




St Mungo's Primary School Home Learning- Health & Wellbeing P1-3



Colour in each activity as you complete it. Remember to write the date as you complete each task.

Complete all work in the jotter you have been given!

<p>Ask a family member to teach you an active game or song that they played as a child. ie "head, shoulders, knees and toe", "Simon Says", "Ring a ring a Roses" or in your own language.</p>	<p>Draw, paint or colour a Spring theme picture. Can you write some Spring words around it?</p> 	<p>Can you follow a simple recipe and make a healthy snack? You could try a fruit salad, fruit kebabs or a healthy soup.</p>	<p>Design and make a den/obstacle course at home or outside...how fast can you complete it?</p>	<p>Design a new PE kit for our school. What would you like to wear? Can you use school colours?</p> 
<p>Draw or write a list of things that a new born baby might need...try to think of as many things as you can. Look at some pictures of you as a baby with your family and talk about them.</p>	<p>Enjoy some family time outdoors! Draw what you can see, hear, feel, Try to use your senses to help you!</p>	<p>Design a Road Safety Poster for children. Try to use some ideas that you have learned in school and at assembly about Road Safety.</p> 	<p>Look around your house and think of all of the things that need electricity...draw one from the following places: A living/sitting room A bedroom A Kitchen</p>	<p>Create a tooth brushing song or chant. Can someone record you performing it?</p> <hr/> <p>Complete an "All about Me" Profile. Write your name, age, school name and favourite things,</p>
<p>Do something kind for someone: Make a card Send a postcard Share some sweets Tidy your toys away Prepare a snack</p>	<p>Make up a new dance routine to your favourite song.</p> 	<p>Start a nature diary. Look out the window each day and keep note of what you see. Birds, flowers, changes in the weather, day and night. What else?</p>	<p>Write a few sentences to describe your favourite meal. What is it? What does it look like? How does it taste? Why is it your favourite?</p>	<p>Use the following websites to complete some Health and wellbeing tasks</p> <p>www.gonoodle.com www.switchedonkids.org.uk www.fischy.com www.twinkl.co.uk</p>