

Every Kid Healthy Week

20th April- 24th April



Overview



Mindfulness Monday	Meditation Session	5 Mindfulness Activities	Pinwheel Activity
Tasty Tuesday	Healthy plate	Rainbow Activity	Ready, Steady, Cook!
Wellness Wednesday	Design a board game	Earth Pledge	10 ways to help the Earth
Thoughtful Thursday	Thoughtful Letter	Kindness Bingo	Love Lanterns
Fitness Friday	Just Dance	Go for a walk	Create own routine

Mindfulness Monday 20th April

Activity Ideas:

- ★ Meditation Session.
- ★ 5 Fun Mindfulness Activities.
- ★ Pinwheel Activity.



Meditation Session



Fun **5 MINDFULNESS ACTIVITIES** *for children*

2

CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



1

"JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



3

HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



Fun

5 MINDFULNESS ACTIVITIES

for children

4

GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



5

TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



Pinwheel Activity

Providing children with an object to focus on is a great way to encourage concentration during mindfulness sessions. Use pinwheels in conjunction with the mindful breathing exercise above, making the pinwheel spin with every exhale.



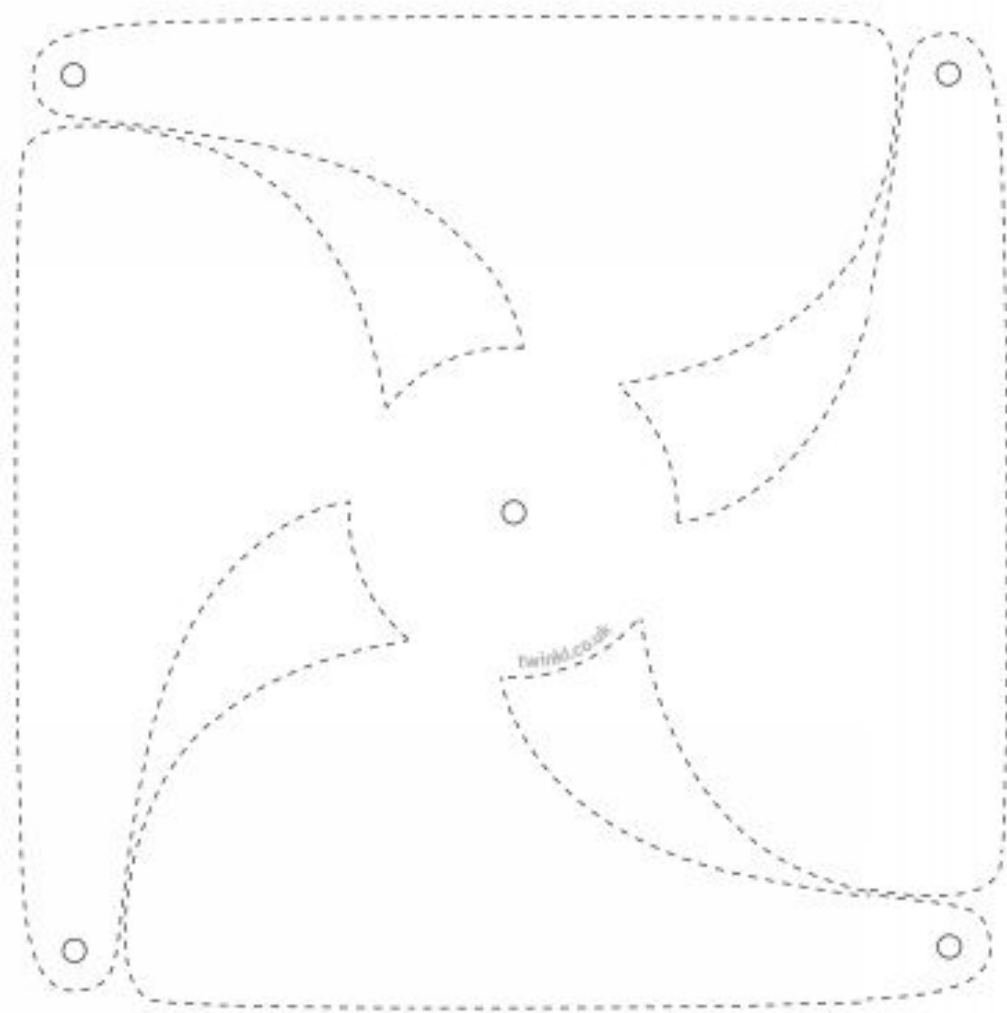
You will need:

