



Primary 3/4 Health and Well Being Grid Term 1



Below is a list of some ideas of activities you can do at home this term to consolidate what we have been learning during our Health and Well Being tasks.

On YouTube, visit Cosmic Yoga for 20-30 minutes of calming story time combined with yoga moves. https://www.youtube.com/user/CosmicKidsYoga	Make a paper chain of kindness. On each strip, write a positive thought.	Draw a squiggle. Can a family member create a picture from your squiggle?	Do some baking!	Draw a round your hand onto cardboard. Cut it out and paint the "fingernails". Can you have a go at nail art?	Create your own version of "rock, paper, and scissors."
In the garden, collect some natural objects to create a picture using them.	Sit at a window in your house. What can you see? Draw a picture to match your view.	Write your loved ones a special note.	Write a special memory on a piece of paper each day. Add it to a jar to collect happy memories.	Do some mindfulness colouring.	Build a den in a room in your house. Enjoy a movie or a book from inside your den!
Learn how to iron (with adult supervision).	Help your parents with the cleaning around the house.	Learn how to change your bedding.	Learn a magic trick.	Write a poem or a song to match your feelings.	Start a puzzle...try and finish it.
Draw Your Heart. Draw your feelings in a heart formation.	Finger painting isn't just fun for kids- get adults in your life involved as well. Get your hands messy and really have fun spreading the paint around.	Take photographs of things you think are beautiful. No one else has to like them but you. Print and frame them to have constant reminders of the beautiful things in life.	Think up a wild invention. This invention could do something that can help make you happier or make life easier/more enjoyable!	Draw a comic strip...about anything you like!	Make up a dance routine to your favourite song. Put on a show and perform it to your family.
Has your family got talent? Talent show time....	Become an author, start writing your own book.	Invent a board game to play with your family.	Hold a paper aeroplane tournament. Whose can go the furthest?	Learn how to make a cup of tea (with adult supervision)	Read your favourite book to someone at home.