



Wester Cleddens Primary



Health and Wellbeing Overview of Activities to Support Learning at Home ELR

The table below includes a variety of make, create, explore and investigate activities that your child can complete to support their health and wellbeing.

Create a 5-minute fitness routine and get someone to try it at home.	Time yourself and see how long you can jog on the spot for!	Explore the fun videos on gonoddle.com	Time yourself and see how many star jumps you can do in 1 minute.
Explore the short yoga videos on www.cosmickids.com	Create a short dance routine to your favourite song and perform it to someone at home.	Help make a healthy lunch for you and someone at home.	Create a delicious smoothie using different fruit.
Play your favourite board game with a friend or family member.	Make a poster of the different activities you can do to keep yourself healthy e.g. swimming, dancing etc.	Explore the 5 minute fitness videos from Joe Wicks on YouTube called "5 minute move".	Make/draw a menu of all your favourite healthy meals. Include at least one breakfast, lunch and dinner.
Make a list of all the fruits and all the vegetables you can think of. Can you draw a picture of them too? Draw a smiley face beside all the ones you like to eat.	Create a new game that you could play with your friends or family that will get their heart rates up!	Design a poster to encourage people to wash their hands.	Assign a dance move for numbers 0-9 and then dance out someone at homes birthday.
Create a road safety poster to show children that they should hold an adults hand when walking on the pavement.	Design your perfect friend. Write a list of their qualities around your picture. E.g. kind, fun, enjoys playing with dinosaurs etc.	Create and draw a set of instructions to show how to brush your teeth.	Do some mindfulness colouring. Draw a detailed picture of your choice and colour it in. You could listen to some relaxing music while doing it.

There are some more ideas at:

https://education.gov.scot/improvement/Documents/Parental%20involvement/PAR2_EngagingParentsandFamiliesTookit/Section2-shared-home-learning-activities-P1-P7.pdf