



A Willow Brook Friday!

We're starting to get that Friday feeling... Here are some more ways to be active and full of thoughts in the style of a Willow Brook creative day.

9 am

A Friday read is definitely on the agenda today. Find a good book, today's newspaper or an audio story and settle in a comfy place. What better way is there to start a day?

The more energetic of you can say good morning to Joe Wicks!

In school this week, our younger children did yoga in the company of Moana and had great fun. If you've not tuned into Cosmic Yoga yet, you're missing a treat! If nothing else, you'll be transported to a warm beach...

https://www.youtube.com/watch?v=5y3gCrL_XIM

9.30 Assembly

For our familiar Bench of Glory and story from the office assembly, log on to www.willowbrook.notts.sch.uk this morning and see today's broadcast! It'll be released just in time for us to watch together.

10am Singing

Log in to your very own 'Sing Up'

<https://www.singup.org/singupathome>

The Song of the Week '*It's Getting too Hot for Monkeys*' is fun. It is also very topical to have a song that includes the Queen and Boris Johnson! The virtual teacher will fill you in.

Click on the Empowering section to find '*Rockstar*' (an old Willow Brook favourite). This will sound better with an air

guitar if you happen to have one in the cupboard under the stairs...

Click on the Songs for Learning section and find another firm favourite – *The Geography Song* and brush up on your continents!

Please find *Eye of the Tiger* again. Box along and feel the energy!

You get to choose the final song before playtime!

10.45 Break

We are putting the crumpets to one side today and enjoying some mid-morning cake. (Thank you, Taylor, for that!)

11. My World

This week on Radio 4 they invited the public to send in their own Desert Island Discs for a special programme due to be broadcast on 17th May. Guests will have to choose the following to take to their island and explain why they have chosen them. You be the guest and record your choices. Choose:

5 pieces of music that make you feel different emotions (or remind you of special days)

A book

A luxury item

(and I'm adding) Something that makes you laugh

12. Lunch

I continue to be impressed by your ever-improving cookery skills. Take a break, help make lunch and enjoy a chat with the family.

Have some 'me time' until 1.30pm.

1.30pm Design

Have you ever thought of being a fashion designer? Today you are commissioned to design 3 new outfits:

The first is a school uniform for home school

The second is an outfit for your hero

The third is the perfect lockdown loungewear/pajama outfit

3.30pm

I think a cup of tea and a weekend are in order. Enjoy!