

Early Level Health and Wellbeing Home Activities

Create a poster to encourage people to wash their hands correctly.



Help to make a healthy snack or lunch for your family.



Access Cosmic Kids Yoga on YouTube and have some mindfulness time.



Complete a GoNoodle workout and stay active at home. (Sign up free or use YouTube)



Build a den in your house or garden for you to read or play in.



Try to get washed and dressed and also brush your teeth by yourself.



Practise doing zips, buttons and laces.



Use recycling material to create your own space rocket.



Play a board game. (Remember to follow the rules and take turns.)



Draw a picture of someone who helps us and discuss what they do. (Nurse, Police Officer, Dentist, etc.)



At night, look at the sky to see if you can see the moon, stars and also recognise any constellations.



Discuss why bumble bees are important and then draw and label a bumble bee.