- Pinwheel template
- Scissors
- Colouring pens or pencils
- Drawing pin
- Wooden dowel (approximately 30cm long)
- Sticky tack

What to do:

- Colour in the pinwheel template on both sides.
- Cut out the pinwheel template along the dotted lines.
- Fold the small circles at the ends of the sails in to meet the small circle at the centre of the pinwheel.
- Carefully push the drawing pin through all the small circles at the centre.
- Place the dowel behind the pinwheel and push the drawing pin into the dowel to secure the pinwheel to its handle. Don't push the drawing pin in too tightly, or the pinwheel won't spin.
- Check the back of the dowel to ensure the sharp end of the drawing pin is not sticking out. Place some sticky tack over it if it is.

Now test your pinwheel outside on a windy day!



Tasty Tuesday

21st April

Activity Ideas:

- ★ Design your own healthy plate.
- ★ Rainbow fruit activity.
- ★ **Ready, steady, cook!**
Each year group to complete 1 of 2 recipes. (or both!)
Take photos or film your own vlog whilst making your meal.



Design your own healthy plate

Food Groups

Fruit and Vegetables

These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.

Proteins

Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles. Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.

Oil and Spreads Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.

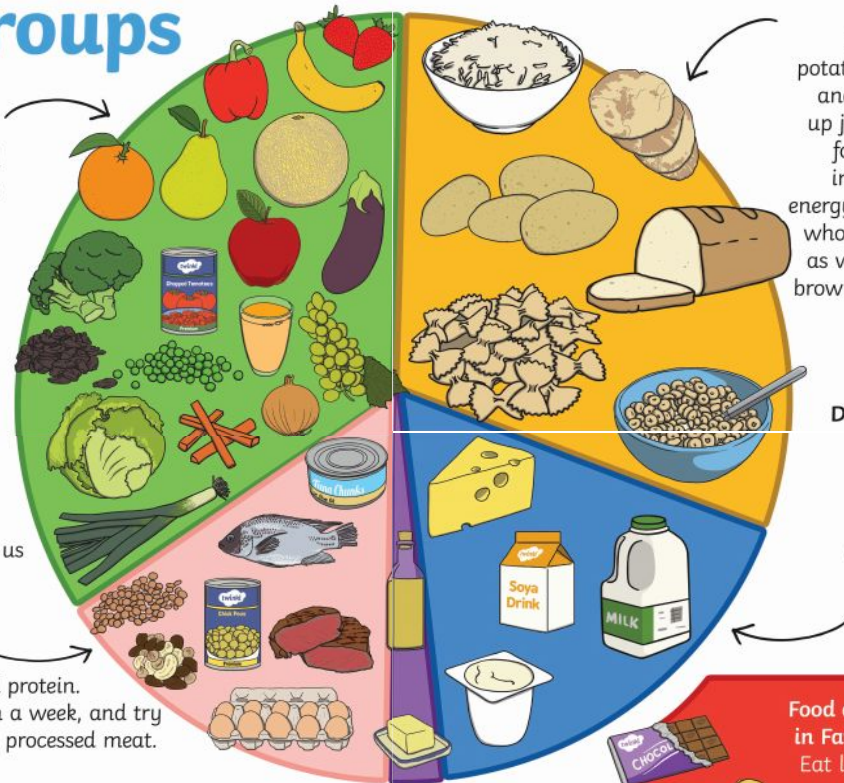
Carbohydrates

Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

Dairy and Alternatives

These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.

Food and Drinks High in Fat and / or Sugar
Eat less often and in small amounts.



Design your own healthy plate

Healthy Eating Week: Healthy Eating Meal



Paint, draw, make, create your own healthy food rainbow



Ready, steady, cook!

Each Year group has 2 easy to follow recipes to follow (can be changed depending on ingredients available in children's household).

Children should follow the recipe, take photos or film a vlog of them cooking their meal. Pictures/ videos to be sent in along with any other pictures from the week so far.

Ready, steady, cook!

Key Stage 1 and Foundation:

Picnic sandwich



<https://www.bbcgoodfood.com/recipes/pressed-picnic-sandwich>

Spaghetti parcel

[https://www.bbcgoodfood.com/recipes/salmon-spaghetti-supper-p
arcel](https://www.bbcgoodfood.com/recipes/salmon-spaghetti-supper-parcel)

Ready, steady, cook!

