



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 working day.

9 am

If you like to wake up at a steady pace, tune in to your book or go to the BBC for a good podcast.

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

If Joe Wicks' pace is too much, find a great combination of story and exercise in a Cosmic Kids Yoga session. This Harry Potter episode would be just the right one to start with if this is new to you. <https://www.youtube.com/watch?v=R-BS87NTV5I>

9.30 Assembly

We want to reward the creativity we have seen over the past fortnight with a familiar Bench of Glory style 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>

Start with *Count on Me* the Bruno Mars favourite of ours

Year 5 – you simply must learn *Earth, Space and all that Jazz* to go with your topic

Year 1 – After your work this week, *Pirates* is a song you need to master!

Please find *Eye of the Tiger* for an adult in your company. I can guarantee they will know the lyrics and will 'box' along. It's a great one to learn!

You get to choose the final song before playtime!

10.45 Break

I hope the Co-op has crumpets in.... I think Mrs Roper promised cheese and Marmite! Why don't you join us in spirit. Marmite, though... Do you love it or hate it?

11. My World

When the world is back to normal (which won't be too long) and restaurants are open again, where could I take you for dinner? Money is no object – you'd be my special guest. What would you choose off the menu? I'd book a table at Langar Hall and I'd have roast lamb and a cheese board! Your taste might be quite different. Tell me why you've chosen your venue and menu. Who would you like to invite to your table?

12. Lunch

Come back to the real world and help make the family some lunch. Mrs Hollingshead is going to help us make some bread rolls in school and I'm going to learn how to make a swiss roll. Could you master a new skill in the kitchen?

Have some 'me time' until 1.30pm.

1.30pm Design

I once got lost in the maze at Hampton Court. I had to Google a map of the maze to get out (mostly because I had a train to catch and I was nearly in tears!) Have you ever designed a maze? It's great fun. Draw a few first to think it through and then see what materials you have to hand to make it with. Here are a few creations that might inspire you.



3.30pm I think a cup of tea and a weekend are in order. Enjoy!