**St Catherine’s Primary School** 

**Home Learning**

**Class P2 Teacher Mrs McConnell/Mrs McDougall**

**Health and Wellbeing 1 **

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| Go for a walk with an adult. Use a phone or Fitbit to count your steps.  Keep a track of your steps daily. | Participate in an online fitness or dance class  Popsugar dance classes on Youtube are fun! | Use Cosmic Kids (YouTube) to practise some meditation. | Got your heart racing by doing 15 minutes of exercise.  Challenge: can you make up your own work-out and get your family to join in? |
| Use a mirror and practise showing different faces i.e. happy, sad, worried, excited, surprised etc. | Make a list of all the people you love and write a compliment next to them. Share this with them in whatever manner you are able to. | Help your family to hoover or mop. How do you feel after? | Practise some life skills such as tying your laces, doing up your buttons or zips and tying your tie. |
| Role play how to cross the road safely. Think about dangerous road situations you may encounter. | Draw a picture of all the things you see out on your walk that help us cross the road safely I.e. traffic lights, zebra crossing (Don’t forget our lollipop lady even though you can’t see her right now!) | Learn the Green Cross Code  Stop, look, listen and think.  Make a poster. | Access the Roadsafety website  <https://roadsafety.scot/learning/first/> |