**P1 HWB Focus Grid**



**I hope you enjoyed Sports Day. I’m looking forward to seeing all the photos! Please choose some of the Health and Wellbeing activities from the grid below to complete for the rest of the day.**

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| Wellness Walk  Go for a walk and listen to the birds, the trees in the breeze etc. What else do you hear? Close your eyes and take 5 deep breaths, listen to your breath and be still. Do you hear anything else? What can you hear, smell, see and touch? | Den Building  Make a den somewhere in your room or home. This can be a quiet place for you to relax after working hard during the day.  Fort Building with Banana Boxes | Build a fort, Cardboard box fort ... | A Goodnight’s Sleep  Remember that sleep is also very important. At bedtime, try to do something relaxing to help you get to sleep easily. What is your favourite bedtime story? | Get Moving!  <https://imoves.com/the-imovement>  Open the link above, there are lots of fun activities for you to enjoy.  Kids Dancing Images, Stock Photos & Vectors | Shutterstock |
| Food Critic  Can you become a food critic? Taste a new fruit, vegetable that you have never tried before. Describe the taste to someone at home. | Road Safety  <https://youtu.be/-4tSsHQTFy4>    Nanny Nitro sings about staying safe when crossing the road. She remembers to STOP, LOOK & LISTEN. Can you come up with your own song/rap about crossing the road safely? Ask a grown-up to video you performing it. | Let’s get cooking!  With an adults help, choose a recipe from the recipe grid to make for your family. Or choose your own favourite healthy recipe. | Mindfulness  Take some time out during the day to do something you enjoy, try to have a break from technology, for e.g. read a book, sing, dance, colour in or listen to music. |
| Wish Jar  As a family, create a wish jar of things that you would like to do when restrictions are lifted.  How To DIY: Wish Jar | Helping at Home  Working as a family and helping to keep your home tidy is not only helpful but it’s a good life lesson too. What chores can you help with today? | Keep Connected  With an adults help, phone or video call a friend you haven’t spoken to in a while. Find out what they have been doing to keep busy during Lockdown. | The Power of Music  Speak to everyone in your house and ask them to tell you their top 3 favourite songs. Ask a grown up to help you make a playlist and have a mini disco!  Will dancing emoji find a partner? Unicode considers 38 new ... |