



## A FRESH START!

### Bag a Breakfast

Let's think about a fresh start to the new term. Something we can all do to keep our bodies fit and healthy is to make sure we eat breakfast. It's important to look after ourselves and be ready for learning and play every day. Breakfast gives us energy for the day ahead.

We can all have a Belly Beast that rumbles mid-morning if you haven't fed him breakfast. Have you ever noticed if that happens to you?



Discuss with an adult what you could feed your Belly Beast for breakfast to keep him quiet every day. Then on the next page, look at the different pictures and tick which ones you think are good choices for a healthy breakfast.

Can you make a Phunky Promise to eat breakfast every day for your new start to the new term? Draw a picture of you eating a healthy breakfast.

### My Healthy Breakfast

Can you make good choices for a healthy breakfast? Tick the ones you think would be a healthier choice.



baked beans on toast



fried breakfast



fruit, yogurt and granola



chocolate cake



beefburger



porridge with banana



chocolate



omelette



biscuits



fruit salad

## GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in your home with no equipment or apparatus. The children can even do this in their normal clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

### The warm up...

**Late for School** - Ask the children to pretend they are late for school and carry out all the activities needed to get ready - on the spot! Use the following actions which can be adapted as required:

Wake up suddenly, wash face, get dressed, run downstairs, eat breakfast, run upstairs, brush teeth, open/close front door, run, arrive at school... oh no, it's Saturday!



### Main activity...

**Indoor Circuits** - This activity requires sufficient space for movement around four stations.

Set up four areas/stations for the children to complete. Split the children into four groups and designate each one a station and activity to complete. Explain that they will complete this activity for 30 seconds and then swap so that everyone completes all four activities. This can then be repeated.

Station 1 – Run on the spot kicking your heels high up behind you

Station 2 – Touch the floor with both hands then jump up high

Station 3 – Touch your elbow with your opposite knee and swap

Station 4 – Jumping Jacks

### Cool down...

**WHOLE Body Stretch** -Lying on their backs, ask the children to make their whole body as tight and stiff as possible. Hold this for a count of five and release, breathing in and out slowly.

Now ask the pupils to tighten one body part at a time in the following order: one hand, both hands, one arm, both arms, one leg, both legs, buttocks, whole body.

Now ask them to release each body part one at a time in the following reverse order: buttocks, both legs, both arms, both hands.



## HAPPY SPACE MEDITATION - 5 minute Mindfulness practice



### WALT What Am I Learning Today?

- To notice how it feels to be happy.

### WILF What I am Looking For?

- To be able to describe where I feel happy.
- Draw a picture of where I feel happy (to extend the practice).

### Guidance and preparation

- Children to choose their own comfortable position eg lying or sitting (in or outdoors).
- Use chime bar to signal the beginning and end of the practice.

### Resources

- Chime bar (any percussion instrument).

### Useful for...

A calming practice to end the school day or week.

### Activity (3 minutes)

1. Adult to ask children to close their eyes (if comfortable) or lower gaze to the floor.
2. Children to take 2 deep breaths to settle.
3. Adult to use chime bar to signal start of the practice.
4. Adult to ask the children to think of their favourite place and to guide practice with occasional questions.
5. Imagine your favourite place: "What can you hear?", "What can you see?"
6. "What can you smell?", "What colours do you see?"
7. Remind children that they don't need to put their hands up to answer the questions.
8. Children to listen and think of their response quietly inside their own heads.
9. Adult to close the practice by using the chime bar.

### Discussion (2 minutes)

- Where is your favourite place?
- What did you see and hear?
- What colours did you see?