

Health & Wellbeing Indicator Activities



We hope you have a lovely summer break.

Below are some fun activities and ideas you may wish to take part in linked to the eight Health and Wellbeing Indicators – **Safe, Healthy, Achieving, Active, Nurtured, Respected, Responsible and Included (SHAANARRI)**

<https://youtu.be/uEolEGlhaas> Listen to the SHAANARRI song to remind you of each Indicator.

Safe

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p style="text-align: center;">Food Safety</p> <p>P1 Prepare a simple snack at home, washing and drying your hands carefully before you start.</p> <p>P2-P4 Do you know what foods need to be stored in the cupboard and which in the fridge? Discuss this with an adult at home.</p> <p>P5-P7 Research E.coli which is a type of bad bacteria that causes food poisoning. Know all about it: where it is found, conditions that help it grow and multiply, the effect it has on humans, treatments to get rid of it.</p>	<p style="text-align: center;">Emergency situations</p> <p>P1 Get help at home to remember some contact details e.g. mummy’s phone number. Try saying it as part of a rhyme or song so you know it off by heart!</p> <p>P2-P4 Think about people in a community who help us-test out your knowledge on an adult at home and see how many they can come up with!</p> <p>P5-P7 In school we have regular fire drills so we all know what to do in an emergency. With an adult, discuss what you do to stay safe if you were in a building other than school and there was a need to evacuate e.g. home/cinema /shopping centre/ LLCC.</p>	<p style="text-align: center;">Sport and Safety</p> <p>P1 Makes sure you always wear a helmet when you are on your bike or scooter and make sure it fits you properly.</p> <p>P2-P4 Lots of sports require protective clothing. Make a list of the sports that do and what the items are. Discuss with an adult why they are necessary.</p> <p>P5-P7 Cycle Safety: research road signs and be able to describe them and explain what they are and what you need to do at them if you are out on your bike. For example: what does the sign for “No Left Turn” look like? What about the sign for a mini roundabout? What do you need to do when you approach one?</p>

Healthy

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p style="text-align: center;">Kid's in the Kitchen</p> <p>P1 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>P2-P4 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>P5-P7 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 style="text-align: center;">My emotions</p> <p>P1 Read a storybook with an adult about feelings (there's lots online https://www.storyberries.com/category/feelings-and-emotions/)</p> <p>P2-P4 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>P5-P7 Create a video, picture or a creative way of showing all the emotions you know and what you do to regulate them. Challenge: find out how many emotions there are!</p>	<p style="text-align: center;">Keeping active</p> <p>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! P2-P4 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 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!</p>

Achieving

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<p style="text-align: center;">Kid's in the Kitchen</p> <p>P1 With an adult start a list of foods you enjoy and foods you might like to try eating.</p> <p>P2-P4 Make something for the family to enjoy e.g. a cake, a pot of soup.</p> <p>P5-P7 Dos and Don'ts –come up with 7 rules that ensure safety when YOU help with the cooking.</p>	<p style="text-align: center;">Improving our self-esteem</p> <p>Think about when you have learned to do something new or achieved a target.</p> <p>P1 With an adult start a list of all the things you can do by yourself.</p> <p>P2-P4 Think up a list of skills you've learned since you were born.</p> <p>P5-P7 Make a fact file about your Role Model: What is it you like best about this person? What qualities and skills do they have that you would like to have? What motivates you to be like them?</p>	<p style="text-align: center;">Keeping active</p> <p>P1 Try indoor basketball! Roll up newspaper into balls and try to throw then in a bin/container! Or Frisbee toss with paper plates!</p> <p>P2-P4 Are you getting at least 60 minutes (one hour) of physical fitness EVERY day? Keep a chart for 7 days.</p> <p>P5-P7 Come up with three creative play/game ideas for you to keep active that involve new moves or skills</p>

Active

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<p style="text-align: center;">Healthy Foods</p> <p>P1-P4 Breakfast is the most important meal of the day when you break the fast you have had during the night eating nothing. Try different things for breakfast.</p> <p>P5-P7 Talk to an adult how about how an unhealthy diet and lifestyle can negatively affect your heart. Identify three “super foods” for your heart and research why these foods can keep you healthy and prolong your life.</p>	<p style="text-align: center;">Staying Active</p> <p>P1 With an adult, be active doing regular things like singing/dancing/marching along to the music of your favourite TV programmes.</p> <p>P2-P4 Keep a record of how much time you spend every day being active.</p> <p>P5-P7 Prepare a two minute talk to deliver at home to support the idea that walking it or wheeling it to school can promote independence/ confidence/road safety awareness/ general health & wellbeing.</p>	<p style="text-align: center;">Staying Active</p> <p>P1-P4 Go out a walk with member of the family and see how many things you find to spell/sound out the word “ACTIVE” It can include things you can’t pick up e.g. “the View”!</p> <p>P5-P7 As children you are more flexible than adults: flexibility means you can bend and stretch without much trouble! Try out these flexibility exercises with an adult: touch your toes/side stretches to the right and left/ front roll/ star jumps. Choose your favourite and do it regularly and encourage the adult to join in with you</p>

