

Lawmuir Primary School



Health and Wellbeing Support Guide Early, First and Second Level

Here are some ideas on how you can help me with my Health and Wellbeing learning at home.

Contents

Page 3 & 4:

On this page you will find 24 Health and Wellbeing challenges.

- Nutrition challenges can be found in the **green** boxes and are represented with this symbol
- Physical Activity challenges can be found in the **orange** boxes and are represented with this symbol
- Mindfulness challenges can be found in the **blue** boxes and are represented with this symbol
- When you complete a challenge cross off the box.
- If you are unable to do some of challenges, be creative and make you own.



Page 5:

On this page you will find websites which offer health and wellbeing activities for children.

<p>Challenge 1 Eat at least five portions of fruit and/or vegetables today.</p> 	<p>Challenge 2 Complete 20 jumping jacks (x3).</p> 	<p>Challenge 3 Identify how you are feeling right now.</p> 
<p>Challenge 4 Name an adult you can talk to about your feelings.</p> 	<p>Challenge 5 Try a new healthy food today.</p> 	<p>Challenge 6 How many keepy-uppies can you do in a row?</p> 
<p>Challenge 7 Measure how far you travelled on your daily exercise.</p> 	<p>Challenge 8 Name 3 things which make you a good friend.</p> 	<p>Challenge 9 Keep a food diary for today.</p> 
<p>Challenge 10 Drink 5 -7 glasses of water today.</p> 	<p>Challenge 11 Try a new route on your daily exercise.</p> 	<p>Challenge 12 Name 5 strategies you can use to feel calm when you are feeling negative emotions.</p> 

<p>Challenge 13 Caring is sharing. Help your parent /adult/ sibling today.</p> 	<p>Challenge 14 Have a sweet free day.</p> 	<p>Challenge 15 Complete 20 squats (x3).</p> 
<p>Challenge 16 Dance to your favourite songs for 3 minutes. (x3).</p> 	<p>Challenge 17 Organise your toys/games/belongings.</p> 	<p>Challenge 18 Prepare a healthy snack/meal for you and your family.</p> 
<p>Challenge 19 Choose an item of food and find out its journey; from plough to plate.</p> 	<p>Challenge 20 Hold the plank position for 30 seconds.</p> 	<p>Challenge 21 Make a list of things to look forward to in the future.</p> 
<p>Challenge 22 Pause and identify what you can see, touch, taste, smell and hear.</p> 	<p>Challenge 23 Choose your favourite meal and identify how you could make it healthier.</p> 	<p>Challenge 24 Using skipping ropes skip for 30 seconds (x3).</p> 



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Believe and Achieve

HWB: Home Learning

Being Active	Being Mindful	Being Healthy
Games and activities to help keep you active at home.	Activities to help children with meditation, supporting calmness.	Lots of activities across all areas of Health and Wellbeing.
https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/	https://www.headspace.com/meditation/kids	https://www.nhs.uk/change4life
Free registration	Free trial (there is one for adults too)	Free access

