



## Primary One Health and Well-being Activities



In the afternoons, we would usually learn through other curricular areas such as health and wellbeing. Here is a grid of health and wellbeing activities that you might like to choose from. Highlight the ones you tried at home. 😊

<p>One of our targets in school is to get dressed independently. Can you get dressed by yourself in the mornings and put your shoes on?</p>	<p>Go to a park and have lots of fun climbing on the climbing frames and sliding down the slides! This will develop your gross motor skills.</p>	<p>Can you sing a nursery rhyme? We have been learning Pat A Cake in school and tapping our knees to the beat? Can you give it a go at home? You may want to clap to the beat, nod your head to the beat or choose your own creative way to find the beat.</p>
<p>Do 20 star jumps!</p>	<p>Can you make a symmetrical picture using loose parts, such as sticks, stones or pasta shapes? It can be anything you find 😊</p>	<p>Make up some funny names for healthy foods e.g. Colin the Curly Cabbage (you'll come up with much better ideas!).</p>
<p>Read your reading book at home or your favourite story? Have a chat with someone at home about what the book was about.</p>	<p>Play your favourite board game at home.</p>	<p>Can you tidy your room? 😊</p>