Year 3 and 4:

Chicken and vegetable bowl

<https://www.bbcgoodfood.com/recipes/chicken-veg-bowl>

Homemade pizza

<https://www.bbcgoodfood.com/recipes/pizza-homemade-sauce>



Ready, steady, cook!



Year 5:

Fajitas

<https://www.bbcgoodfood.com/recipes/cooking-kids-fajitas>

Stir Fry

<https://www.bbcgoodfood.com/recipes/simple-stir-fry>

Ready, steady, cook!

Year 6:

Banana Pancakes



<https://www.bbcgoodfood.com/recipes/easy-banana-pancakes>

Cheese and Ham Roll Ups

<https://www.bbcgoodfood.com/recipes/cheese-ham-pancake-roll-ups>

Wellness Wednesday

22nd April



Activity Ideas:

- ★ Step away from the screen and design your own board game.
- ★ Earth day pledge.
- ★ 10 ways to help the Earth poster.



Design your own board game

Step away from your iPads, Xboxes and digital devices and create your own board game to play with your family.



Design your own board game

Write a set of instructions for how to play your board game.



Earth day pledge

What can you do to help our Earth?

What will you not do to protect our Earth?



A section for writing a pledge, enclosed in a dotted border. It starts with a small green leaf icon followed by the text "I will". Below this text are three horizontal dashed lines for writing.

A section for writing a pledge, enclosed in a dotted border. It starts with a small red angry face icon followed by the text "I will not". Below this text are three horizontal dashed lines for writing.

How can I help the Earth?

Create a poster listing all of the ways you can help our planet.



10 Ways YOU Can Help the EARTH

1. Turn off the lights
2. RECYCLE!
3. Save leftovers
4. Be nice to the worms
5. Share a book
6. Plant a tree
7. Use both sides of the Paper
8. Save water
9. Clean up trash
10. Put underwear in the freezer when it's hot



Thoughtful Thursday

23rd April



In a world
where you can be anything
BE KIND

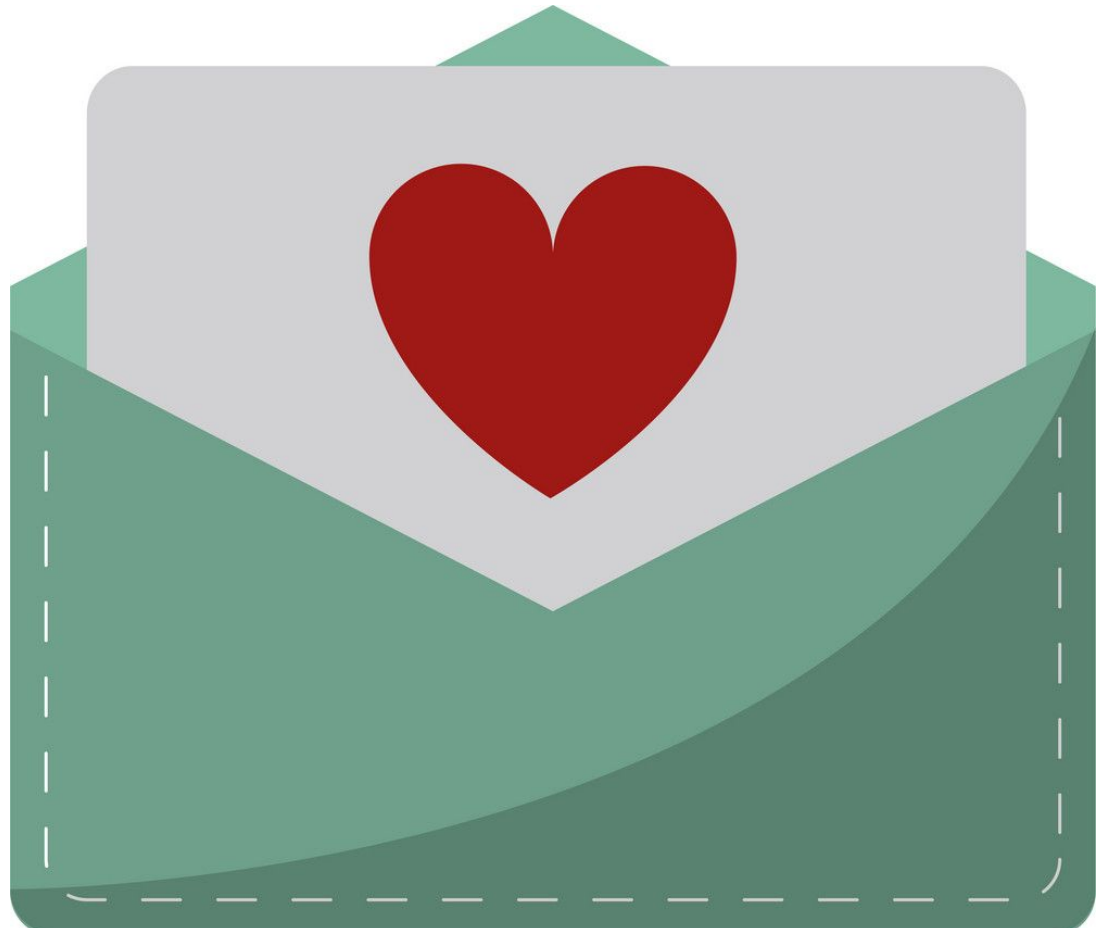
Activity Ideas:

