



Health & Wellbeing Homework



The list of activities below are a mix of reflective questions which you can discuss & explore 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. Be ready to share this experience with your teacher. No need to bring anything back to school but do take photos to send to your teacher if you like! 😊

★ SOME NEW HOMEWORK ACTIVITIES

*The exercises are explained at the bottom of the document.

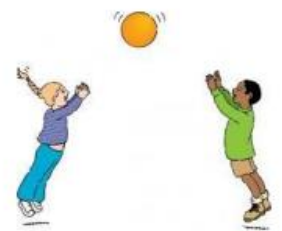


What one thing do you really like about yourself the most? Why do you like that?	Make Shadow Shapes and puppets ideas on Youtube (example here)	Which story or TV character would you like to be for a day and why? What would you do?	GREATEST SHOWMAN - THIS IS ME Dance	Make your own comic/comic strip.	What do you imagine yourself doing 10 years from now?
Make up a story and share with your family.	Active 8 Minute Workout Featuring Alfie The Body Coach TV	Read some of Kenn Nesbitt's funny poems!	What 3 words describe you best? Why?	Minecraft A Cosmic Kids Yoga Adventure!	Learn a new skill via Youtube – Origami Paper aeroplane
Cosmic Kids Yoga Disco Washing Machine Song!	Create a play with your siblings or a friend & perform for your family.	RAK SU - DIMELO Dance	Watch a sunset or sunrise.	Active 8 Minute Workout Featuring Harry The Body Coach TV	Set a table for a meal and wash up After.





Talk to a grandparent or an elderly family member about their favourite childhood memory.	FRIENDS by Marshmello & Anne-Marie Just Dance 2019 Fanmade by Redoo	Who is your biggest hero & why? (They could be famous/a friend or a family member!)	How many <i>Floor Sits</i> can you do? (Challenge explained below!)	Play the Who am I game... (instructions here)	10 <i>Jump & Reach & 10 Knee Raises & Pull Downs</i> X 3 rounds
If you could choose the news headlines for a day, what would they be? Why?	Paint a picture using only your hands and your feet.	You find an invisibility cloak, where would you go? What would you want to see and why?	<i>Quick Feet</i> for 30 seconds (10 sec break) X 3 rounds	Have a day without electronics!	If you were to interview the Taoiseach what would you ask him and why?
10 <i>Jump & Reach & Quick Feet</i> for 10 seconds X 3 rounds	Wash a car with buckets and sponges.	10 <i>Knee Raises & Pull Downs & 10 line jumps</i> X 3 rounds	What is the best thing that has ever happened to you?	<i>Air Boxing</i> for 20 seconds & 10 <i>Shooting Hoops</i> X 3 rounds	Teach somebody a new skill or do a kind act for someone
Write a letter to your future self about what you like and don't like now. Put an age on it for when you can open it in the future.	If you could go on a trip anywhere in the world, where would you go and why?	Guess the animal -yes or no game – Think of an animal the other person has to guess but you can only answer with yes/no	If you could invite three story characters (from a book, TV or nursery rhyme) to dinner who would it be and why?	Just Dance What Makes You Beautiful	On a clear night, go outside to look at the stars. Draw what you can see.



What do you like and admire about yourself? Think about things you like, what you're good at, your achievements or talents and your positive traits.	Carry out a chore in the house! Do the dishes, help make the dinner, wash up etc!	Explore what unity means and how our community is stronger when we work together.	3 rounds of 10 jumping jacks & 10 squats. Take a 30 second break between each round. (see below for exercises)	Do a jigsaw puzzle	What makes a good day for you? Each day can feel different and we all have good & bad days. Draw or write about what makes a good day for you. Share it with your family.
Play a board-game with your family.	10 Squats & 10 High Knees. 3 rounds + 30 second break	Draw or paint a picture of an imaginary world you would like to visit or live in	You have a magic wand: think about one change you would like to make!	Yoga poses: warrior & strength (below)	Make a home for a mini-beast in your garden.
Go for a bike ride or a scoot with a family member or a friend.	Play a card game with a family member	10 kneel Ups & 10 High Knees. 3 rounds + 30 second break	Play hangman with a family member	Play a game of football with your family or friends.	Do some colouring or drawing.
Tell a family member why you are thankful for them.	Go for a run around your house or neighbourhood.	What makes you happy and feel safe? You can show this by writing, creating a poem, a song or drawing. You decide!	Make up your own exercise circuit.	Play charades.	Go for a walk with a family member.
What would you like to learn this year? Think about the things that you would like to learn in school and what you are most looking forward to this year.	Help to do some gardening with an adult.	What is important to you? What are the things you like? What makes you feel good? music/food/activity with friends/something at school	Create an obstacle course in your house or garden. Time yourself completing it.	Make a healthy smoothie or salad with your favourite fruit or vegetables	Your Supporters: who can you turn to for help when you need it (with your work/make you laugh/look out for you) How can they do this?

