



#MOVEMENT MONDAY



#TASTY TUESDAY



#WELL-BEING WEDNESDAY



#THOUGHTFUL THURSDAY



#FUTURE FRIDAY

Rest and Relaxation

Aim

Rest and Recovery today focusses on stretching our muscles and mobilising our joints. Follow the video (linked) to flex and mobilise your body to help with rest and recovery.

When you need to rest and recover, quick food that is easy to serve, yet nutritious is key...try the recipes for 'Heggy Pots!' or 'Power Porridge' with just a few ingredients.

Our breath is a powerful tool to help us rest and recover. Use these breathing exercises when you need to find calm, get to sleep or deal with worries.

When we're resting and recovering, it's the perfect time to reflect on what we're grateful for. Try these activities to share what you're thankful for with your family and friends.

There are positive role-models all around us - who is your role model when it comes to feeling healthy and happy? Try this activity to think about how you can follow their example in your future...

Video/ link

<https://www.youtube.com/watch?v=qbbwKpwkaWQ&feature=youtu.be>

<https://childrenshealthproject.com/rest-tasty-tuesday/>

<https://www.youtube.com/watch?v=H21QZVKFD0&feature=youtu.be>

<https://childrenshealthproject.com/rest-thoughtful-thursday/>

<https://www.youtube.com/watch?v=zKns2GNpkc&feature=youtu.be>

Positivity and Motivation

Aim

Motivation & Positivity today focusses on setting yourself goals to work on, then practising them and trying to improve your score.

Which foods gives us the energy to feel motivated and positive? Follow the video for a task then use the recipe card to make a delicious snack!

Laughter is one of the best things we can do to feel positive and well. Enhance your wellbeing by trying this fun family game for laughter!

To feel motivated and positive, we need to know what nourishes us and helps us thrive. Watch the video and take part in the task to discover how to improve your health and wellbeing!

It is normal to have bad days and good days. But use this activity to move from negative to positive when something goes wrong. Celebrate the happy times with a Great Gallery!

Video/ link

<http://childrenshealthproject.com/movement-monday-motivation-positivity-week/>

<http://childrenshealthproject.com/tasty-tuesday-for-motivation-positivity-week/>

<http://childrenshealthproject.com/well-being-wednesday-for-motivation-and-positivity-week/>

<http://childrenshealthproject.com/thoughtful-thursday-motivation-positivity-week/>

<http://childrenshealthproject.com/future-friday-create-a-gallery-for-motivation-positivity-week/>

Independence

Aim

Independence today focusses on teaching yourself a hip-hop dance routine. Follow the video (linked) to challenge your coordination and get that buzz when you show off something new!

This week's delicious healthy cheesecake requires no baking or chopping, so as Head Chef you'll need minimal help from grown-ups! (We recommend always supervising a child in the kitchen.)

When it comes to getting to sleep, sometimes it's hard to get there on your own. And sleep is SO important for your health! Listen to these techniques and try to follow them by yourself tonight using the poster as a reminder.

It's great to be independent, but sometimes we might need help. Listen to the story "The Huge Bag of Worries" (age 3+). Find out what happens when Jenny gets some help.

Independence means doing something by yourself, a bit like a grown up. Which of these things around the house would be safe and helpful for you to take care of? Make a list and try to do one a day next week!

Video/ link

<https://www.youtube.com/watch?v=JWTyO8nkpQQ>

https://drive.google.com/file/d/1l2TrwN9aroXj-iBsE_-NZeQcU9EH8B0t/view?usp=sharing

<https://www.youtube.com/watch?v=RDGv1XGSHiE>
<https://childrenshealthproject.com/resources/BetterSleep.pdf>

<https://www.youtube.com/watch?v=CDrnuPj7xfs>

<https://drive.google.com/file/d/11AiwZNT5PM7RocGkzjx7joAELMyR--5/view?usp=sharing>

