

Name:  
Class:

# Whole School Family Learning Health & Wellbeing Week




Over the next week please work with your child to complete **all of the tasks in bold** and one, two, three or all of the other choice tasks - it's up to you!

Date issued:  
Date due:




Please colour the smiley face to show how you felt about the task, was it:  
Great fun (green)      Ok (orange)      Tried it, wouldn't want to do it again (red)


**Health and Well being - Safe**  
What makes you happy and feel safe?  
You can show this by writing, creating a poem, creating a song or drawing. You decide!




**Health and Well being - Active**  
How many of each of these can you do in 1 minute:  
Star jumps      Burpees  
Can you try this everyday and beat your score?  
Record your results.




**Health and Well being - Responsible**  
Carry out a chore in the house! Do the dishes, help make the dinner, make your bed etc.




**Health and Well being - Healthy**  
Look at nutritional information and traffic lights on different food labels and discuss healthy food choices.




Family Choice Task  
Play a game together.




Family Choice Task  
Help make breakfast, lunch or dinner at home.



Family Choice Task  
Go for a walk or nature trail together and talk about what you have found in the outdoor environment.



Family Choice Task  
Try something new to eat that you've never tasted before.



If you or your child has any comments about the home learning please complete the box below.

Comments Box

Thank you for sharing your child's learning with us. Please sign and date below:  
Signed \_\_\_\_\_ Date: \_\_\_\_\_