



In Primary 1 we have been learning about Keeping Healthy.

In class we have looked at SAFE, HEALTHY, ACHIEVING and NURTURE.

Now we are going to look at the fifth letter of Shanarri which is A for ACTIVE.



Look at the pictures on the next page and think of ways you have been keeping your body active and healthy.

Some ideas for you:

- Creating dances
- Playing in your garden
- Making obstacle courses in your house
- Playing games like Twister
- Keeping fit with Joe Wicks (youtube)
- Skipping, cycling or scootering
- Playing tig
- Throwing and catching a ball
- Walking your dog/going for family walks

Active



Exercising



Playing



Games



Dancing



Adventures
Outdoors

Activity

What are you doing at home to keep active? Please can you draw a picture of you doing one or two of these ACTIVE things. Send in a photo of your lovely drawings to Seesaw. You could even send in a photo of you being active with your family. We would love to see them!!!

See you soon everyone and keep ACTIVE!!

Love from Mrs Kendrick, Mrs Grimson, Mrs Heald and Mrs Donegan x