



5<sup>th</sup>- 8<sup>th</sup> May 2020

# Active HOME Week



# S.P.H.E/ Wellness

WEEK 3

Hi everyone!

We hope you are all keeping well and staying safe 😊 This week was supposed to be our Active School Week in school, but because we can't be in school right now we are going to have an "Active **HOME** Week" instead.

Our focus this week will be on keeping healthy and having lots of fun. We hope that you will try some of the ideas we have put up for you and maybe even add some of your own in too!

Our SPHE theme this week is ***'Looking after Yourself'***, and will look at all the things we can do to keep ourselves healthy and happy.

We just love seeing all your photos that you've been sending to Ms. Healy, so keep it up!

We hope you have a healthy and happy week, ENJOY 😊

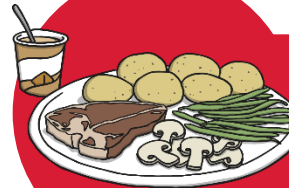


## #ActiveHomeWeek IDEAS

# Looking after Yourself

Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves. We can...

talk to others about  
how we are feeling



eat a balanced diet

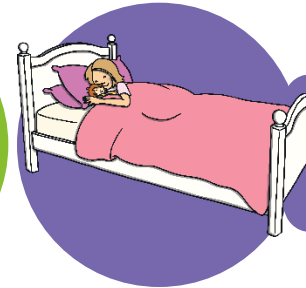


do some exercise

look after our personal  
hygiene



think about what we  
need to wear



have plenty of rest and  
sleep

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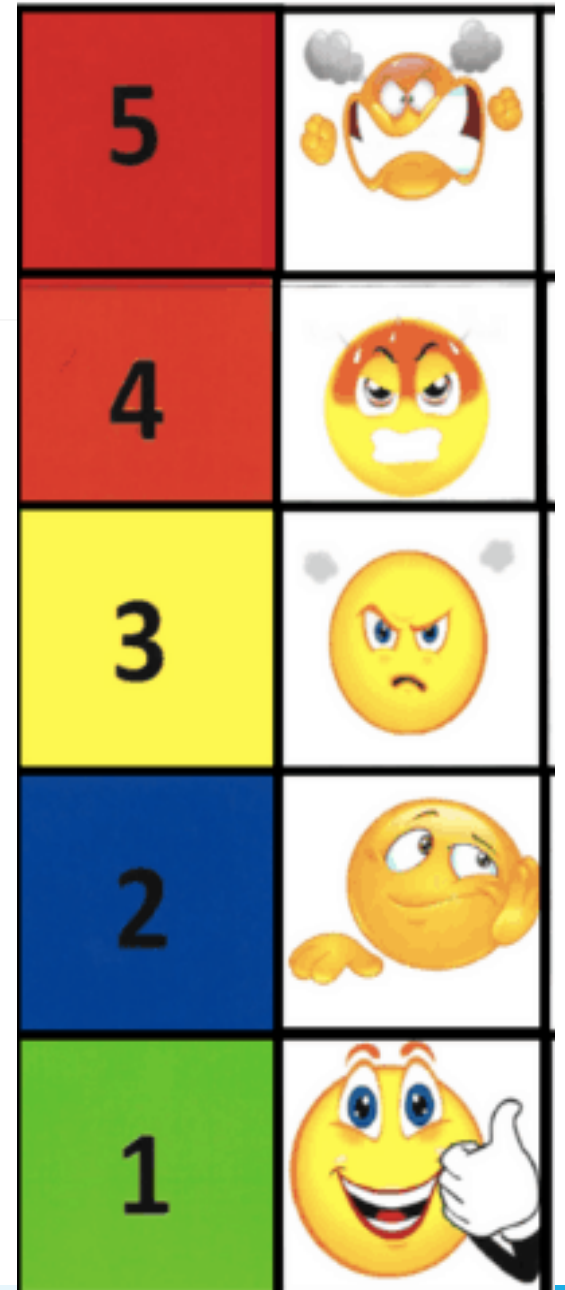
# Talking about How We Are Feeling

How do you feel today? Sometimes we feel happy, other times we may feel sad. By talking about how we are feeling, we can celebrate the happy and exciting things and support each other to feel better when we feel unhappy or worried.

You can talk to your family, friends and grown-ups. Other people can help you work out how to solve a problem, or sort out things you are worried about.

It is very important to tell a grown-up if you don't feel well or if you hurt yourself so that they can help you to help better.

It is fun to share things that make you happy too! What makes you happy? Can you tell a friend how you are feeling? Try telling a grown-up too.



