


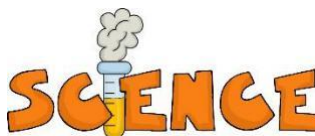









First Level Health and Well Being Home Activities

<p>Think about the 4 Zones of Regulation. List some ways you might feel in each zone. Can you think of ways to help you get back to the green zone when you're not feeling your best?</p> 	<p>Visit www.gonoodle.com and complete a workout or a guided dance to get your body moving and waken up your brain.</p> 	<p>Draw a picture of all your friends. Write words to describe the qualities a good friend has all around your picture. Example: Kind, generous.</p> 	<p>Visit https://mysteryscience.com/ and pick a topic to learn about. Some lessons are just videos others have activities to do as well.</p> 
<p>Play your favourite song, can you create a dance in time to the music. Think about the speed of the music and what the words are. Try to have your dance moves linked.</p> 	<p>Do some research into traditions, e.g. Easter, sports day, highland games, Find out who celebrates it, why do they celebrate it, what are some of the traditions? Create and design a fact file and then tell someone in your family what you learned.</p> 	<p>Visit https://www.scienceforkidsclub.com/human-body.html or use non-fiction books to learn about the human body. What is the skeleton for? What are the names of some organs and what do they do? Teach a fact to someone in your home.</p> 	<p>Use materials from around your home to create a picture of your favourite animal/superhero/toy. Be creative (wool for hair, shiny paper for clothes).</p> 
<p>Use Youtube to search for 'cosmic kids yoga'. Pick a yoga session to complete.</p> 	<p>Pick an artist to research (Steven Brown, Charles Rennie Mackintosh). Learn a few facts about their life. Have a go at recreating one of their pieces.</p> 	<p>Visit https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff Pick a science experiment to try out. Predict what you think will happen before you start? Were you right?</p> 	<p>Visit Tynker.com and have a good at some computer coding. Candy Quest is a good starting game.</p> 