



# Primary Health and Wellbeing Challenges!

<p><b>Go on a mindfulness walk:</b> Write/draw 5 things that you can smell, hear, feel, see, touch.</p>	<p><b>Games:</b> Play a game to have some fun and relax. <a href="https://www.childline.org.uk/toolbox/games/">https://www.childline.org.uk/toolbox/games/</a></p>	<p><b>Art Box:</b> Creative activity; writing and drawing about anything you like. <a href="https://www.childline.org.uk/toolbox/art-box/">https://www.childline.org.uk/toolbox/art-box/</a></p>	<p><b>Brake Road Safety challenge:</b> Brake (road safety charity) 'take the seat belt <a href="#">challenge</a>' <a href="#">game</a>.</p>
<p><b>Complete water safety activities:</b> Lots of different activities to choose from <a href="https://www.sta.co.uk/news/2020/03/18/fre-e-resources/">https://www.sta.co.uk/news/2020/03/18/fre-e-resources/</a></p>	<p><b>Draw yourself sunshine;</b> iIside your sunshine draw/write all of the things that make you happy.</p>	<p><b>Environment:</b> Visit the website <a href="#">Go Wild WWF</a> - here you can travel the world, find out about different animals, play games and get creative!</p>	<p><b>Art therapy:</b> Take some time to get creative! For easy craft ideas: <a href="https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/">https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/</a></p>
<p><b>Dance fitness yoga:</b> Exercise the mind with <b>Cosmic Kids Children's yoga</b>. <a href="https://www.youtube.com/watch?v=PSgZl8f5IeU">https://www.youtube.com/watch?v=PSgZl8f5IeU</a></p>	<p><b>Get outside in the fresh air:</b> We may not be able to mix in groups but there is nothing to stop you riding your bike or your scooter.</p>	<p><b>Yoga:</b> Access the Cosmic Kids Yoga. 'We are going on a bear hunt' mindfulness journey. <a href="https://www.youtube.com/watch?v=KAT5NIWHFIU">https://www.youtube.com/watch?v=KAT5NIWHFIU</a></p>	<p><b>Calm Zone:</b> Try one of these activities or use some of the tools to help you feel better when you're feeling anxious, scared or sad. <a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a></p>
<p><b>Do a Joe Wicks (Body Coach) keep fit workout:</b> Keeping moving will help to keep you feeling fit and happy. You can access lots of them via this link <a href="#">Joe Wicks 5 Minute Move</a>. Or search Joe Wicks 5 Minute Move,</p>	<p><b>Road safety activity:</b> Can you spot the hazards in the road? Download the resource via the following link: <a href="http://www.somersetroadsafety.org/page/-kids-activity-sheets/188/">http://www.somersetroadsafety.org/page/-kids-activity-sheets/188/</a></p>	<p><b>Have fun and challenge yourself using the Change4Life '10 Minute Shake Up' games:</b> These action packed games all count towards the 60 minutes of physical activity that is recommended for children every day. Follow the link <a href="#">here</a>.</p>	<p><b>E-safety triple task:</b> Watch the Jessie and Friends episodes. Write a list on how you can stay safe online. <a href="https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos">https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos</a></p>
<p><b>E-safety task:</b> Watch the video and create a poster on how you can stay safe online. <a href="https://www.thinkuknow.co.uk/8_10/">https://www.thinkuknow.co.uk/8_10/</a></p>	<p><b>Happy place:</b> Design a space that is just for you. Choose things that help you feel happy, calm and safe. <a href="https://www.childline.org.uk/toolbox/games/build-your-happy-place/">https://www.childline.org.uk/toolbox/games/build-your-happy-place/</a></p>	<p><b>E-safety task:</b> Play the E-safety game 'Band Runner' - How many stars can you collect? <a href="https://www.thinkuknow.co.uk/8_10/">https://www.thinkuknow.co.uk/8_10/</a></p>	<p><b>Get cooking!</b> Ask a parent or carer to help you prepare a healthy snack or meal. There are loads of easy recipes on the Change4 Life website. Follow this <a href="#">link</a> for loads of healthy ideas to tantalise your taste buds!</p>
<p><b>Create a family meal plan:</b> Healthy, cheap and quick meals. <a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a></p>	<p><b>Take a quiz:</b> Find out why it is important to know right from wrong. <a href="https://www.wiseguys.org.uk/teachers/keystage1/rightwrong.htm">https://www.wiseguys.org.uk/teachers/keystage1/rightwrong.htm</a></p>	<p><b>What makes a good friend?</b> Draw a tree and on each branch write the things that you would like in your ideal friend. It could be what you like about them, the way they behave or the way they make you feel.</p>	<p><b>Take a quiz:</b> Decide what is fair or unfair. <a href="https://www.wiseguys.org.uk/teachers/keystage1/rightwrong.htm">https://www.wiseguys.org.uk/teachers/keystage1/rightwrong.htm</a></p>
<p><b>Human rights and citizenship:</b> Look at the street scene from <a href="#">Amnesty International</a>, You are a human rights detective! What do you notice in the picture? Where in the world might this street be? Is there anything in the picture that you would never see in this country? Use Activity 7 Resource Sheet 2 - what human rights (from the list) are people in the picture enjoying? What human rights have been taken away?</p>	<p><b>Gardening Activities!</b> It is great for your wellbeing to be active and outside in the fresh air. Get outside for some fresh air and develop your gardening skills. If you have a garden there are lots of tips, activities and ideas for children on the RHS School Gardening website. Follow the link <a href="#">here</a> or search RHS School Gardening/resources.</p>		