

Daily Challenge 5: Feeling Good!

How have you done this week?

Have you moaned and whinged your way through the week?

Could you have named your days like this:

Moany Monday	You moaned at your parents for trying to make you start home learning tasks.
Torrid Tuesday	You walked around with a grumpy face avoiding doing any learning.
Whingey Wednesday	You kept interrupting your parents and pretended you couldn't do anything independently.
Thankless Thursday	You kept on and on about gaming, why can't I go online now and game with my mates, etc etc.
Fuming Friday	You felt fed up and snapped at everyone.

Or could you have named your days like this?

Marvellous Monday	You set out your task planner and felt great when you'd finished your tasks.
Terrific Tuesday	You demonstrated great independence skills and your parents were able to get their work done which resulted in everyone feeling happy.
Wacky Wednesday	You set yourself some physical goals to work towards and you feel excited about the future when you can get together with your friends again.
Thumping Thursday	You had a great time making a mess and then clearing up afterwards.
Funky Friday	You helped your family and cheered everyone up by being positive.

Ask a parent/carer to choose a song that they loved listening to when they were younger. Listen to it together. How did they dance to it? How would you dance to it? How embarrassing is it to watch your parents/carers dance on a scale of 1 to 10?

Choose your favourite song and put dance moves to it.

Set a time each day when the whole family is doing chores such as washing or tidying up, put the music on and dance.

Make sure that every day you do something together that makes you laugh and feel good.