**St Catherine’s Primary School** 

**Home Learning**

**Class P1 Teacher Miss Broadley, Mrs Farrington , Mrs Molloy – Grid 1**

**Health and Wellbeing **

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| Watch this NHS Scotland cartoon on helping to be a germ buster! <https://youtu.be/uStvMCweiSK> | Wash your hands often and every time you come home to help stop the spread of the virus. Sing our wee song at least twice to be sure you have done your 20 seconds. | Exercise and being active is something we need to do stay healthy. Join in with Joe Wicks workouts in the morning.  | See the source imageTry to spend time outdoors each day- playing, a walk, a scoot or cycle in the fresh air will help you to feel happy.  |
| Look through old family photos. Talk about the people you see and what their relationship to you is- aunt, uncle, gran, cousin etc. | Draw and colour a picture of the people in your immediate family. Ask a grown up to help you to write their names. | Talk to a grown up about posting letters. Draw a picture of you with an extended family member. Ask a grown up to help you post it to them. It will be a lovely surprise! | See the source imageShow the people you live with how kind you can be. Do or say something kind that will help them to feel happy.  |
| Watch Sesame Street’s Elmo and Rosita’s video on friendship. https://youtu.be/59tKl37x1d4Image result for Sesame Street logo | Think of your friends at school. Who are they and why do you like being their friend? Draw a picture of you and your friends doing something you all enjoy. | Play the “Glad Game” with someone at home. Think of 3 things every day you are glad of and try to have at least 1 new one each day. | Play a board game with your family. Remember it’s not important to always be the winner- it’s fun just to play together! |