




<p>How many of these can you do in 1 minute: Star jumps, Burpees and Push ups Can you try this every day and beat your score? Record your results.</p>	<p>Health and Wellbeing Homework Grid</p> <p>Complete the activities of your choice.</p>	<p>Look at nutritional information and traffic lights on different food labels. Design a healthy eating menu for a week.</p>
<p>Spend some time doing mindfulness colouring, yoga or meditation to relax.</p>	<p>Research how much sleep you will need at the different stages of your life.</p> 	<p>Write a set of instruction detailing the safe way to cross the road. Draw some pictures to go along with the instructions.</p>
<p>Draw or paint a picture of a fruit bowl.</p> 	<p>Design a poster explaining the importance of drinking water.</p> 	<p>Spend some time with family playing a game, baking or helping with chores.</p>