

# Healthy

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p data-bbox="338 326 617 358"><b>Kid's in the Kitchen</b></p> <p data-bbox="205 375 239 402">P1</p> <p data-bbox="205 415 701 613">With an adult, make up some funny names for healthy foods e.g. Nosey The Carrot, Colin the Curly Cabbage (you'll come up with much better ideas! ).</p> <p data-bbox="205 626 285 654"><b>P2-P4</b></p> <p data-bbox="205 667 709 824">With an adult, search for the EatWell Guide (Scotland) on the internet and then talk about the different food it suggests you eat.</p> <p data-bbox="205 837 285 865">P5-P7</p> <p data-bbox="205 878 743 1203">Gather three different size bowls and without weighing, attempt to estimate 30g of your regular breakfast cereal. Now weigh these out and see which was closest. Determine which bowl to stick to in future. OR come up with three healthy breakfast ideas. Would you be able to prepare then yourself?</p>	<p data-bbox="953 326 1148 358"><b>My emotions</b></p> <p data-bbox="779 415 812 443">P1</p> <p data-bbox="779 456 1316 618">Read a storybook with an adult about feelings (there's lots online <a href="https://www.storyberries.com/category/feelings-and-emotions/">https://www.storyberries.com/category/feelings-and-emotions/</a>)</p> <p data-bbox="779 631 858 659"><b>P2-P4</b></p> <p data-bbox="779 672 1304 911">Discuss with someone at home all of the emotions you know. Find out how that person regulates their emotions – discuss ways you can regulate your emotions and try it out (e.g. mindfulness <a href="https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/">https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/</a>)</p> <p data-bbox="779 1008 858 1036">P5-P7</p> <p data-bbox="779 1049 1304 1248">Create a video, picture or a creative way of showing all the emotions you know and what you do to regulate them post it to Teams. Challenge: find out how many emotions there are!</p>	<p data-bbox="1514 326 1730 358"><b>Keeping active</b></p> <p data-bbox="1352 415 1885 613">P1 Some body parts are used more than others when you exercise: ask an adult at home to show you where your lungs, heart, hamstring and calf muscles are!</p> <p data-bbox="1352 672 1432 699"><b>P2-P4</b></p> <p data-bbox="1352 712 1877 870">Bedtime stories can help make you sleepy. Choose your favourite bedtime story and get an adult to read it to you to help you get a deep sleep</p> <p data-bbox="1352 919 1871 1157">P5-P7 Sleep Quiz: find out what the recommended hours sleep is for your age. Find out which living thing needs most sleep. How much sleep your favourite animals need? Test your family/ classmates on Teams!</p>