

## Nurtured

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<b>Food Planning</b>	<b>Friendship</b>	<b>Skills</b>
<p>P1 Do you have a young baby in the family or through friends? Explore the different things a baby needs e.g. nappies, food (milk or solids), size of clothes</p> <p><b>P2-P4</b> <b>With an adult, make up a shopping list of all the essential items that are brought into the house each week e.g. milk, bread, cereal, vegetables. This helps show that everyone in the family has similar basic needs.</b></p> <p>P5-P7 Calcium is essential for strong healthy bones. Do some research to find out which foods are rich in calcium. How many do you currently eat and how many would you like to try?</p>	<p>P1 Have a chat at home with an adult about good things to do if you get upset or have a worry. These could be talking to a trusted adult, finding a friend to talk/to play with, use good words to explain how you feel “It makes me sad when...” “I feel upset because...”</p> <p><b>P2-P7</b> <b>Ask the adults at home to tell you how they met their friends and how long they have known them. Some friendships can last “a lifetime” and some are formed for different reasons e.g. sharing the same interests, working together. Think about how you met your friends.</b></p>	<p>P1 Taking turns is a skill we have to learn and it can be tricky to start with. Get some help and encouragement with this at home by playing some throwing and catching games.</p> <p><b>P2-P4</b> <b>With an adult, plan a safe cycle or scooter route for you to get out on your wheels more!</b></p> <p>P5-P7 With an adult at home, research a sport that is about giving your bones a work out. Find out all about this sport and how it gives you skeletal strength. You could even try one.</p>