



Health and Wellbeing Family Learning Challenge

Green Activity – Physical education, physical activity and sport
 Purple Activity - Mental, emotional, social and physical wellbeing
 Red Activity – Food and Health

Please select one green activity, one red activity and one purple activity and be ready to share this experience with your class on Friday.

Identify ways in building my confidence.	Keep a journal of what you eat and evaluate how healthy your diet is.	Illustrate a poster to promote healthy choices in the canteen.	Explore strategies to play well with others and work collaboratively.	Create an exercise program for the week that has 30 minutes of daily exercise.	Try eating something new and nutritious.	Keep a journal to track how much physical activity you do in a week. Do you do enough?	Follow a recipe to make a healthy snack with an adult.
Try a new sport.	Play outside for at least 30 minutes.	Help to do some gardening with an adult.	Participate in some yoga or meditation activities.	Discuss growth mindset.	Do a blindfold 'What fruit or veg is this' taste quiz. Explore the different tastes.	Play outside with a friend or sibling for at least 30 minutes.	Help with the food shop and discuss the ingredients.
Compare the meaning of need and want.	Create a recipe using farm produce.	Talk about my friendships.	Make a meal using your knowledge of the Eatwell plate.	Discuss my feelings and the different feelings I may have.	Design an advert to promote a healthy food or activity.	Explore the labels on packaging.	Identify how the rights of a child link out with school.
Go on a walk and demonstrate how to travel safely.	Create a healthy meal with an adult	Discuss how to keep yourself safe.	Explore ways of keeping your body clean and healthy.	Use Just Dance for at least 30 minutes. Involve your family!	Identify how to respond in an emergency situation.	Go for a long walk to explore your community.	Work with an adult to learn about kitchen hygiene.
Make your own lunchbox for school.	Keep a sleep diary and evaluate whether I get enough sleep?	Identify the importance of uniqueness and differences.	How many burpees can you do in a minute? Challenge someone else.	Discuss the importance of hand washing.	How many jumping jacks can you do in one minute?	Identify your wellbeing using the SHANARRI indicators.	Discuss people you show respect to and why.

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Perseverance, Resilience and Respect, Optimism, Unity, Diversity



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