**Primary 2 Health and Wellbeing Grid**

Choose one activity on Tuesday, Wednesday and Thursday afternoon.

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| Exercise  The Daily Mile  Exercise is important for a healthy body and also a healthy mind. Try and complete a Daily Mile today. You can run, cycle, scooter, walk or any other way you can think of. Use an app to track the distance. Aim to get 1 mile! | The Power of Yet!  Sometimes we think we are not good at something because we can’t do it … yet!  Use the “Things I am Good At” worksheet to draw what you are already good at. Then draw what you would like to get better at. You might even want to learn something completely new! | Good Memories  Take 5 minutes to think of a really good memory.  This could be remembering a special day out or it could be a special event, like the birth of a new baby. Draw this special memory and write a sentence about it. |
| The Polis  What do “The Polis’ do?  <https://www.youtube.com/watch?v=WPiFyEt3ry4&feature=emb_logo>  Click on the link above to watch the Video by Let’s Play about being a Police Officer. Afterwards, think of 3 questions that you could ask a Police Officer about their job. Remember to use questioning words and question marks. | Mindfulness Colouring  It’s important to find time to relax.  You might want to read a book, listen to music or play with your toys. Try and have some time away from a screen. You could do some mindfulness colouring. You’ll find the sheets on the blog. | Road Safety  We need to be careful when we are out and about near traffic.  Watch the PowerPoint about Road Safety (on the blog). Next time you are out on your walk, take some photographs of things you see that are used to keep us safe near traffic. This could be traffic lights, speed bumps, etc. |
| Looking After Yourself  How do we care for ourselves?  As we get older, it’s important we start to take care for ourselves by completing simple tasks such as washing our own faces and cleaning our own teeth. Complete the “Looking After Yourself” worksheet. You’ll find it on the blog. | Danger in the Home  It’s important to stay safe at home.  Join Safety Hound Rover and Freddie Flashlight in identifying dangerous objects in the home <https://www.youtube.com/watch?v=r4w7ub5RJeA&feature=emb_logo>  Design a poster warning people about staying safe at home. | Fruit and Vegetables  Can you make a picture using fruit and vegetables?  You could make a happy face or a castle? Or visit <https://www.artforkidshub.com/how-to-draw/food/> and select fruit or vegetables to learn how to draw them. |