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| <p>Connection</p> <p>Aim</p> | <p>Connections today focusses on making and playing a game with a family member. Let the indoor bowling commence!</p> | <p>Dips are a great food for sharing with family members! Try this easy recipe together and dip in breadsticks, crackers or carrot sticks!</p> | <p>Getting outside and connecting to nature really can help us feel better inside and out. Try this treasure collecting activity!</p> | <p>Log on to Purple Mash and add your thoughts to the #ThoughtfulThursday chat your teacher has started on your class blog. Instructions for how to access the blog are below.</p> | <p>How can you connect to someone you are missing seeing? Could you call them, write them a letter, send an email or text? Use the postcard template if you can or write your own.</p> |
| <p>Video/ link</p> | <p>https://drive.google.com/file/d/1jMzW6yiwV0TAtj3EFN2YG6_CGHsI6-qS/view?usp=sharing</p> | <p>https://drive.google.com/file/d/1VcBS-Cm64Dc6aUePhC_17Mry4-xTCgZ6V/view?usp=sharing</p> | <p>https://primarysite-prod-sorted.s3.amazonaws.com/stoke-damere/UploadedDocument/387b35306b1a473d8e8154e1f9b2d9fe/nature-treasure-box.pdf</p> | <p>https://drive.google.com/file/d/1rdpvPcjlawJFvPdBpC_oghPVQf4E4vPL/view?usp=sharing</p> <p>https://www.purplemash.com/login/</p> | <p>https://drive.google.com/file/d/1t5RgE7tDWu6xh-UORciTuR17m_cdY3b8/view?usp=sharing</p> |
| <p>Flexibility</p> <p>Aim</p> | <p>Flexibility today focuses on increasing our flexibility in our bodies. Time for some Pokémon yoga!</p> | <p>Being flexible in our diet means we try new things with an open mind – and we might find out we love them! Have a go at these yoghurt cakes.</p> | <p>Being creative is good for our minds. Try being flexible by having a go at something new – this origami dog!</p> | <p>Sometimes being flexible and accepting change is difficult. Can you draw a cartoon of a change you are worried about? Or you can use the sheet to guide you to think about change.</p> | <p>Sometimes things don't go to plan and we have to adapt. Have a listen to The Switch Watch story.</p> |
| <p>Video/ link</p> | <p>https://www.youtube.com/watch?v=tbCikPLsaes</p> | <p>https://drive.google.com/file/d/1UC7yX_jrcrbkWxrW_ymewV7Lwvu_RY8l/view?usp=sharing</p> | <p>https://www.youtube.com/watch?v=wWVppdfYOx8</p> | <p>https://drive.google.com/file/d/1C9kUySIO56cP8NrEw3sguZnc7z1V4Y0d/view?usp=sharing</p> | <p>https://families.jigsawspshe.com/s-tuck-at-home-2/#1584979396483-e22dfa43-66d5</p> |
| <p>Respect</p> <p>Aim</p> | <p>Joe Wicks knows that showing your body respect means keeping it fit by getting it moving! Click the link to get active today with Joe.</p> | <p>We respect our bodies by being careful about what we put into them! These banana lollipops contain potassium to help keep your blood healthy.</p> | <p>We can respect ourselves by looking after ourselves. Drinking enough water is key to that! Try making a Booster Bottle to make sure you get enough in the day.</p> | <p>Have a go at this compliments activity which helps us to treat others the way we'd like to be treated.</p> | <p>Use the activity to help you think about how you would like to be treated with respect. You can draw your own version in your journal.</p> |
| <p>Video/ link</p> | <p>https://www.youtube.com/playlist?list=PLyCLOpd4VxBvD7ogmmPLJXYA1q0gF3pe</p> | <p>https://drive.google.com/file/d/1AQzZDc0tputMxa5FNEc42aYRu4SeGRv/view?usp=sharing</p> | <p>https://drive.google.com/file/d/1Z3fuhNtcvTIPhYwAmHLS0Qqk0bZ-FZsF/view?usp=sharing</p> | <p>https://drive.google.com/file/d/1hrwtIIT9iMXA-ke7VFStNZksdbUfVXQ/view?usp=sharing</p> | <p>https://drive.google.com/file/d/1PzF9QkiLkaGrksinMjgpPrc5fZFcjCs/view?usp=sharing</p> |

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| <p><u>Strength</u></p> <p>Aim</p> | <p>A strong body means you will be able to keep up with everyday activities better and have healthier muscles and bones that are less likely to be injured. Watch the video then have a go at the circuits activity!</p> | <p>Blueberries are anti-oxidants – they are a super food as they help to fight diseases, keeping your body strong! Try this tasty blueberry and lime cake that uses non-saturated fat.</p> | <p>How can you become mentally strong? Click the link to find out!</p> | <p>There will be many things you can do well. These are your personal strengths. You don't have to download the sheets on the link; you can cut out strips of scrap paper and make a beautiful strength chain!</p> | <p>Draw a picture of what you think a strong person looks like. Think carefully – they might be physically strong, but can you add thought and speech bubbles to show that they are mentally strong, too? The video helps break down the steps of drawing a person!</p> |
| <p>Video/ link</p> | <p>https://www.youtube.com/watch?v=0bjCC2dJOPs&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=30&t=16s</p> <p>https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf</p> | <p>https://drive.google.com/file/d/1b8HXMeQsfxKR1u9_K6XeWnjWywhTgXv/view?usp=sharing</p> | <p>https://drive.google.com/file/d/11qsF247A6LewFqBQC7Ja0TVzg_uwDIDi/view?usp=sharing</p> | <p>https://www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/strengths-chain-for-kids</p> <p>https://youtu.be/Q5uQ2gMFzvl</p> | <p>https://www.youtube.com/watch?v=O-z66n224pM</p> |
| <p><u>Endurance</u></p> <p>Aim</p> | <p>Endurance means keeping going for longer. Music can help us with this when we work out. Have a go at this band workout!</p> | <p>To keep going over a long period of time, you'll need plenty of energy! Vitamin B12, folic acid and iron help provide this. These fritters are quick and use sweetcorn, a great source of energy.</p> | <p>Stretching and resting our body will help it stay healthy and then you can be active for longer! Have a go at this yoga to stretch it out.</p> | <p>How can we improve our memories and concentration so we can focus for longer? Follow the link to see how to play Kim's Game, an easy memory game to play as a family!</p> | <p>What long-term goal can you set yourself? Write down a list of what you'd like to achieve by the end of next week, the end of the summer, and by the end of the year! Use the template to help you.</p> |
| <p>Video/ link</p> | <p>https://family.gonoodle.com/activities/total-motion</p> | <p>https://drive.google.com/file/d/1ImTU5O0cPlyDAyKYWEpdSwJHCsNFyleC/view?usp=sharing</p> | <p>KS1 - https://www.youtube.com/watch?v=O0Bb5T2-b1A</p> <p>KS2 - https://www.youtube.com/watch?v=Td6zFtZPKJ4</p> | <p>https://www.wikihow.com/Play-Kims-Game</p> | <p>https://drive.google.com/file/d/1Tujrxtex1mZp4p5HHlvI0R4yRsjMupRc/view?usp=sharing</p> |

