

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</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. Share this on Teams.</p>

	out at home and get an adult to role play with you.	
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