**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 badge  St. 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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