

Health and Wellbeing – First level – P4

FREE TWINKLE ACCESS CODE: UKTWINKLEHELPS

For any of the tasks below, Twinkl can be used alongside as an educational resource.

Access Yoga for Physical Activity –

https://www.twinkl.co.uk/resource/t-t-2544133-self-esteem-yoga-poses-activity?sign_in=1

Joe Wicks Intensity Workouts

<https://www.youtube.com/watch?v=SbFqQarDM50>

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

Joe Wicks daily workouts! Link below to his channel for this.



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Cosmic Yoga (mindfulness and stretches)

SHANARRI Reflecting on My Wellbeing

Can you use the wellbeing indicators to reflect on your week? Try to give an example for each indicator. Remember: it can also be an experience outside of school.

Week Beginning _____

<p>Safe</p> 	
<p>Healthy</p> 	
<p>Achieving</p> 	
<p>Nurtured</p> 	

Active



Respected



Responsible



Included





KINDNESS CALENDAR: DECEMBER 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Encourage kindness. Share the Kindness Calendar with others	2 Support a charity, cause or campaign you really care about	3 Give kind comments to as many people as possible today	4 Listen wholeheartedly to others without judging them	5 Leave a positive message for someone else to find	6 Notice when you're hard on yourself or others and be kind instead	7 Make gifts to give to people who are homeless or feeling lonely
8 Do something helpful for a friend or family member	9 Be generous. Feed someone with food, love or kindness today	10 Count your blessings: list the kind things others have done for you	11 Give someone your place in a queue (in traffic or in a shop)	12 See how many different people you can smile at today	13 Buy some extra items and donate them to a local food bank	14 Share a happy memory or inspiring thought with a loved one
15 Visit an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you meet today	17 Thank people who do things for you but you may take for granted	18 Offer to help someone who is facing difficulties at the moment	19 Give away something that you have been holding on to	20 Congratulate someone for an achievement that may go unnoticed	21 Shop locally and support independent producers
22 Invite over someone who would otherwise be alone	23 Choose to give or receive the gift of forgiveness	24 Offer spontaneous hugs to your loved ones and friends	25 Treat everyone with kindness today, including yourself!	26 Encourage others to join you outside and enjoy time in nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciated their gift	31 Plan what extra acts of kindness you will do in 2020...	"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu			



ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Your happiness is part of something bigger  Join the movement for a happier and kinder world

Diary Time –

This is a historic period of time for us. We look back in history at other people's diaries from moments in history and how they felt during this time.

I would like you to keep a personal diary on what is going on in your life every day. Using all the skills you have used in literacy this year to document your daily work including exercise and school work.

Keep a note at the back of your jotter that you have been given. Date each day so that you can keep track.

Lesson 1 –

Learning Intention: We are learning to create a lunch box that contains all of our food groups for a well balanced diet.

Using the websites below for information on the food groups, children should find appropriate information to complete the task below.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.choosemyplate.gov/WhatIsMyPlate>

Create a healthy lunch box, trying to use foods from all 5 food groups. . Choose from a selection of breads, sandwich fillings, pasta/rice/cous-cous, salad or vegetable items, fruit, drinks etc.

This can be completed on paper or in jotters.

Lesson 2-

Learning Intention: We are learning to prepare and taste foods that are familiar and unfamiliar to us.

To the best of your ability children should be looking at preparing, tasting and trying an increasing range of familiar and unfamiliar foods.

Use whatever in the house that you feel is appropriate for this.

Fruit, vegetables, dairy products can be very useful for this task as they have different textures, tastes and smells.

Cut up small pieces of the chosen foods and have children do sensory tests for the food.

Lesson 3:

Learning Intention: We are learning to identify important table manners that we should have.

