

## Eco/Health Week 2020

Help prepare lunch or dinner: create the menu, help to cook, set the table and help clean up afterwards!	Choose your family's favourite songs and have an impromptu dance party - turn up the music and get moving!	Choose your favourite recipe and make your own cooking video to share with your family and friends.	Friday 5th June is sports day! See the Sports Day activity grid for more info.	Challenge yourself to eat 5 different fruit and vegetables today.  Research where these fruits and vegetables come from and what makes them good for you.	Recreate a famous a piece of art using natural or recycled materials sculpture, collage, etc	Daily Mile - every day try to walk/run a mile like you would in school. Time you self, have you improved your time over the course of the week?
Try some yoga <a href="https://tinyurl.com/yb4zo3gk">https://tinyurl.com/yb4zo3gk</a>  Or something more active  <a href="https://tinyurl.com/yc46m3wh">https://tinyurl.com/yc46m3wh</a>	Videos for 6-9 year olds from Childnet Short, 15 minute activities based on the 'SMART' rules. <a href="https://tinyurl.com/y7k7jcwv">https://tinyurl.com/y7k7jcwv</a>	First aid training for children  <a href="https://tinyurl.com/y8xccus6">https://tinyurl.com/y8xccus6</a>	Campfire cooking <a href="https://vimeo.com/423255223">https://vimeo.com/423255223</a>  Why not try cooking chocolate banana boats too?  <a href="https://tinyurl.com/ya8zqv3w">https://tinyurl.com/ya8zqv3w</a>	Choose to do one of these fun science experiments  <a href="https://tinyurl.com/y6cxy5cl">https://tinyurl.com/y6cxy5cl</a>	Wild challenges for all ages  <a href="https://tinyurl.com/yyvqpwppt">https://tinyurl.com/yyvqpwppt</a>	Find out what the colours of a traffic light mean, play a game of 'Traffic Lights' and then make these yummy Traffic light biscuits.  <a href="https://tinyurl.com/yd2rpqob">https://tinyurl.com/yd2rpqob</a>
Wildlife themed activities and quizzes  <a href="https://tinyurl.com/u2fbpet">https://tinyurl.com/u2fbpet</a>	Den building video Link: <a href="https://vimeo.com/423257938">https://vimeo.com/423257938</a>  Orienteering challenge English Link: <a href="https://vimeo.com/423291996">https://vimeo.com/423291996</a>  Orienterring challenge Gaelic Link: <a href="https://vimeo.com/423302713">https://vimeo.com/423302713</a>	Create an obstacle course in your house/garden.  Time yourself and your family going around it.  Can you improve your times?	Recycling craft ideas  <a href="https://tinyurl.com/ybaagp8j">https://tinyurl.com/ybaagp8j</a>  or  <a href="https://tinyurl.com/yar7amjy">https://tinyurl.com/yar7amjy</a>	P6/7 Bikeability videos  <a href="https://tinyurl.com/y942vdjz">https://tinyurl.com/y942vdjz</a>  This classroom pack has quizzes, activities etc which could also be used;  <a href="https://tinyurl.com/yadc6zpc">https://tinyurl.com/yadc6zpc</a>	Learn about recycling - watch these Eco-maths videos  <a href="https://tinyurl.com/ygywrzpd">https://tinyurl.com/ygywrzpd</a>	A fun but disgusting experiment to demonstrate how the digestive system works!  <a href="https://tinyurl.com/y99zaot8">https://tinyurl.com/y99zaot8</a>
Healthy eating/cooking activities  <a href="https://tinyurl.com/yczaa2gs">https://tinyurl.com/yczaa2gs</a>	Create a video blog about something that makes you happy.  Remember to ask for consent from anyone you are going to film	Spend the day screen free, relax and do something outdoors or play something that does not involve the use of digital technology	Healthy teeth facts and games for you to learn about healthy teeth  <a href="https://tinyurl.com/yb7kl24v">https://tinyurl.com/yb7kl24v</a>	Cookalong with Celia (Gaelic) on Vscene  Link will published on facebook	Make a fruit or popsicle smoothie and enjoy it out-side.	Do you know how to cross a road safely? (See THINK!'s online game about crossing safely.)

