**St Catherine’s Primary School** 

**Home Learning**

**Class P3m Teacher Ms Mac Innes (Week 1 & 2-11th-22nd January 2021)**

**Health and Wellbeing **

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| **Make a video call to a friend or family. It’s important to keep in contact. During the call, play a game such as eye spy or word association e.g someone says leaf you might say green, next person says apple etc.** | **Create a positive thoughts diary and write at least one thing each day. E.g. I am happy because I have a dog to cuddle.** | **Go a walk outside (remember to stay 2m apart from anyone you meet) and collect the following things: Find something… smooth, rough, makes an noise, round, yellow, comes from a plant, has a smell, man- made, soft and red.** | **Choose 5 items from your food cupboard. Study the labels and write details of: Energy, sugar and salt. Decide if you think is a healthy choice. Why/why not?** |
| **Put away all the technology, sit and talk to a family member. What is the best part about being at home? What is the worst part? Sit and talk about any worries you might have.** | **Make a list of 4 things that make you happy and laugh, 3 worries that you have, 2 things that make you sad and 1 thing that makes you angry. Discuss these with someone in your house. It’s important to share our emotions.** | **Go outside and see if you can see something for every letter of the alphabet. Too easy? Add descriptions such as rustling leaves, snapping twigs.** | **Make some fruit kebabs or fruit faces. Remember to be safe and use your best cutting skills.**  |
| **P.E - Go onto Youtube and take part in The Body Coach’s school workouts each day. If they have not started again, look for other exercise videos.** | **Say thank you to as many people as you can and give a reason for each thank you. For example, thank you for making Christmas a fun time!** | **P.E – Go to Youtube and search for** ***Just Dance 2015 – Happy Pharrell Williams.*****Try to learn the dance off by heart. Why not get the rest of the family involved?****Finish off by stretching.** | **Try to eat three healthy foods (or drink) each day. Write down what they are.****For example, an apple, vegetables, glass of water.**  |