








P4/5 HWB & IDL Home Learning Activities

<p>Help to prepare a healthy meal using The Eatwell Plate (www.nhs.uk/eatwellguide). Remember to ask the permission of an adult. Don't forget to wash your hands!</p>	<p>Cut a piece of fruit in half and sketch a drawing of the inside. Try to include as much detail as you can. Can you find out the names of the different parts?</p> 	<p>Help around the house! Ask an adult to set some tasks you can help with. How many can you complete? (e.g. make your bed, wash the dishes, pair socks, put away clean washing).</p>	<p>What makes a good friend? Draw a picture of your best friend and list the things you love about them.</p> 
<p>Visit https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos for a selection of home work-out activities.</p> 	<p>Go on a nature walk/garden tour with your family. How many signs of spring can you spot? Take some photos on your phone/ipad if you can.</p> 	<p>Play outside if possible. Football, hopscotch, skipping ropes, tennis, keepy-ups, hide and seek, scavenger hunt, tig etc.</p> 	<p>Try listening to a meditation clip on you tube, or some relaxing music while completing some mindful colouring. Please ask an adult for permission to use the internet.</p> 
<p>Visit www.twinkl.co.uk/offer for a variety of activities for all curricular areas, including Health & Wellbeing and Climate Change. They are offering a free one month trial at the moment. Enter the code CVDTWINKLHELPS.</p> 	<p>Create a powerpoint or poster explaining the impact of climate change. Use who, what, where, when, why and how questions to structure it.</p>	<p>Greenhouse Gases – what are they? Where do they come from? How can we reduce the greenhouse gases we produce? Carry out some research and create a fact file of your findings.</p>	<p>Watch one of the Ice Age Movies. How accurate were these films? The animals included? Do they link accurately to events in the ice age as they happened? Research and compare!</p> 