**October Home Learning Grid: Health and Wellbeing and RME**

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| **HWB** **RME** |
| Play a game of ‘Active Simon Says’ with someone at home. You could try:* Simon says jump on one foot 10 times
* Simon says do 20 ‘step-ups’ on the lowest stair
* Simon says do 5 star jumps
* Simon says run as fast as you can for 20 seconds

**Remember NOT to do it if Simon doesn’t say it!** | St Barbara's Primary school badgeSt. Barbara is the Patron Saint of our school.Can you find out 5 things about her and her life?St. Barbara is the Patron Saint of\_\_\_\_\_Her Feast Day is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Upload your answers, please. |
| Make/draw an **Emotions** Rainbow.Can you think of a word to describe how each colour makes you feel? Why? | **October** is the Month of the Holy Rosary.C:\Users\StaffUser\Pictures\Rosary Beads.jpgTry to say a decade of the Rosary with your family each evening.  |
| **C:\Users\StaffUser\Pictures\Safe.pngSafe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included**These are the **SHANARRI** Indicators and they measure YOUR health and Wellbeing. The first is all about keeping yourself **safe –** at home, at school, when playing and online.Can you design a Superhero to represent **Safe?** We would like to have a Superhero everyone would recognize in school.There will be a class winner and one overall winner. Please upload your picture. The closing date for this competition is **Wednesday 28th October.** Good luck! |
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