

<p>1. Choose a few of the recipes to follow to make a healthy meal for your family. Here are some of my favourites, remember to substitute any items for dietary reasons or if you're vegetarian:</p> <ul style="list-style-type: none"> - Chicken fajitas Chicken fajitas - Prawn stir fry Prawn stir fry - Cajun chicken pasta Cajun chicken pasta - Overnight oats Overnight oats 	<p>2. TikTok has inspired us with many new fun recipes / snacks during lockdown. Your job is to create your own healthy snack. Think about what ingredients are in it, will it be a bar, a drink, a yoghurt or maybe even a small meal? You need to:</p> <ul style="list-style-type: none"> - Give it a name - Draw and label a picture of it - List the ingredients - Explain what makes it healthy. - EXTRA: Can you make an advert to advertise your product. 	<p>3. Use the healthy food template to create a tasty but healthy lunch box. You need to include something from each of the food groups, remember we are aiming for a healthy lunch.</p> <p>Eat well plate information</p>	<p>4. Friendships – Acrostic Poem. Create a Friendship acrostic poem, remember that an acrostic poem is structured by the topic of poem being written down the left hand side. Then every line must begin with the next letter of the word. All of your poem must relate to the topic – and your topic for the poem is FRIENDSHIP.</p>	<p>5. Friendships – ‘You Got a Friend in Me’. Complete the ‘You Got a Friend in Me’ task sheet which will involve you thinking about 6 qualities you look for in a friend e.g. respect and/or kindness. Now explain why you think it is important for a friend to display these qualities. Can you list all of the people in your social circle who display these qualities?</p> <p>Friendship worksheet</p>	<p>6. Lockdown can be challenging for some people. Going out a walk is a simple activity that helps people break up their day and get much needed fresh air. I would like you all to create positive message cards and spread them around the local area for everyone to see. These positive messages could be tied to lampposts, fences, school gates and trees. The idea is that when people see them they will feel happy and uplifted. I would love to see these when I'm out in the community. e.g. ‘All things are difficult before they are easy’</p>
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8. Dental Health – Keeping our teeth healthy experiment.

[Teeth lesson](#)

Health and Wellbeing Activity Grid



7. Relaxation – meditation
Try to find a quiet space in your house or even in your garden (although you might need a jacket for that), listen to some relaxing music and take time to read, draw or just relax.

9. Hygiene
As you get older, it becomes even more important to look after your personal hygiene. I would like you to create an informative poster which gives details about how to keep yourself clean, healthy and fresh.

10. Sleep
Read the information in the link about the importance of sleep. [Sleep information](#)
Now create a leaflet to explain the importance of sleep with others. Remember to have clear and easy to understand information and relevant images to make your leaflet helpful and eye catching.

11. Create an obstacle course in your house or garden, complete it and send in a diagram.

12. Create your own workout.
Think of all of the moves and exercises you've learned from Joe Wicks and from me at school to create your own work out. Think about what exercises you are going to do, how many repetitions and how long to do each for. You can write your workout down and share it with us.

13. Plan a walking route – go out a nice relaxing walk and take photos to show the route that you took.

14. Complete a Yoga workout following the link:
[Yoga Video](#)