**Health Week 2020**

**Children I am sorry that we are not at school to enjoy our usual fun-filled Health Week. Here are some activities to try at home. Try to complete at least two a day. Have fun!**

\*Create a poster to advertise cycling safety.

\*Write an acrostic poem with the word ‘Health’.

\*Read a Sid and Shanarri story from their website every day.

\*List all the things that make you feel safe.

\*Make an obstacle course for you and your family to complete.

\*Make a list of compliments for someone at home.

\*Random Acts of Kindness – each day try to do/say something kind to a member of your family.

\*Joe Wicks workouts on youtube

\*10 minutes of relaxation/mindfulness every day

\*Prepare a health meal/drink with your family.

\*Go for a family walk every day.

\*Choose three feelings (e.g. happy, sad, tired, angry, worried, excited, etc.) and record examples of when you feel them.

\*Design a healthy smoothie – draw and label ingredients and make it!

\*Alphabet Challenge – Think of a sport/activity/fruit/vegetable for every letter of the alphabet.

\*Make up a dance to your favourite song (to be performed to family).

\*Create a poster on how to care for your teeth.

\*Make a diary of all the health activities you do.

\*List all the fruits/vegetables you eat this week.

\*Write a poem/rap about being healthy.

\*Draw and label a healthy school dinner tray.

\*Make a shopping list of healthy foods for your family and their prices.

\*Keep a diary to record how much sleep you get each night. Record the time you went to bed and the time you woke up each day.

**Mrs. Hunter**