

Can you complete a 3 minute 'wake up and get active' work out. When you get up try 1 minute star jumps, 30 seconds running on the spot, 1 minute star jumps, 30 seconds running on the spot. Can you create your own short morning workout with your own exercises and timings?	Who inspires you? Draw a picture of someone who takes care of you, loves you and keeps you safe. Can you tell them how important they are to you?	Make a 'how to' guide about ways in which you and your family are healthy. This could be a leaflet, poster, video, cartoon strip, slideshow, photo story, etc.	Everyone needs to have a bit of down time during their day to relax and refresh. You could listen to some music, read a book or a magazine, complete a mindfulness colouring sheet or chill on the sofa or in your bedroom.
Make a healthy breakfast for someone in your family.	Have a 'week of wellbeing' at home when you praise someone for some-thing every day.	Measure out the ingredients and bake or cook with someone.	Go for a walk every day for a week. You could also cycle or scooter.
Write down 5 reasons why you are just amazing e.g. what makes you proud, what you are good at, do you help others, etc.	UNPLUG Put all screens (e.g. TV, tablet, phone, laptop) away for one morning, afternoon or night each day this week - keep a record of what you do instead.	Think about a friend. Write a list to celebrate all the ways in which you are similar and different. Create a friendship note for them and tell them how proud you are of their unique qualities.	What is your personal care routine each day? (Brush teeth, shower, hair, exercise, etc.). Why is it important that we take care of our mind, body and health? Can you make your routine into a poster?
Be a superhero at home! Ask your adults if they need any help around the house. How many super jobs can you do?	Create a healthy dish for your family to eat. Collect their feedback on how it tasted and bring a photo of it into class	Can you make your own bed? Why don't you ask an adult to help show you? How quickly can you change your sheets and duvet cover and make your bed.	Do a good deed for someone either parent/carer, a younger brother or sister, a relative or a neighbour.
Keep a healthy food, sleep or screen time diary for a week.	Make a bookmark displaying the key messages about keeping safe online	Choose 3 or 4 rules that you have in your home and create a fact file/poster or presentation about why these rules are important and what they teach you about living in the wider world.	When was the last time you said please and thank you? Make this your target for the day. Can you do better the next day? Do you need to offer some feedback to anyone in your family about their manners?