**St Catherine’s Primary School** 

**Home Learning Class: P7 Teachers: Miss McDaid and Mrs McVey Health and Wellbeing **

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| **Be kind to yourself!**  We often think about being kind to others but this time I want you to think about what you can do **to be kind to yourself**. Here are some examples, eat healthy, try something new, and get enough sleep. List five more ways and then think about what you can do to start this process? | **Turn negative thoughts into positive ones.**  During this strange time, it is easy to have negative thoughts. Write down some negative thoughts you have had and write how you could turn them into positive thoughts. | **Make a Healthy Menu**  Look at the food labels in your house. Make a healthy menu for your family based on the labelling. | **https://purewows3.imgix.net/images/articles/2019_09/yoga-poses-for-kids-dancer-pose.jpg?auto=format,compress&cs=stripLearn a new yoga pose every day** [**https://www.youtube.com/watch?v=ho9uttOZdOQ**](https://www.youtube.com/watch?v=ho9uttOZdOQ) |
| **Dance with Oti Mabuse**  <https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g>  Learn a new dance with Oti every day. | **Get a good night’s sleep!**  Research the benefits of a good night’s sleep. List at least 5 benefits and tell your family about your findings.  <https://www.youtube.com/watch?v=CoCL0IB4u4g> | **Make a bucket list**  When you wish you could do something nice during the lockdown, make a note put in a jar and make a promise to do these things when life goes back to normal. | **Help your family keep a routine**  Write up a timetable of activities for your family. Think of what you could do together in the house as a family e.g., baking, playing cards etc. |
| **Write a letter to thank Key Workers.**  Write a nice letter to say thank you to a postman, delivery driver, shop assistant, carer, nurses, teachers etc.  **Do not hand it to them. Leave it somewhere safe or send an email.** | **Learn football skills in your garden.**  <https://www.youtube.com/watch?v=pH_G1f6KzfI>  Learn a new football skill. **Do not be tempted to go outside. Do it in your garden.** | **PE with Joe Wicks**  [**https://www.youtube.com/watch?v=lEWcBIvqjDk**](https://www.youtube.com/watch?v=lEWcBIvqjDk)  Keep fit with Joe every day. | **Make a Game for outside**  Create a new game with rules that can be played outside. Once we are back at school, we could play this! |