

Healthy

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p data-bbox="338 326 617 358">Kid's in the Kitchen</p> <p data-bbox="201 371 239 404">P1</p> <p data-bbox="201 412 701 613">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="201 623 285 656">P2-P4</p> <p data-bbox="201 664 709 824">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="201 834 285 867">P5-P7</p> <p data-bbox="201 875 741 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 1144 358">My emotions</p> <p data-bbox="772 412 810 444">P1</p> <p data-bbox="772 453 1318 618">Read a storybook with an adult about feelings (there's lots online https://www.storyberries.com/category/feelings-and-emotions/)</p> <p data-bbox="772 628 856 660">P2-P4</p> <p data-bbox="772 669 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 https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/)</p> <p data-bbox="772 1002 856 1034">P5-P7</p> <p data-bbox="772 1042 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">Keeping active</p> <p data-bbox="1346 412 1892 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="1346 669 1430 701">P2-P4</p> <p data-bbox="1346 709 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="1346 909 1877 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>