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| Design and draw a healthy meal. Could you try to make this for you family with help from an adult? | Carry out a random act of kindness for someone in your house. | Go for a walk to explore you community (if appropriate) Talk to an adult about how to travel safely. |
| Play outside for 30 minutes | Health and Wellbeing  Activity Grid  Primary 1  *Early Level* | Help make lunch for you and your family |
| Join in with an exercise video on one of the following sites….  Cosmic Kids (YouTube)  Body Coach Schools Workout (YouTube)  GoNoodle.com | Draw a picture of one of your friends. Around the picture write what makes them a good friend. | Talk to an adult about what you should do in different emergencies. |