|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday  **Emotional & Mental Health** | Tuesday  **Healthy Eating** | Wednesday  **Dental Health & Hygiene** | Thursday  **Road Safety** | Friday  **Sports Day** |
| Task 1 | **Cosmic Kids Yoga** – Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence. Videos on their YouTube channel.  <https://www.youtube.com/user/CosmicKidsYoga> | **Fruit Animals** - Add some fun to your fruit! Create your own animals out of fruit and share your creation by taking a photo and sending it to the school email address.  <https://www.youtube.com/watch?v=33OdyVzqqjA> | **Sing a song**- The NHS states that you should brush your teeth twice a day for 2 minutes.  Come up with a song with words that lasts 2 minutes. This way once you have got to the end of the song, your teeth will sparkle 😉  Here is an example:  <https://www.youtube.com/watch?v=O4wDITXrvrc> | **Make it safe**- Make sure you are with and adult and go outside for a short walk. Try to go somewhere that you can see a road but make sure you stay on the pavement. Think about what dangers you can see. When you are back home, create a list of things that you can do near roads to keep safe. Did you manage to make all the dangers a little safer? | **Sports Day!**  Think of some sports/ active activities you can enjoy with your family. These can be done in your garden or other outside space and require very few resources.  It would be great if you could share any photos or videos of your Sports Day to files on your class Teams page to show what you did.  You could do some of the activities below in preparation for your event.  **Name It** - Decide on a name for your Sports Day- you might want to include your family surname, street name or area that you live.  Create a poster to advertise your Sports Day. Remember to include the date/time/location.  <https://www.youtube.com/watch?v=nGDJI11vnMA>  **Scores** - Think about how you will record the scores for one of your activities. Could you create a tally or picture chart to show how your participants score in your selected activity?  **Number Cards & Medals/Certificates** - Design number cards to be worn by the participants during the event. These could include your event name and may be the same colour scheme as your advertisement posters.  Create medals or certificates to reward the winners of each event.  **Healthy Snack** - Plan some healthy snacks for the participants in sports day to enjoy after the event. Here is a clip about the importance of healthy eating.  <https://www.youtube.com/watch?v=mMHVEFWNLMc>  **Obstacle Course** - Design an obstacle course/steeplechase for Sports Day. Once you have designed it, try completing it and see if you can beat your best time. Here is a clip for inspiration.  <https://www.youtube.com/watch?v=_NdJtdfYoMc> |
| Task 2 | **Heart Map** – Draw or use a template of a heart. Split it up into sections. This will be a map of your heart where you can draw in pictures of things that are important to you.  <https://www.youtube.com/watch?v=VOSIMm1cH08> | **Rainbow Meal –** Eating fruit and veg in a variety of colours (red, dark green, yellow, purple, white and orange) provides the broadest range of nutrients. Create a healthy meal with as many different colours as you can.  <https://www.youtube.com/watch?v=dgjU7mfZHOo> | **How much sugar-** Get help from an adult and have a look for 10 food/drink items in your house that still have the packaging. On the back it will tell you how much sugar it has per 100g. Sort them from highest sugar content to lowest. Did any of them surprise you?  Research the effect that sugar has on your teeth and when is the best time to brush your teeth to minimise damage. | **It’s a sign-** If you look around you when you are out and about you will see lots of different road signs, they all tell you different things .Can you find out what these signs look like?  Stop, Give way, School crossing, No entry, Roadworks, No bicycles, 30Mph speed limit.  Create a funny picture using these signs. |
| Task 3 | **Stay connected!** - Write a letter or draw a picture for someone who is not in your house that you haven’t seen for a while. Post it to them or show them over video call them and show them how much you love and miss them. | **Taste Test** – Take part in a taste test with your family. One member of the family will be blindfolded and needs to guess what they are eating! Make sure to use the 5 different tastes: sweet, salty, sour, bitter and umami.  <https://www.youtube.com/watch?v=C4rdqXXzPGU> | **What am I?-** Ask an adult to help you find the definition of these tooth related words:  Decay Plaque Enamel  Root Filling Bristle  Nerve Molar Incisor  Filling Retainer Examination | **Road Safety Poster** – Create a poster which shows the important steps that you should take every time you cross a road. You should think about the ‘Green Cross Code’ to help you. Here is a website for you to have a look at, to help you remember:  <https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/> |
| Task 4 | **Feelings Cloud** – Draw a picture of a cloud with raindrops underneath it. Colour a raindrop each day to show how you're feeling and talk to someone about the colour you chose.  Red = happy  Blue = sad | **A-Z Fruit/ Veg List** –Create an A- Z list of different fruits and vegetables. Use each letter of the alphabet and find a fruit or vegetable which starts with that letter, e.g. A – Apple, B – Banana C – Carrot, etc. You could also add pictures of the foods to your list. | **Instructions** – Draw a set of picture instructions for how to brush your teeth to help younger boys and girls to learn how to do this. You could try to act out how you brush your own teeth and make a picture for each step after you do each action, to help you to remember all the important parts. You could use the following video to help you when doing this: | **Pedestrian Crossings** – In the UK, we have different types of pedestrian crossings. Ask an adult to help you find out about these pedestrian crossings (what they look like, how you use them, et c.):   * Zebra * Pelican * Puffin * Toucan |
| Task 5 | **What I Love about my body** –Draw a picture of yourself and think about how you can keep your body healthy, like eating healthy foods and doing exercise. Try to do these things at least once a day to keep your body healthy. | **Healthy Eating Advertisement –** Make a poster to encourage other people to eat healthy foods. Ask an adult to help you with what foods are healthy – look around your house and find some healthy foods to draw in your poster. | **Good and Bad-** Draw and cut out two teeth from a piece of white paper. On one tooth draw a picture of everything that you think could cause damage to your teeth. On the other tooth draw a picture of what you consider to be a better choice of drink/snack. | **Safe Route –** Draw how you get to school, including everything that you pass on your way. If you cross any roads on your way to school, think about safe places to cross, especially if there are no pedestrian crossings. |