



A FRESH START!

Let's talk about a fresh start to the new term. There are some simple things we can all aim to do to keep our bodies healthy and ready for learning.

Fresh Start Quiz

Have a go at the healthy lifestyle quiz below. It might identify some simple things you could change to keep yourself fit and well. Answer yes or no.

- *Have you eaten breakfast today?*
- *Have you eaten at least 2 of the 5 portions of fruit and vegetables we should aim to have every day?*
- *Have you drunk some water today?*
- *Have you done at least 10 minutes of the 60 minutes of exercise we should do every day?*
- *Have you cleaned your teeth today?*
- *Will you be eating or have you eaten a healthy lunch today?*



Now have a look at the 'Every Day We Aim To' poster on the next page. These are some of the Phunky Food healthy messages that we can aim to do every day. Identify areas that you could try to improve for a fresh start to the new term and record below in the 'Phunky Promises' chart. For example: "I promise to eat breakfast every day".



MY PHUNKY PROMISES



Share your promises with members in your household and ask them to identify any which they could improve upon too.



EVERY DAY
WE AIM TO...



Eat Well!

...eat more of some foods and less of others



Drain our drinks!

...drink plenty of sugar-free fluids



Strive for 5!

...eat five different fruit and vegetables



Bag-a-breakfast!

...start the day the right way



Care for our teeth!

...brush our teeth twice a day



Get phunky with food!

...learn more about the food we eat



Get active!

...be physically active for at least 1 hour each day

HAVE FUN!

For more information visit www.phunkyfoods.com

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 - 15 minute Mindfulness practice

WALT What Am I Learning Today?

- To notice how it feels to be happy.
- To recognise when I am not happy and to know how to move back to my happy space

WILF What I am Looking For?

- To be able to describe how I feel when I am happy.
- To identify times when I could use my happy space.

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 (10 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 space and to guide practice with occasional questions.
5. Imagine your favourite space: 'What can you hear?', 'What can you see?'
6. 'What feelings are around when I am in my happy space?', 'How does my body feel?'
7. Remind children that they don't need to put their hands up to answer the questions.
8. 'Take a moment to notice how you feel and to know that you can always come back to this place.'
9. Adult to close the practice by using the chime bar.

Discussion (5 minutes)

- Can you describe where you were? What could you see and hear?
- How did you feel when you were in your happy space?
- How will you use what you have experienced in your daily lives?