

Health and Wellbeing Activities

Follow a recipe and make a snack/ cake for your family.	Find out about different types of medicines and why they can be useful and harmful.	Personal hygiene- Identify what we use and how often we clean for different scenarios.	Take time to chill. Try an audiobook or listening to new music/ podcasts, etc.	Play a board game with a sibling/family members
Create a treasure hunt with a map and clues (indoors/ outdoors)	Growth Mindset- Chat about feelings, and believe that you can achieve your very best: the power of yet Create a poster with positive I can statements	Take part in some mindfulness listening. What can you hear? Feel? Smell?	Fun Fitness – try a circuit at home (inside/outside). 5 squats, 3 burpees, 20 sec sprint, 4 jumping jacks, 5 sit ups, 8 mountain climbers, rest x3	List what makes a good friend. List why you are a good friend. List ways to resolve disputes with friends
Challenge yourself: keepie uppies, trampoline jumps, skipping, flights of stairs, shooting hoops- basketball. Go	List hazards at home. Create a family fire safety plan.	Take part in Relax Kids /Cosmic Yoga/ Go Noddle	Design a healthy lunch for you and your family, with support, create this lunch.	Create a quiz on any topic of your choice or your current topic to try out with your class.