- ★ Write a letter to someone who you cannot see at the moment.
- ★ Kindness Bingo.
- ★ Love Lanterns.



Thoughtful Letter

Write a letter to somebody who you cannot see at the moment. It could be a Grandparent, someone in your family, a friend or your teacher. Tell them what you have been up to and try to put a smile on their face.



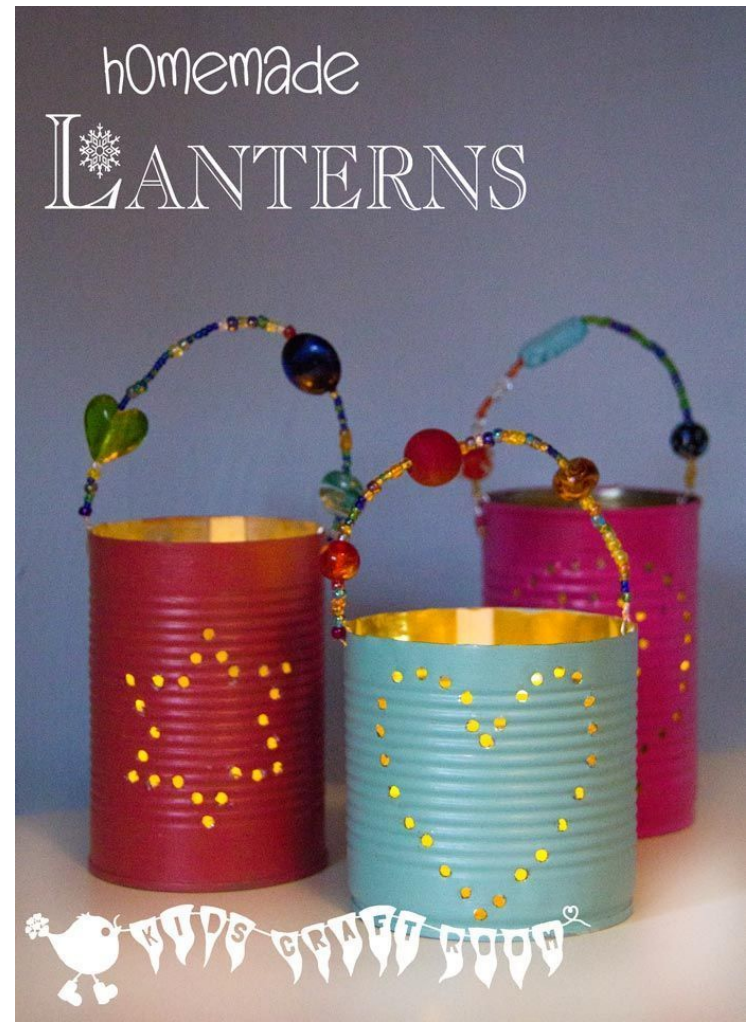
Kindness Bingo

How many can you complete?

<i>Help someone with a job around the house without being asked.</i>	<i>Make a card for someone thanking them for all they do.</i>	GIVE SOMEONE A HUG WHEN THE REALLY NEED IT.	Organise an afternoon of games for your family.
Read a book to a sibling.	Write a letter to your teacher.	Make a thank you card for a community helper.	Keep your family company on a walk.
Clean out your bedroom and donate any unwanted toys to charity.	Make “Be Happy” kindness notes and pass them out.	<i>Make a bookmark for someone in your family.</i>	<i>Learn a joke and tell it to someone to make them laugh.</i>
Call somebody in your family to say hello.	Teach someone something new.	Help make dinner.	Compliment somebody in your family.

