

## Y5-6 Home learning Resource 1: Activities for health

|                                       |                                   |  |
|---------------------------------------|-----------------------------------|--|
| taking some deep breaths              | watching a funny film             | eating a balanced diet with lots of vegetables |
| taking medicine                       | stroking a pet                    | resting, relaxing, quiet time                  |
| drawing, painting or making something | drinking water                    | playing games                                  |
| washing and keeping clean             | thinking of happy times           | learning something new                         |
| offering to do a chore at home        | listening to music                | going for a walk                               |
| reading a good story                  | eating lots of sweets             | going to bed at a sensible time                |
| talking to a trusted adult            | chatting to friends by video link | expressing feelings                            |