

Health and Wellbeing

As part of our learning on healthy eating, we thought you could keep a food diary for a week. This means you would record what you've eaten for each meal including snack and drinks.

Keeping a food diary is useful because it can help you spot what types of food you eat. Remember it is important to have a good balance. We have attached a food diary template that you can use or feel free to create your own.



Drama

There is the story of 'Aladdin' with drama activities that you can listen to and follow.

This is the link:

<https://www.bbc.co.uk/programmes/b03g6w2d>



R.M.E

You can watch the story of 'Daniel and the Lion's Den':

<https://www.youtube.com/watch?v=MqJl0dzYYuA>

What do you think the main message of this story is?

You can you draw a picture of Daniel and the lions and then colour it in.



Interdisciplinary



P.E

Skipping with a rope is a fantastic activity; it develops fitness, coordination and balance. If you have a skipping rope why don't you practise skipping. Sometimes children enjoy singing rhymes as they skip, you could ask an adult if they know of any rhymes that you could try.

If you don't have a skipping rope or you would like to build up to skipping here are some activities that will help:

- Find a stick and jump over it, forwards, backwards and sideways.
- Jog on the spot with high knees.
- Jump on the spot and count to a beat as you jump.
- Use an imaginary rope and pretend to turn it over your head and jump when it would be at your feet.

Art

For art you can make your own magic carpet from 'Aladdin'. You can choose how you create and design it by using a variety of materials. Think about colours, shape, pattern and texture. You can draw it or make a model; it is completely up to you. Hope you have fun!

