



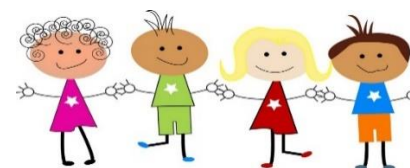
Health & Wellbeing Homework



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 and send to your teacher if you like! 😊

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!	I am lucky because.... Discuss with a family member	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.	Write down 5 things you're grateful for today.	Make up your own exercise circuit.	Play charades.	Go for a walk with a family member.

<p>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.</p>	<p>Help to do some gardening with an adult.</p>	<p>What is important to you? What are the things you like? What makes you feel good? music/food/activity with friends/something at school</p>	<p>Create an obstacle course in your house or garden. Time yourself completing it.</p>	<p>Make a healthy smoothie or salad with your favourite fruit or vegetables</p>	<p>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?</p>
<p>3 rounds of 10 Squats & 10 Donkey Kicks. Take a 30 second break between each round.</p>	<p>Create a bird feeder out of natural or recyclable materials.</p>	<p>Make up a dance routine!</p>	<p>What makes you happy and feel safe? You can show this by writing, creating a poem, a song or drawing. You decide!</p>	<p>3 rounds of 10 Donkey Kicks & 10 Jumping Jacks. Take a 30 second break between each round.</p>	<p>Gather twigs, branches, leaves, pebbles & other natural materials to make a life sized you!</p>
<p>Do some rock painting (pet rocks or any designs you like!)</p>	<p>What do your family and friends admire about you? Ask them!</p>	<p>Make a card for a family member telling them why you love them.</p>	<p>Explore what unity means and how our community is stronger when we work together.</p>	<p>Make up your own circuit of exercises to complete.</p>	<p>Write a letter to (or call) your relative. Ask them how they are & tell them your news.</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>	