Love Lanterns

Make a love lantern for somebody you love.



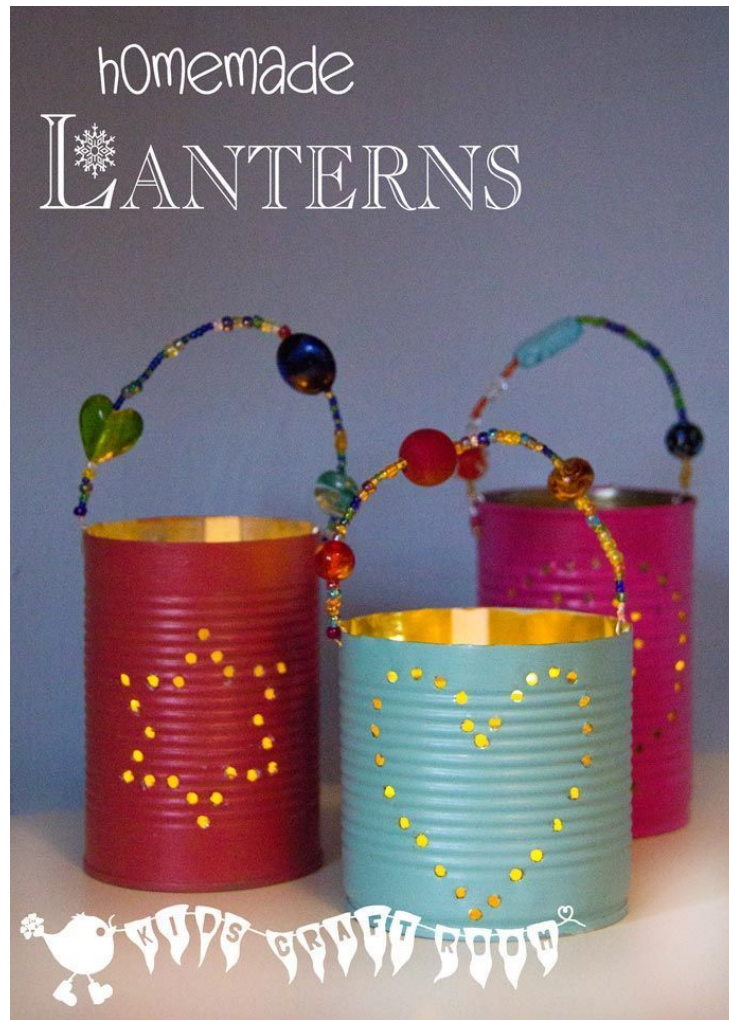
Love Lanterns

Make a love lantern for someone you love.

All you need:

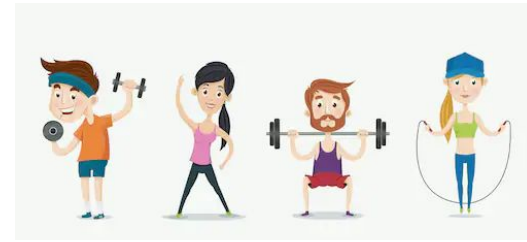
- An empty can
- Paint and paintbrush
- String or a wire
- Beads (optional)
- Tea light candle

1. First, find an empty can and tear off the label. Make sure the can is clean on the inside.
2. Next, with coloured paints of your choice, paint the outside of your tin can. Add decorations, patterns and lots of colour.
3. After that, leave to dry for 30 minutes.
4. Once dry, pierce 2 holes at the top of your can (opposite one another) and thread wire or string through both sides to create a handle. If you like, add beads to your handle to decorate.
Optional: Pierce more holes on the surface of the can.
5. Finally, place a tea light in the middle of your can and with the help of an adult, light and watch your lantern glow.



Fitness Friday

24th April



Activity Ideas:

- ★ Just Dance Challenges.
- ★ Family walk.
- ★ Create your own dance routine.



Just Dance 1- Waka Waka



Just Dance 2- Dynamite



Just Dance 3- Ghost Busters



Just Dance 4- Gangnam Style



Just Dance 5- Timber



Family Walk

Why not get some fresh air and go out for a walk with members of your family?

Take some photos of what you see along the way!



Dance

Make up a dance routine either by yourself or with a sibling. Perform your dance for the rest of your family and teach them the moves.

