

Looking after our health and wellbeing as best we can is really important for us all in these uncertain times. Here you will find more health and wellbeing activities that your child can do on their own or you may want to do them together as a family.

Mental Health

The activities below from [Education Scotland](#) are designed to help develop and support a child's independence through cooperation.

For children in **Nursery and Primary 1:**

- Discuss with your child the routine for the day, and ask them what they are looking forward to.
- Ask if they would like to help with snack time and give them the responsibility for planning it.
- Help your child to decide on a healthy snack and what they will need to make it. Encourage them to include a healthy choice such as fruit or vegetables.
- Allow your child to make and serve their chosen snack. Praise your child for the effort and enjoy it together.



For children in **Primary 2 - 4:**

- Make a list of tasks your child is currently responsible for at home.
- Talk about other tasks your child could be responsible for. Let your child choose one task and break it down into steps. Offer to show them how to do any of the steps they feel less confident about. As your child learns the new task, talk about how they are getting on, and if further help is needed. Agree that your child is now responsible for the task.
- Discuss the consequences of not fulfilling a responsibility. What might this look like for other people with responsibility in your child's life such as their teacher, crossing patroller, school dinner staff or school cleaning staff?

For children in **Primary 5 - 7:**

- Give your child three learning or household activities, and tell them they can decide the order in which to do tasks. Did they enjoy making their own choices? Why?
- Talk with your child about the choices they make. Ask them to write down some everyday activities like getting up, dressing and playing computer games. Ask them to draw a coloured circle around activities where they have choice, like what they eat for breakfast. Draw a different coloured circle around activities where you make the decisions for your child, such as time to go to bed or get up each morning.
- Discuss activities where they could make more choices and decisions.

Physical Health

How many of us have been enjoying the sun, the barbeque and the odd ice- cream over the past few weeks? How's the physical activity going during lockdown? Research shows that physical activity can boost your self-esteem, mood, sleep quality and energy levels. Who couldn't do with a boost to these right now?

Almost everyone can go for a walk and these are all good reasons for heading out for regular walk. How could you add more walking into your day? If you are lucky enough to have a bike, then you could enjoy a daily cycle.

[Paths for All](#) have ideas including the Step Count Challenge, physical activity, strength and balance videos, mood boosting podcasts and the 28 Day Challenge. They have a dedicated [Covid-19](#) page with guidance on how to have a COVID-19 safe walk.



[The British Heart Foundation](#) have identified a number of exercises you can do when stuck at home, so if you are unable to go outside there are ideas here to help you get active indoors.

[Cycling Scotland](#) have videos on essential cycling skills and guidance for cycling during COVID-19.



[NHS Inform](#) has advice and ideas on staying active during COVID-19.

Remember the resources we have mentioned before from [East Renfrewshire Culture and Leisure](#) such as Sports Challenges for all ages from our Active Schools team on [Twitter](#) every Wednesday and Stay Active at Home - a range of live and recorded fitness classes on [Facebook](#) every week, from Zumba and HIIT to Yoga and Body Balance. They have online classes for Vitality clients. Or walk your way to better health with the ERCL's "LIVE ACTIVE EAST REN" virtual walking group. Register with [World Walking](#) and join the group.

So as we start to get out and about more, why not change your physical activity routine? Set yourself a challenge - what could you do once a day from now until the end of June to improve your physical activity?

The Quality Improvement Team.

