



St Mungo's Primary School Home Learning- Health & Wellbeing P4-7



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>Design and make a toy windmill using junk. Take it outside and see if it will work in the wind/breeze.</p>	<p>Help to prepare a healthy sandwich or snack for your family. Write a list of the ingredients you used and the steps you take to prepare it.</p>	<p>Design a new Playground for our school. Make use of the grass and concrete areas. What would you like to see in our playground?</p>	<p>Use your research skills to discover where the following foods grow: Papayas Galia Melon Dragon Fruit Purple sweet potato</p>	<p>Design a new Sports Kit for a local football team. Think about colours, style and comfort. Can you use school colours?</p> 
<p>As you are growing older you are changing both physically and emotionally. Look at some pictures of you as a baby with your family and talk about them. What age were you when you first walked, talked, had your first tooth etc?</p>	<p>Enjoy some family time together doing some simple exercises, routines or active games. Can you come up with a new game? Write down the rules to it and what materials you might need. Try it out with your family.</p>	<p>Design a leaflet or flyer giving information on safe use of the internet and technology. Try to use some ideas that you have learned in school and at assembly about On-line safety.</p> 	<p>Write a report on about what your ideal job would be. Why did you choose it? What would you do? What might your salary be? Where would you work? Try to include as much information as you can.</p>	<p>Set yourself a challenge each day and see how many star jumps you can complete in 1 minute. Keep a record and see if you improve each day. Complete an "All about Me" Profile. Write your name, age, address, school name and list 5 of your favourite things.</p>
<p>Do something kind for someone: Make a card Send a nice text or email Tell someone they look nice Tidy your bedroom Prepare a snack for someone</p>	<p>Make up a new dance routine to your favourite song. Can you try it out with family and friends?</p> 	<p>Make a poster showing all of the things you should do each day to keep yourself healthy.</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? Do you have it at home/restaurant/take away?</p>	<p>Use the following websites to complete some Health and wellbeing tasks www.gonoodle.com www.switchedonkids.org.uk www.fischy.com www.twinkl.co.uk www.healthforkids.co.uk www.funbrain.com</p>

REMEMBER TO DO SOME HEALTHY ACTIVITY EACH DAY – TRY TO EXERCISE YOUR BODY AND MIND