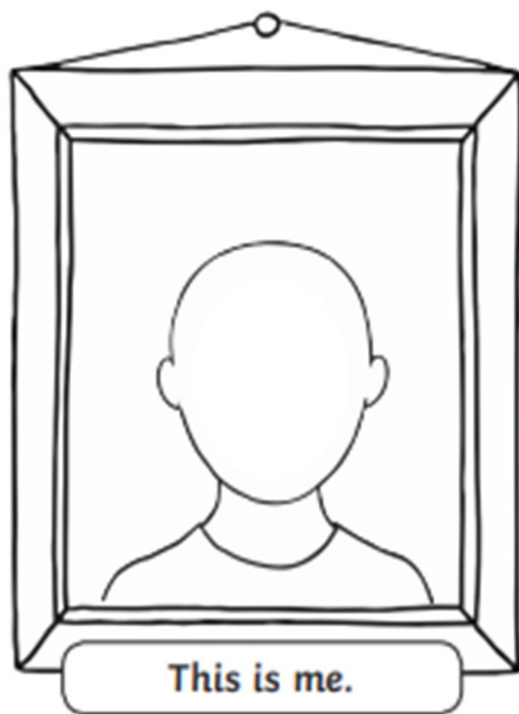
Happiness is _____

Happiness is _____

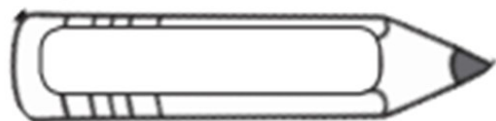
Happiness is _____

Happiness is _____

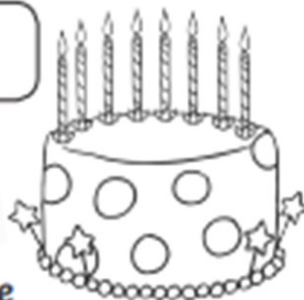




My name is:

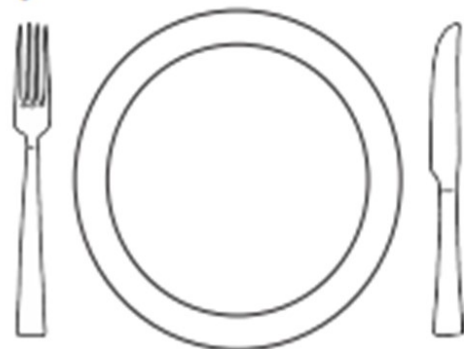
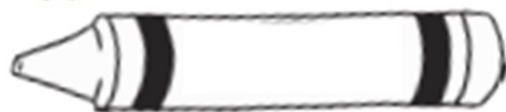


My birthday is:



My favourite food is:

My favourite colour is:



My favourite book is:



My favourite television show is:

