



A FRESH START!

Let's think about a fresh start to the new term. Something we can all do to keep our bodies healthy is to make sure we eat five portions of fruit and vegetables a day.

To remind yourself what a portion looks like and how much you need, cup your hand and see what fits in. This is a portion. Try it with some different fruit and vegetables such as an apple, some grapes or even some peas.

EAT A RAINBOW!



Strive for 5 Challenge

Think of how you could fit five portions of fruit and vegetables into your day and mark or draw in the chart below. For example: adding a banana to your breakfast cereal; taking an apple for break time; including carrot sticks in your lunch box; munching a bunch of grapes after school or eating peas with your tea. Challenge yourself to try a new fruit or vegetable!

Can you make a promise to yourself to eat five portions of fruit and vegetables every day as a new start to the new term? Challenge your family to join you with your promise.



STRIVE FOR 5!

Mark a box with a tick or a drawing of the fruit or vegetable you ate.

Portions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							
5							
+							

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 - 10 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).

Resources

- Chime bar (any percussion instrument).

Useful for...

A calming practice to end the school day or week.

Activity (8 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?