


Early Level (Primary 1) Health and Wellbeing Home Activities

<p>Create a poster to encourage people to wash their hands correctly.</p> 	<p>Help to make a healthy snack or lunch for your family.</p> 	<p>Access Cosmic Kids Yoga on YouTube and have some mindfulness time.</p> 	<p>Complete a GoNoodle workout and stay active at home. (Sign up free or use YouTube)</p> 
<p>Build a den in your house or garden for you to read or play in.</p> 	<p>Try to get washed and dressed and also brush your teeth by yourself.</p> 	<p>Practise doing zips, buttons and laces.</p> 	<p>Use recycling material to create your own space rocket.</p> 
<p>Play a board game. (Remember to follow the rules and take turns.)</p> 	<p>Draw a picture of someone who helps us and discuss what they do. (Nurse, Police Officer, Dentist, etc.)</p> 	<p>At night, look at the sky to see if you can see the moon, stars and also recognise any constellations.</p> 	<p>Discuss why bumble bees are important and then draw and label a bumble bee.</p> 