3 rounds of 10 Squats & 10 Donkey Kicks. 30 second break between each round.	Create a bird feeder out of natural or recyclable materials.	Make up a dance routine!	Write down 5 things you're grateful for today.	3 rounds of 10 Donkey Kicks & 10 Jumping Jacks. Take a 30 second break between each round.	Gather twigs, branches, leaves, pebbles & other natural materials to make a life sized you!
Do some rock painting (pet rocks or any designs you like!)	What do your family and friends admire about you? Ask them!	Make a card for a family member telling them why you love them.	I am lucky because.... Discuss with a family member	Make up your own circuit of exercises to complete.	Write a letter to (or call) your relative. Ask them how they are & tell them your news.

Shooting Hoops	Imagine you are throwing a basketball into a hoop. Bend down and pick up the 'ball'. Bend your knees, jump and throw the 'ball'. Bend down and pick up the next 'ball' and repeat.	
Floor Sits	Can you go from sitting on the ground to standing upright, without holding onto anything? If so, how many can you do?	
Air Boxing	Stand with one foot in front of the other, elbows bent ready to box. Now throw imaginary punches, using both arms one after the other. How fast and how many can you do?	

<p>Jump & Reach</p>	<p>Start from a standing position beside a flat wall/ door. Bend your knees and jump up as high as you can. As you jump reach your arm upwards and touch the wall/ door at the highest point you can reach. Can you reach higher on the next jump??</p>	
<p>Knee Raise & Pull Down</p>	<p>Start by standing with both feet on the ground and your arms reaching up overhead. As you raise one foot off the ground, drop both arms down by your side. Return to the start position and do the same with the opposite foot. Once you get used to the exercise, see how quick you can go!</p>	
<p>Quick Feet</p>	<p>Staying in one spot, run as quick as you possibly can for as long as you can. Pump your arms forward and back to help you!</p>	
<p>Line Jumps</p>	<p>Start by standing with two feet on one side of a flat line. Then bend your knees and jump with both feet together, landing on the other side of the line. Keep repeating As you get used to the exercise try going quicker/ jumping higher.</p>	

WARRIOR POSES: STRENGTH AND FOCUS

1



Mountain Pose

Stand with your arms relaxed at your side. Breathe deeply.

2



Warrior I

Step your left foot back and turn your toes out at a 45° angle. Bend your right knee over the ankle. As you inhale, bring your arms up over your head. Arch your back slightly. Hold and breathe deeply for five seconds.

3



Warrior II

Lengthen your stance and open your hips. Looking ahead, turn your left foot out 90°. Stretch out both arms, palms down, until level with your shoulders. Swivel your right arm forward and your left arm back. Focus on the tips of your fingers. Ensure right knee is still bent over right ankle, letting your hips sink toward the floor. Hold position and breathe deeply for five seconds.





4



Peaceful Warrior

Turn your palms upward. Lean back and slide your left hand down your left leg. Arch your back slightly and curl your right arm over your head. Look up. Repeat entire sequence for the other side.

Exercises

<p>Jumping Jacks</p>	<p>Start with knees slightly bent, hands and legs as shown. Jump as high as you can, extending your arms and legs, then land in the starting position.</p>	
<p>Squats</p>	<p>Stand with feet hip-width apart, hands on the hips, and slowly sink down, bending at their knees and hips. Make sure to keep your back straight, and try not to let your knees pass over the ends of your toes. Slowly rise back to standing position, and repeat.</p>	
<p>Kneel Ups</p>	<p>Start by kneeling down. In your own time bring yourself to a standing position, one leg at a time. Try to do this without using your hands to support.</p>	
<p>High Knees</p>	<p>Start in a standing position. Lift your knees, one at a time so your thighs are parallel to the ground. Add arm swinging and pick up the pace a little. Try to remain in the same spot throughout the exercise.</p>	
<p>Donkey Kicks</p>	<p>Start in all 4's on the ground. Lean forward slightly with your hands flat on the floor. Try to keep your arms and elbows straight. Use both of your feet to kick off from the floor. Keep your knees bent as you kick off from the ground. Try to hold the position of your feet in the air, and then allow your feet to softly come back down to the floor. Both of your feet should land on the floor at the same time. This might take a few tries.</p>	