Children should write down a list of table manners that they think might need to have when:

- Dinner at the family table
- Eating out a restaurant

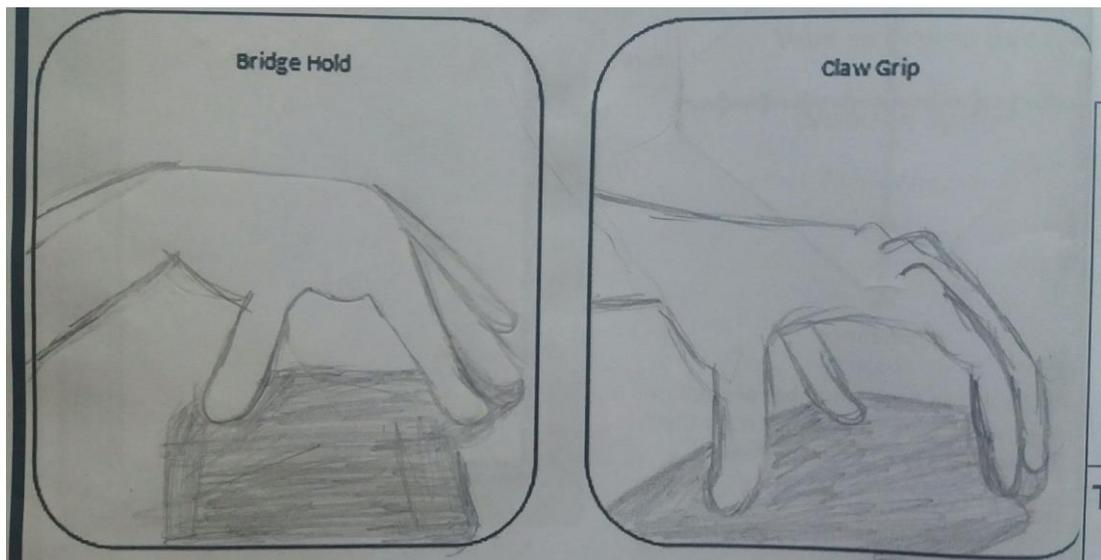
Many of these will overlap but let's see if children can recognise some differences.

Lesson 4:

Learning Intention: We are learning how to perform practical skills for preparing food.

For this lesson it may change slightly depending on your household and what you have.

Children should have experiences of washing, using a peeler, juicing, grating, cutting, simple knife skills (claw grip/bridge hold).



Lesson 5:

Learning Intention: We are learning to perform a variety of textile techniques.

For this lesson it may change slightly depending on your household and what you have.

Children should have experiences of working with textiles, for example, scissors, rulers/tape measures, bodkin and wool.

Lesson 6-

Learning Intention: We are learning about teeth functions for eating food.

As children's milk teeth become loose and fall out, this is an excellent opportunity to look at the functions different teeth perform in relation to eating different foods.

Pick one from the list below

Incisors, Canines, Molars, Premolars, Wisdom Teeth.

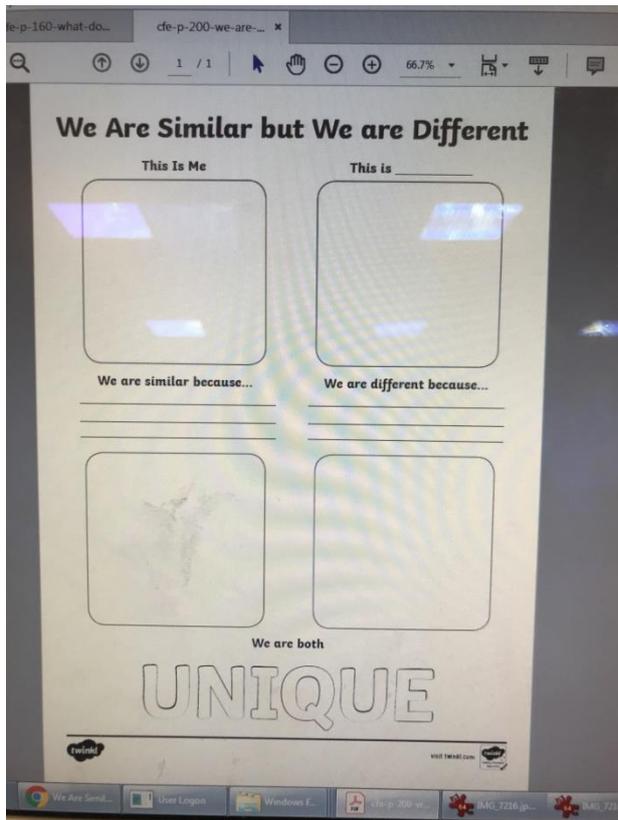
Children should do some individual research to determine what the role of their chosen tooth is and make notes relating to this.