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| <p>Curiosity</p> <p>Aim</p> | <p>Curiosity is a strong desire to learn or know something. You can keep fit whilst learning about animals around the world, by trying the exercises in the video link.</p> | <p>Trying new food combinations is a way to be curious about food. Try out the recipe below and let your taste buds experience curiosity!</p> | <p>Hobbies can be a great way to relieve boredom. Learning a new skill shows curiosity and is a great way of keeping occupied.</p> | <p>Sometimes we are so busy that we don't appreciate the area that we live in. There are some wonderful places to explore around the Partington area. Why not go for a family walk, using the link below. You could improve your map skills too.</p> | <p>Use the link to see why curious minds are the thinkers of the future.</p> |
| <p>Video/ link</p> | <p>https://www.bing.com/videos/search?q=kid+factor+animals&&view=detail&mid=B3238C2B4DBB448FBB8B3238C2B4DBB448FBB8&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dkid%2Bfactor%2Banimals%26FORM%3DHDRSC4</p> | <p>https://www.thespruceeats.com/balsamic-black-pepper-strawberries-1763004</p> | <p>Hobbies - Wellness Wednesday.docx</p> | <p>https://gmwalking.co.uk/walking-routes/partington-walk-3-bollin-valley-way-to-warburton/</p> | <p>https://www.bing.com/videos/search?q=curiosity+saved+the+cat&&view=detail&mid=F103527BA61372AE54E1&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dcuriosity%2Bsaved%2Bthe%2Bcat%26FORM%3DHDRSC4</p> |
| <p>Courage</p> <p>Aim</p> | <p>Having courage means having the strength to do something even if it frightens you. We all need courage to try new things. Click on the link below for some activities and new sports you could try out over the summer holidays. You could even join a new club?</p> | <p>Having the courage to try new things can include trying certain foods you may be unsure of. Be brave and try out the recipe below you never know you might find it delicious!</p> | <p>It takes courage to stand out and be different. It is important for our own well-being that we accept that everyone is different and we have the courage to be who we are. Listen to the story below to see how Lucy finds the courage to be her true self.</p> | <p>Can you remember a time when you have shown courage? Click on the link below to help you to think about what courage means to you. There is even a certificate to print off after you have completed the activity.</p> | <p>We will shortly be returning to school. It will take courage in the first few weeks and it is ok if you are feeling nervous. Please click the link below for some activities you could try to get you ready for September.</p> |
| <p>Video/ link</p> | <p>file:///G:/Shared%20drives/FGA%20-%20Whole%20School/2019.20%20Subject%20Leader/PSHE/Children's%20Health%20Project/Home%20School%20Learning/Home%20School%20Week%2011/20%20things%20to%20try%20over%20summer.pdf</p> | <p>Tasty Tuesday Recipe.docx</p> | <p>https://www.bing.com/videos/search?q=youtube+spagetti+in+a+hot+dog+un+book&docid=608030234992052429&mid=47A0B7A2B4C9CF7FEBF947A0B7A2B4C9CF7FEBF9&view=detail&FORM=VIRE</p> | <p>https://uploads-ssl.webflow.com/5cd1652057508f63b37d0dcd/5eb8679e79f886e934486e9d_KS1%20-%20Courage.pdf</p> | <p>https://trockstars.com/ https://www.bbc.co.uk/bitesize https://www.teachyourmonsterto.read.com/ https://www.youtube.com/watch?v=2zrtHt3bBmQ</p> |