



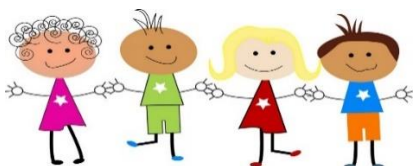
Health & Wellbeing Homework





The list of activities below are a mix of oral language prompts, which can be discussed & explored with an adult at home, some active challenges and some fun activities, lots of which you can do as a family! Please select one yellow activity, one blue activity & one green activity to complete each evening. We will share our experiences in the classroom. No need to bring anything back to school but do take photos to send to your child's teacher if you like! 😊

Say one nice thing to someone in your family today	Carry out a chore in the house! Clean your room/ tidy up/ help sweep the floor	I am lucky because... Discuss with a family member	Go on a shape hunt! Find circles, squares, rectangles, triangles (or 3D shapes as a challenge!)	Do a jigsaw puzzle	Think about a fun memory with your family. Draw a picture of it and share it with your family.
Play a game with your family (I spy/a board game/Snap or another card game)	Create a hopscotch pattern on the ground with chalk and have fun practising your hopping & jumping	Give everyone in your family a hug.	Imagine you could fly! What would you do? Where would you go?	Yoga poses – practise 3 different poses (below) and see how long you can hold them for	Look for some mini-beasts in your garden (bee/grasshopper/butterfly/worm/snail/ladybug/spider/fly/ant) How many can you find?
Go for a bike ride or a scoot with a family member.	Make a den or fort using sheets and chairs/ a clothes horse or any other way you can think of!	Practise your throwing and catching skills with a family member using a ball or a beanbag	Go for a walk or nature trail together and talk about what you have found in the outdoor environment.	Play a game of football with your family or friends.	Do some colouring or drawing.

Tell a family member why you love them.	Spend 2 minutes practising the Crab Walk and Caterpillar Crawl (below)	Think of a happy thought and draw a picture of it.	Spend 2 minutes practising the Frog jump and Bear walk (below)	Turn a stick into something – a wand, a kite or a stick man	Go for a walk with a family member.
What would you like to learn at school this year? What are you most excited about?	Sort your toys by colour / size or another way you can think of.	What are your favourite things to do and why? (play with friends/sport/hobby)	Go for a run around your house or neighbourhood with a family member.	Make a healthy snack with an adult (smoothie/fruit salad/sandwich)	Talk about something good that happened to you today.
Practise your skipping & jumping using a skipping rope.	Draw a picture of your family and show it to them.	Make up a dance routine!	What does it mean to be a good friend?	Do 10 jumping jacks and 10 'Toe Touches' Take a 30 second break and do it again!	Gather twigs, branches, leaves, pebbles & other natural materials to make any creation you like (a house/person/tower)
Do some rock painting (pet rocks or any designs you like!)	Being kind means... Discuss with a family member	Make a card for a family member telling them why you love them.	What is your favourite animal? Why?	'Garden Yoga' routine (below)	Call your relative (nan/grandad/aunt/uncle) to tell them how you are getting on being back at school.



Yoga Poses

	I am strong. Use your strength to catch tricky waves.	
	I am kind. Stretch high and spread kindness all around.	
	I am brave. Be brave and fearless as you fly down the ski run.	
	I am friendly. Stretch like a dog wagging its tail.	
	I am wise. Be a wise owl perched on a tree branch.	

 UPWARD FACING DOG	 MERMAID POSE	 FLOWER POSE
 STAR POSE	 RAINBOW POSE	 LION POSE
 Rag-doll Pose	 DOLPHIN POSE	 FROG POSE

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



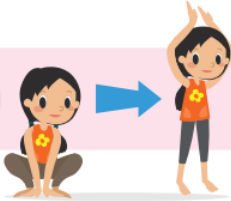
Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Animal Walks

Frog Jump



Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

Bear Walk



Key Points

- Extend legs straight
- Head down

Crab Walk



Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

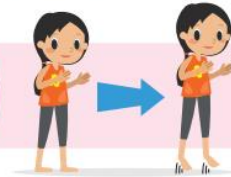
Caterpillar Crawl



Key Points

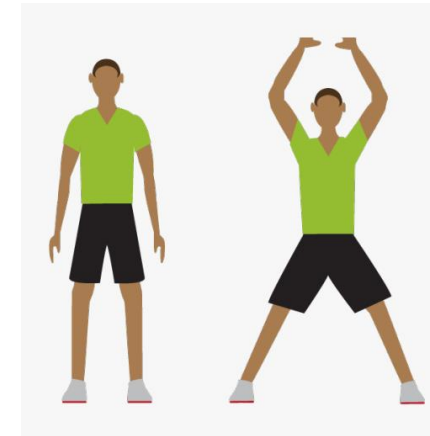
- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

Kangaroo Jump



Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary



Jumping Jacks

Toe Touches

