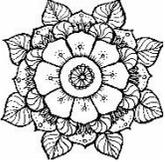
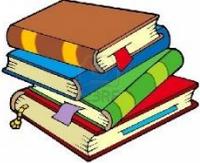


HEALTH WEEK Second Level, P5 - P7 Grid

15th to 19th June

<p>Join Joe Wicks for PE lessons. https://www.youtube.com/user/thebodycoach1</p> 	<p>Go for a cycle ride with your family. Draw a map of your route. How far did you cycle?</p> 	<p>Create a short Dance or Fitness routine (2 mins or less). Teach it to a member of your family. Post a video or photos for everyone to see your routine.</p> 	<p>Try a short yoga routine. https://youtu.be/Td6zFtZPkj4 Try making your own yoga routine using the moves on the cards.</p> <p>File: Summer Olympics Yoga Cards</p>	<p>Den building. Go for a walk in the woods and build a den or build a den in your back garden.</p>  <p>https://www.edenproject.com/learn/for-everyone/how-to-build-your-own-den</p>	<p>Captain Petes Challenges. Select one or two of the activity cards to complete each activity on them.</p>  <p>File: Cpn Petes Home Activity Visual Packet.</p>
<p>Create your own mood monsters to display. Use them on a daily basis to show and discuss how you are feeling.</p> 	<p>Try some Mindfulness colouring in activities.</p>  <p>Files: Mandela themes or 2D shape sheets or use an app on your device Colorfy: Art</p>	<p>Watch the two videos – Talking about Mental Health. Well all have Mental Health. What have you learned from them?</p> <p>https://www.youtube.com/watch?v=oz1S66_pYTw</p>	<p>Read through the powerpoint about feelings and emotions.</p> <p>Files: Be Kind to yourself activity sheet. Feelings chart pdf Feelings cloud</p>	<p>Play a board game or read your favourite book.</p>  	<p>Complete some of the mindfulness challenge cards.</p>  <p>Files: Mindfulness</p>

<p>File: Meet the mood monsters Power point.</p>	<p>Colouring Games app is fun.</p>	<p>https://www.youtube.com/watch?v=DxIDKZHW3-E</p>	<p>mental health check in</p>		<p>challenge cards pdf</p>
<p>Sleep well activity</p>  <p>File : Sleep a vital part of a healthy lifestyle</p> <p>File: The importance of sleep activity sheet</p>	<p>Sleep and screen time video</p>  <p>https://www.youtube.com/watch?v=ip6prE81tFE&feature=youtu.be</p>	<p>Sleep and social media</p>  <p>https://www.youtube.com/watch?v=WyomupWZs_4&feature=youtu.be</p>	<p>Sleep and Social media</p>  <p>https://www.youtube.com/watch?v=0HpoOdONBqQ&feature=youtu.be</p>	<p>Yoga moves to promote relaxation and sleep</p>  <p>Files:Yoga moves to promote sleep and relaxation.</p>	<p>Sleep and mental health</p>  <p>https://www.youtube.com/watch?v=ngr_bkrMwik&feature=youtu.be</p>
<p>Read through the Healthy eating powerpoint.</p> <p>Files: Healthy eating powerpoint.</p> <p>Keep a Diary of everything that you eat and drink this week. Evaluate how healthy it is at the end of the week.</p> <p>Files: Healthy eating my food Journal</p>	<p>Make a funny pictures using the fruit and veg that you have in your house.</p> 	<p>How long does it take to burn off calories? You would be surprised have a look at the Activity.</p> <p>File: Working of the calories Activity</p>	<p>Design a Healthy Lunch box. Design your own lunchbox or use the template in</p>  <p>Files: healthy packed lunch activity sheet</p>	<p>Create a fruit Kebab using the fruits you have in your house.</p> 	<p>Help to make a meal for your whole family. Reference the Large food poster in files to help you plan your meal.</p>  <p>Files: Large food groups poster.</p>

Remember choose one activity from each colour on Monday, Tuesday, Wednesday and Friday. Keep Thursday free - that is our Sports Day!

Green are Physical activities, Blue are Health and Wellbeing, Pink are sleep well and Gold are Healthy Eating Activities.

All Files can be found in the files folder and the names are in purple below the activity as are links to video clips.



If you have children in different stages, choose an activity from each stage so that you only do 3 a day.

