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| 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. |

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