*Health week Activity Board*

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| Healthy Plate – Drawa healthy lunch on a plate. Free Healthy Foods For Kids Clipart, Download Free Clip Art, Free ... |

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| Keep a simple diary with all of the fun health activities that you do over the week |

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| Can you identify some special qualities you have and a family member has.  |

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 | Make a healthy sandwich.Sandwich Clip Art Black And White  |

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| Follow the link to a fun PE scavenger hunt <https://docs.google.com/document/d/1vZfUQigQjyCjTEb3OEiOeRHpgXdjSI0k2Hbl2FHhS0w/edit> |

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| Remember that sleep is very important. At bedtime, try to do something relaxing to help you get to sleep easily.  |

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| 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 soundmap. 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