

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 healthy 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