

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 post it to Teams. 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</p> <p>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>