

# Respected

<b>Food and Health</b>	<b>Healthy Lifestyles</b>	<b>P.E. Physical Activity and Sport</b>
<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?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>