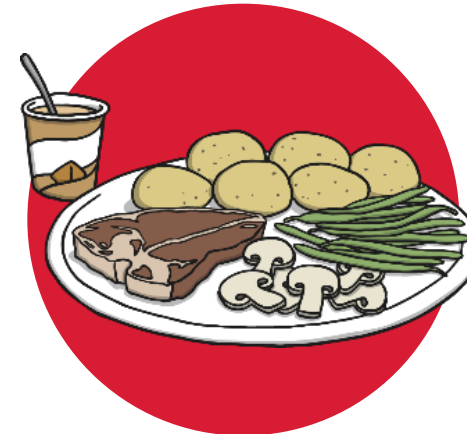
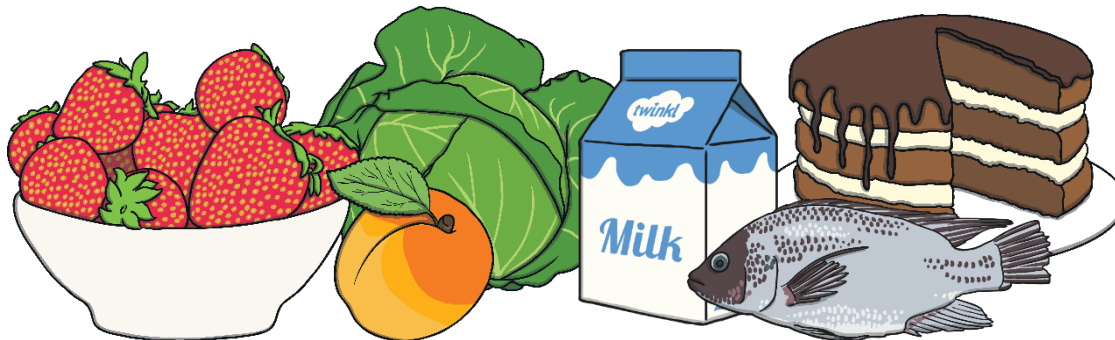
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# Eat a Balanced Diet

Eating a balanced diet means eating lots of different types of foods. We should eat healthy foods, such as fruit and vegetables. We can eat other foods like cakes and chocolate too, but we shouldn't eat too many of these.

It is really important to have lots to drink too. Water is a good option, but you may like to drink milk, fruit juice, squash and hot drinks too.

What are your favourite foods? What do you like to drink?





# Healthy Foods I Spy

Can you see the healthy food?



1. Can you find the healthy foods? Point to them/name them if you can 😊

2. Can you find the foods/ drinks that are treats?

3. Can you name the fruits in the picture?

4. Can you name the vegetables in the picture?

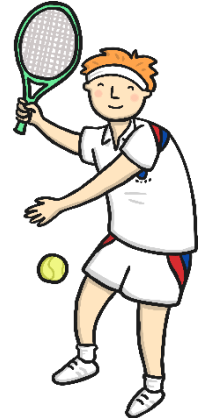
5. What's your favourite food? Can you draw a picture of your favourite meal.

# Do Some Exercise

Doing exercise helps our bones and muscles to grow strong. Exercise helps us to stay fit and healthy.

There are lots and lots of different types of exercise – you could play a sport, such as football, do some dancing, go for a walk or go swimming. You could play games with your friends that include running or moving in different ways, such as hopping or skipping.

What exercise do you like to do?



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Dance: Old Town Road

<https://www.youtube.com/watch?v=-0Xn4kd8xqY>

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Full speed @ The Fresh Start Gym

<https://www.youtube.com/watch?v=g3L556EpRuo>

Dinosaur Stomp

<https://www.youtube.com/watch?v=Imhi98dHa5w>





# Look after Our Personal Hygiene

Looking after our personal hygiene means we need to keep ourselves clean. We need to wash and have baths or showers to keep our bodies clean. We need to wash our hair too.

We need to wash our hands lots of times throughout the day. Washing our hands after going to the toilet and before we have anything to eat and drink is particularly important. Don't worry if your hands get dirty while you are playing, just give them a wash with some soap.

Brushing your teeth is very important to make sure your teeth are clean and healthy.



<https://www.youtube.com/watch?v=dDHJW4r3eIE&vl=en>

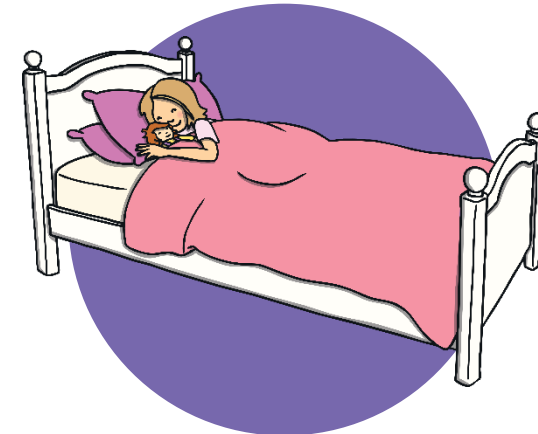
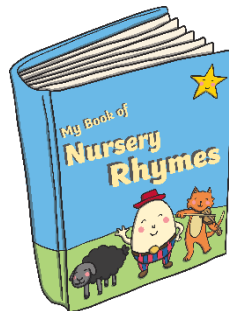


# Have Plenty of Rest and Sleep

Our bodies will tell us when we need a rest. Sometimes when we are playing, we will need to stop for a rest – especially if we have been running around!

We need to get lots of rest and sleep at night time too. Getting a good night's sleep helps our bodies to grow and makes us feel better. We will feel sleepy if we do not get enough sleep and this means we are not able to learn or play properly.

What do you do before you go to bed? Do you like having a bedtime story?



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# Ideas for relaxing this week



## **Balloon breathing meditation**

<https://www.barnardos.ie/media/7516/01-louise-shanagher-balloon-breathing.mp3>

## **Tense and Relax**

<https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/heart-body-and-mind>

**Parents:** *Barnardos have a fantastic set of resources for parents during this difficult time. Click on this link for the full website:*

<https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/heart-body-and-mind>

Don't forget:

Stay safe, have  
fun and wash  
your hands 😊

