
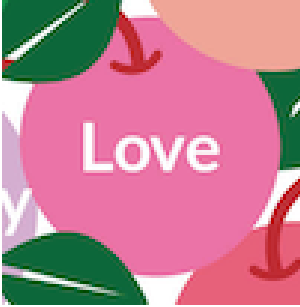




## Family Fruit of the Spirit Project: Summer 2020

		<p>To use the school's learning values to create family learning opportunities which:</p> <ul style="list-style-type: none"> <li>• Support physical health</li> <li>• Support mental health and wellbeing</li> <li>• Support spiritual development</li> <li>• Connect families together on a known theme</li> </ul>
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Activity	Achieved (Please tick)
Think of someone that you haven't been able to visit for a while. Write a letter explaining all of the things that you love about them.	
Choose a physical activity that everyone in the family can enjoy together. Perhaps you love cycling or playing ball games in the garden.	
Sketch or paint a portrait of someone that you love in your family. You could frame it and give it to them as a gift.	
Write a poem based upon the line "Love is...."?	
We all need to love our planet and do what we can to protect it. Write a family pledge explaining all the ways that you can reduce, reuse and recycle.	
Take photographs of the people you love and create a slideshow or photograph album.	
Say a prayer of thanks for all the people in your life that show you love.	
Paint rocks with symbols of love. Hide them for people to find.	
Discover a place on the Wirral Peninsular you've never been to before.	

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Activity	Achieved (Please tick)
Take part in this year's Summer Reading Challenge, 'The Silly Squad.' Visit: <a href="https://summerreadingchallenge.org.uk/">https://summerreadingchallenge.org.uk/</a>	
Create a poster showing all the things that make you happy.	
Create or learn a dance routine and perform it for someone.	
Learn a few jokes and be ready to share them when you return to school!	
Learn to sing a new song or write one of your own.	
Seeing a beautiful butterfly brings us great Joy. Create your own butterfly picture and make it symmetrical.	
Take a walk in a local green space. Talk about the things in nature that bring you joy.	
Spend time talking to relatives about the joyous times in their lives. Perhaps you'll discover things you never knew before.	
Complete an activity that you have been meaning to finish. Experience the joy in completing it. E.g. Jigsaw, Lego model.	
Choose a favourite family film that will make everyone laugh.	
Have a family disco with everyone's favourite songs.	

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Activity	Achieved (Please tick)
Listen to the birds singing. Can you identify a bird from the sound it makes?	
Look at the clouds floating by. How do they move? What shapes do they form? Write a poem about the clouds.	
Paint a picture of your garden or another outdoor space.	
Go for a walk somewhere new and enjoy the scenery.	
Choose a quiet place to sit and read a book.	
Give a gift of peace. Each choose a peaceful activity and try not to interrupt each other for at least twenty minutes.	
Go screen free for the day. Switch off mobile phones and gadgets.	
Build a den (indoors or outdoors). Use the den for quiet reflection. A place where you can go and be still.	
Learn facts about a different world faith, e.g. Hinduism, Judaism or Islam.	
Practice some mindfulness. Focus on being in the moment.	

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Activity	Achieved (Please tick)
Find the patience to sit and read a book regularly.	
Keep practising something you find difficult: times tables, telling the time, skipping, riding a bike.	
It takes great patience to wait for a flower to grow. Plant some seeds and care for them whilst you wait for it to grow.	
Instead of throwing food waste away, you can compost it. Make your own compost bottle so you can watch the process. <a href="https://www.busymommymedia.com/science-for-kids-soda-bottle-compost">https://www.busymommymedia.com/science-for-kids-soda-bottle-compost</a>	
Find a challenging jigsaw and lay out the pieces. Keep revisiting it to add the pieces.	
Let someone else in your family go first in a game or other activity during the day.	

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Activity	Achieved (Please tick)
Offer to do a job regularly for someone: vacuuming, weeding the garden, washing the car.	
Paint your neighbour a picture.	
Buy someone you love a plant or a bunch of flowers.	
Show kindness to a friend or family member by making them a friendship bracelet. You could use beads, loom bands or thread.	
Go on a litter pick in your local area.	
Donate a food item to a food bank and find out how it will make a difference.	
Say thank you to a keyworker.	
Speak to a friend and tell them why you admire them.	

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Activity	Achieved (Please tick)
Cook someone you love a meal or bake them a cake.	
Learn about the work of a local charity and what they do to help people.	
Send your teacher an email if you haven't done so already and let them know how you are.	
Sort through your toys and games and find some things to donate to charity shops.	
A way of helping to save the planet is to recycle as much as we can. Do some research into which items you can recycle and help sort your rubbish at home.	
Be generous with your time. Do something for someone else in your family. Read a story to a younger sibling or help an adult with a job around the home.	
Let someone go ahead of you in a queue.	

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Activity	Achieved (Please tick)
Write a prayer to God about your hopes for the future.	
Write a poem about your feelings during lockdown.	
Talk to someone about how their faith helps them.	
Find a new worship song that you would like us to sing in school.	
The cross is the symbol of the Christian faith. Draw or make your own cross, decorate it any way you want.	
Think about the ways you can protect the planet. Can you write down a promise you are going to make to the earth?	
Design and make a book mark showing your favourite Bible verse or Bible story.	
Take responsibility for a task around the home and complete it every day. e.g. make your own bed.	
Think of an elderly person or someone who lives alone. Ask them if there is anything you can do to help them.	

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Activity	Achieved (Please tick)
How many different plants are there in your garden? Can you identify them all? Draw some examples.	
Make a bird feeder. Set up a bird feeding space in your garden and enjoy looking after them.	
Use leaves, petals, twigs, grass, bark, etc to create a miniature garden in a pot.	
Go on a mini beast hunt and see what creatures you can find. Make sure you are gentle when you find them.	
During lockdown the earth had a chance to heal itself. Dolphins swam in the canals of Venice and mountain goats roamed around Llandudno. Have a look at these images on the internet and draw or paint a picture of these fantastic moments.	
When visiting the beach, build a sand sculpture. Be gentle as you lift the bucket off!	
Play a game like Jenga or building blocks. Try to build a tower without knocking it over.	
Learn how to sign the alphabet (British Sign Language).	



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Activity	Achieved (Please tick)
Commit to completing all the activities in the Virtual Merseyside School Games 2020.	
Learn to do something new: knitting, sewing, origami, crosswords, sudoku.	
Try to use your computer, tablet, games console a little less each day.	
Learn to play a new board game: e.g. Cluedo, Monopoly, Scrabble.	
Spring clean your bedroom and keep it tidy every day.	
Play a game of charades with your family. Try not to speak or make noises when acting them out.	
Start writing a diary. Remember to add to it every day.	
Try a new food you've never tried before.	