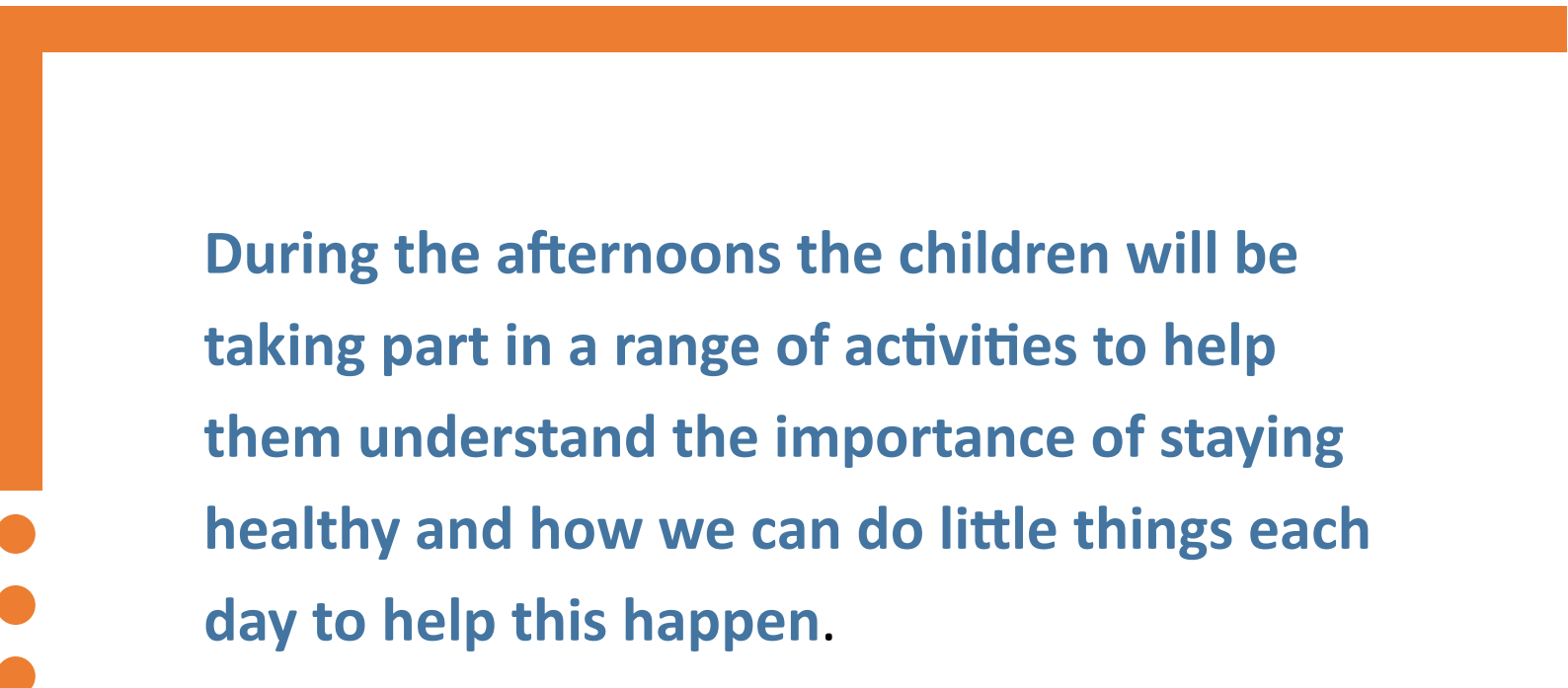


Healthy Week

Monday 8th—Friday 12th February





Next week, whether we are learning at home or at school, our afternoon activities will be about how to keep our minds and bodies healthy.



During the afternoons the children will be taking part in a range of activities to help them understand the importance of staying healthy and how we can do little things each day to help this happen.

The afternoons will include learning about..

- ‘Express yourself’ – finding creative ways to share how we feel, our thoughts or ideas. What makes us feel good?
- Exercise- taking part in walking/ running a mile a day.
- Healthy Eating –
- what foods should we eat and why?
- Mindfulness- what is it and how does it help?
- Emotions – sad, happy, excited, cross, worried, surprised. What do they look and feel like?
- My strengths
- Being kind – what does this look and sound like?
- Circle Time Games – spending time listening to each other
- And...
- **‘Switch off ‘**
- **A ‘screen’ free day**



We look forward to seeing your completed activities.
Remember you can upload photos to TEAMS or Purple Mash.

It would be great to see what your 'healthy week' looks like.

We hope that you and your children enjoy the week.

