*Health week Activity Board*

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| |  | | --- | | Healthy Plate – Draw  a healthy lunch on a plate.  Free Healthy Foods For Kids Clipart, Download Free Clip Art, Free ... | | |  | | --- | | Keep a simple diary  with all of the fun health activities that you do over the week | | |  |  | | --- | --- | | |  | | --- | | Can you identify some special qualities you have and a family member has. | | | Make a healthy sandwich.  Sandwich Clip Art Black And White | |  | | --- | | Follow the link to a fun PE scavenger hunt <https://docs.google.com/document/d/1vZfUQigQjyCjTEb3OEiOeRHpgXdjSI0k2Hbl2FHhS0w/edit> | |
| |  | | --- | | Remember that sleep is very important. At bedtime, try to do something relaxing to help you get to sleep easily. | | |  | | --- | | Learn this dance with the KIDZ BOP kids  <https://www.youtube.com/watch?v=Ojblhvzvjsk> | | Ask an adult if they can share some of the games they used to  play as a child e.g. hopscotch. Can you learn how to play it? | Learn all about how your muscles workteams – p <https://www.youtube.com/watch?v=f_F5UwtdPOc>assig the egg to your team mate. | Use the link below where there are lots of fun activities for you to enjoy.  <https://imoves.com/the-imovement> |
| With an adult use the link below to choose and make a snack or meal for your family.  <https://www.bbcgoodfood.com/recipes/collection/kids-cooking> | Make healthy ice lollies. Use plastic cups if you don’t have the moulds  <https://www.bbcgoodfood.com/recipes/strawberry-milk-pops>rs and tables around and set up a fun obstacle course. | Make a sound  map. Find a quiet space or zen den. Use a pen and paper to mark an X (yourself) Draw sounds you can barely hear far away from the X and small. Draw loud sounds you hear bigger. | Learn how to take your pulse  <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467> | Use table spoons and have an egg and spoon race. You could also try this working in teams, passing the egg to your team mate |

Email us photos of how you get on with your chosen health week tasks at wlourladyoflourdes-ps@westlothian.org.uk