Each type of tooth looks different. Children should draw the chosen tooth and write the facts about this tooth around the drawing.

Lesson 7 -

Learning Intention: We are learning about similarities and differences in my family.

Choose someone in your family or a friend and think about how you are similar and how you are different and complete the worksheet.



Lesson 8-

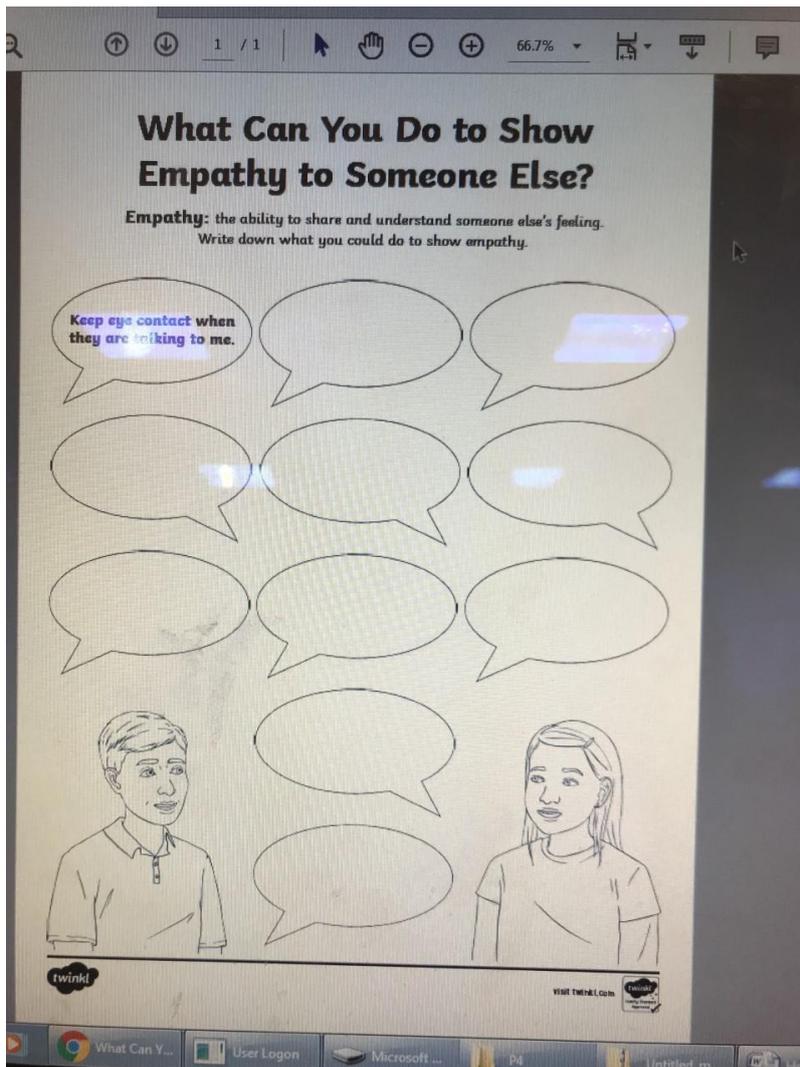
Learning Intention: We are learning about what qualities make a good friend

Consider what qualities makes a good friend.

Make a list of all of these qualities and draw your best friend who is all of these things to you 😊

Lesson 9 –

Learning Intention: We are learning how to show others empathy to others.



Having the ability to share and understand someone else's feelings is a very important quality to have. Think about all the different ways you could show empathy to someone through your words in the worksheet.

Lesson 10 –

Learning Intention: We are learning to be creative about my family.

Create a drama, song, piece of art about you and your family.