



Health and Wellbeing Tasks

Week - 2nd June 2020



Hello Everyone - I hope you and your families are all well!

Next week is going to be 'The Carrick Games' and all children in our cluster will be competing in a virtual sports day! Look out for the information on the website and on Teams next Monday!

Remember the school phone line is still open and Miss Flint or I are answering it so give it a call if you want to talk or have any questions! 01655 885802

Task 1 - 'The Resilience Alphabet' Letters D E and F

This week we are focussing on resilience. I have included a great resource on resilience called the 'Resilience Alphabet' there are 26 different activities for you to think, do or say. This week we will focus on D, E and F.

D is for Downtime



Downtime gives us the chance to spend a little time doing what we want – or doing nothing! It can be like a little 10 minute holiday just for you.

Think: Where is the best place in your house or garden to have downtime?

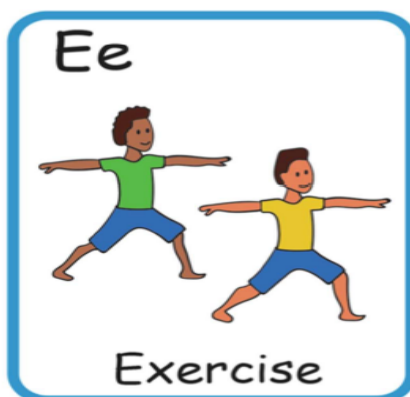
Say: "I can have a 10 minute holiday every day if I choose."

Do:

- Decide where in your house or garden you can go for a 10 minute holiday
- Ask an adult if you can make a snack or picnic
- Draw a picture of your favourite place; or just sit and enjoy your picnic in it

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E is for Exercise



We know that exercise is important to give us a healthy body both inside and outside. Like plants we need fresh air and sunshine to grow and feel good, so getting outside to exercise is important for us too.

Think: What is your favourite kind of exercise?

Say: "I am exercising every day, so my body and brain are full of energy."

Do:

- How many different kinds of exercise can you do today?
- You can go on a walk, skip, jump, run, climb the stairs, star jumps, box the air
- Try to include someone else and have fun together!

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F is for Fun



Fun is when we do something that makes us feel happy. It can be something we do with others or something we like to do by ourselves. It can be something we do indoors or outdoors. No matter what is happening, it is good to have times of fun and enjoyment.

Think: What have you done over the last week that has been fun for you?

Say: "Today I am choosing to have fun!"

Do:

- Write, draw or think about 7 different activities you would find fun
- Plan to do one each day this week
- Try to make them a mix of things you can do on your own or with someone else

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<https://education.gov.scot/media/01pbr34x/resiliencealphabet.pdf>

Task 2 - The Carrick Games

As I mentioned next week will be 'The Carrick Games' so to practise this week I have 2 activities for you to try:

1. Speed Bounce

How many times can you jump from side to side in 30 seconds?

2. Step ups

How many times can you step up in 30 seconds?

Challenge someone in your family to do it with you! Ill post a video onto teams to explain further!

Hope you enjoy these activities this week,

Take care and stay safe,

Mrs Kay

