

HEALTH AND WELLBEING 2

In the grid below, there are lots of activities to help you to keep fit and healthy. You can choose which activities you would like to complete from the grid. How many can you complete?

Keep a daily log of your Health and Wellbeing activities.

You can choose how to present this.

Suggestions: Excel Spreadsheet, timetable, written diary, video diary.



Oti Mabuse is bringing some Strictly magic to your living room every morning with her free [daily livestreams](#) where she and Marius Lepure will be teaching you how to dance like a pro in just half an hour. Each day has a different theme - so far there's been Mary Poppins, Trolls and even Shrek!

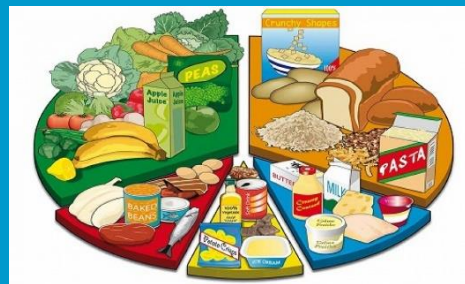


Can you make an exciting obstacle course in your garden or house and include different exercises to keep your family fit? Remember to get permission first if you are doing this indoors!



When we eat, it is important that we have a balanced diet. What does this mean?

Create a colourful poster on how to maintain a balanced diet.



Imoves has lots of fun videos for keeping you happy, healthy and focussed. Try out some of the Active Blast workout videos on the website!

<https://imoves.com/the-imovement>



Choose a video from 'Think About It'. Take time to listen and reflect on the message each short video shares.



<https://family.gonoodle.com/channels/think-about-it>

Keep a diary of the different food and drink you consume over one week.

<https://www.twinkl.co.uk/resource/t-t-5498-healthy-living-diary>

Can you make a mind jar?



For this you will need:
X1 empty jar with a lid and no labels
Some hot water (be careful and ask a grown up to help you)
2 tbsp of glitter glue

How to make it
Pour the hot water into the jar and add the glitter glue.
Put the lid on and shake up the jar. Watch the bits of glitter swirl around – these are like all the thoughts and feelings in your very busy brain. See how when you keep the jar still the glitter starts to settle down – just like your thoughts and feelings will if you sit still and calmly breathe for a moment.

Top Tip!
Next time you feel upset or angry give the jar a good shake – then sit, be still and wait for the glitter to settle. This will also help you calm your mind.



Jump Start Jonny is on a mission to get us fit! His fun workouts and chill-out videos are loved by over 250,000 Jumpsters in schools and homes worldwide. Try out some of the free workout challenges on his website!

<https://www.jumpstartjonny.co.uk/>