Nurtured

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<p style="text-align: center;">Food Planning</p> <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>P2-P4 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.</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 style="text-align: center;">Friendship</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>P2-P7 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.</p>	<p style="text-align: center;">Skills</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>P2-P4 With an adult, plan a safe cycle or scooter route for you to get out on your wheels more!</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>

Respected

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<p style="text-align: center;">Likes and Dislikes</p> <p>P1 Discuss the foods you like and dislike with an adult. Find out if the adult's food preference changed as they grew up.</p> <p>P2-P4 Draw up a list of foods family members like and dislike. Discuss how the adults at home manage to respect this as this can often be tricky!</p> <p>P5-P7 With the help of an adult, research a food allergy and then consider what you might have to do/change in your own eating habits to respect a person's food allergy.</p>	<p style="text-align: center;">Magic Moments</p> <p>P1-P7 We all need to think about the good things that happen to us. This improves our wellbeing. Make sure at the end of each school day or before bed we time we focus on the positives and so, with an adult share the small moments that made you happy. Try this every day this week and then try to make it a good habit! Get the adults to ask you every day about the "magic moments"!</p>	<p style="text-align: center;">I can</p> <p>P1 At home with an adult, choose a favourite game, talk about the rules and why it is important then play the game. Were you a "good sport" and clapped not only if you were winning?</p> <p>P2-P4 At home with an adult, find a job that is easier if it is done with more than one person to complete it e.g. putting the cover on the duvet, turning the mattress on the bed, folding a sheet. Why are the different roles important?</p> <p>P5-P7 At home create a Physical Positivity Blog/Record of "I can" statements e.g. I can run, I can jump, I can do the splits, I can swim. Share them with an adult.</p>

Responsible

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<p style="text-align: center;">Food Sources</p> <p>P1 Help put the shopping away and as you do discuss with an adult where you think the food came from-an animal or a plant</p> <p>P2-P7 Next time a food advert comes on TV discuss with an adult whether the advert makes you want to try the food and why. Discuss if the food is healthy food or not. Is the advert a responsible advert or are you more responsible in your thinking/choices? Tricky!</p> <p>P4-7 Challenge: create your own advert for your favourite food.</p>	<p style="text-align: center;">Responsibility at home and community</p> <p>P1 What jobs does everyone in the house do to keep it clean and tidy? Chat to an adult at home about this and see if the jobs are shared evenly. What is your job?</p> <p>P2-P4 At home discuss all the people in the community who help create a safe and healthy environment for you to live in e.g. dog wardens/police</p> <p>P5-P7 What would make your community healthier and happier. Make something creative that could be displayed in the community to get people to take responsibility for dog fouling/ dropping litter/parking on pavements.</p>	<p style="text-align: center;">Responsible activity</p> <p>P1-2 We can take responsibility for having good health if we are outdoors more so go on a Wild Walk and take a bag to collect things like twigs and feathers!</p> <p>P3-7 Working with an adult at home, learn how to take your pulse. Aim to do 15 minutes of exercise and then take your pulse rate before (resting), during (active) and after (cooling down). Keep a note of this. Try this at least 3 times in a week. Notice any improvement?</p>

Included

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p style="text-align: center;">Kid's at the Table</p> <p>P1-P7 Next time you are preparing to sit at the table to eat ask if you can set the table to include everyone. You might want to make place cards for where people have to sit! Or what about a menu card for everyone and glasses for different drinks! Be as creative and inclusive as you can be! Also, you could create some "Dinner Table Rules" and agree which you are going to follow all the time e.g. clearing your plate /cutlery away.</p>	<p style="text-align: center;">Being included</p> <p>P1 If you don't already do this what about getting a shoe box and starting a collection of all the things that are special to your child as they grow up! As they are getting older include them in this lovely activity!</p> <p>P2-P4 At home talk about the skills and qualities you are learning by being part of a family/community and watching/observing your older family members e.g. mummy likes baking, so do you, big brother is good at football and you seem to be too, granny has a lovely smile and so do you!</p> <p>P5-P7 If somebody tries to "wind you up" imagine a huge cloud of fog swallows up their insults so they can't reach you. If you do feel you need to respond, use a bored-sounding voice and keep your answers something like " "If you say so.. ", "you could be right..." "Mmmmm...maybe..."Try this technique out at home and get an adult to role play with you.</p>	<p style="text-align: center;">Being a team player</p> <p>P1 Play a game in teams with the family e.g. set up dominoes and make a domino run!</p> <p>P2-P4 Being included in any sports activity means following rules: share some of these rules and reasons for them with your family. Try playing a game in teams.</p> <p>P5-P7 Participation in sport can help you to develop personal qualities that can benefit you in the future e.g. cooperation. Discuss with an adult at home and come up with another four.</p>