

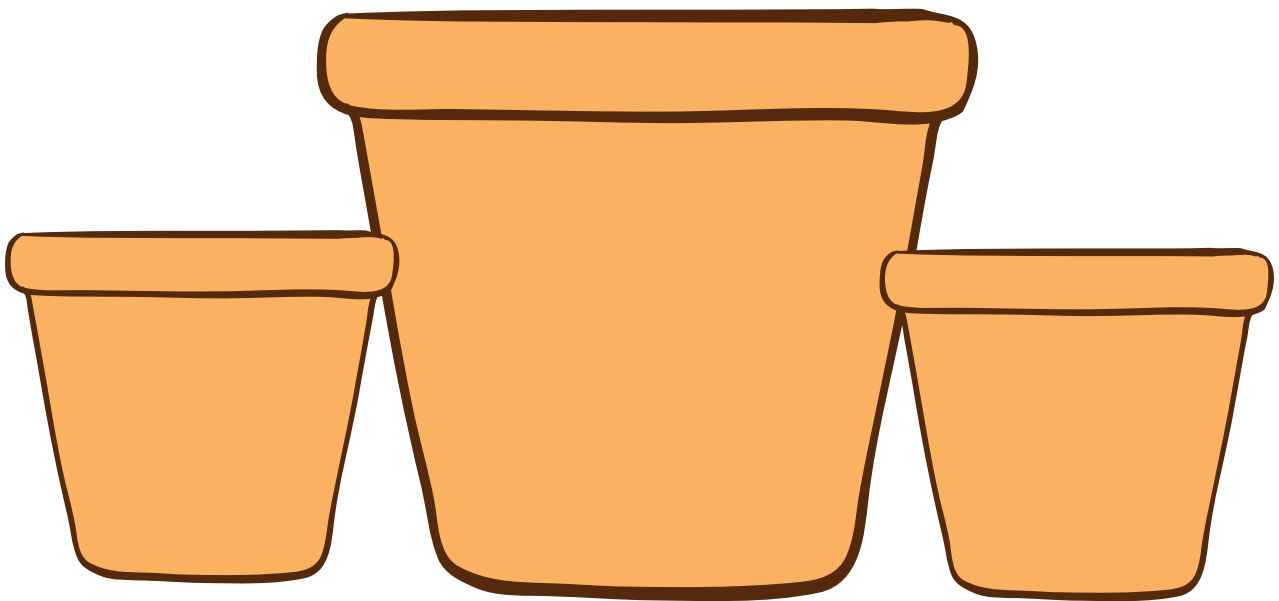
what's **Fit activity for kids** your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CREATE YOUR GARDEN

SPENDING TIME BEING CREATIVE WILL HELP
CALM YOUR MIND AND THOUGHTS.



DESIGN YOUR OWN KIND OF PLANT FOR YOUR GARDEN.
WILL IT BE A MONEY PLANT? A PLANT WITH ARMS?

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.



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.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Food and Drinks High / or Sugar

Eat less often and in small amounts.



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.



Dairy and alternatives

Dairy and Alternatives

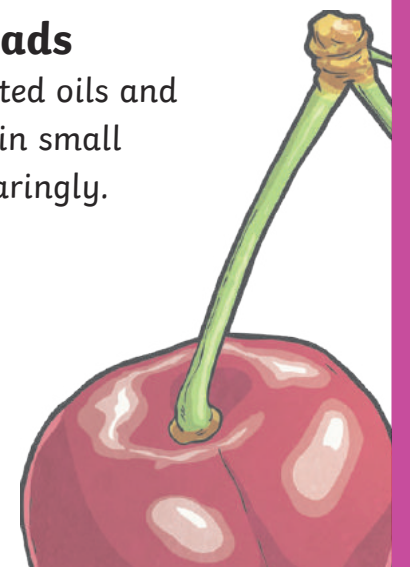
These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.



Oil & spreads

Oil and Spreads

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



Something that makes me feel...

Each one of us can feel many emotions – in just one day! We can all feel good or bad.

Think about the emotions below and draw what makes you feel that way.

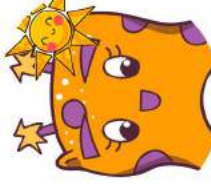
Something that makes me feel...

worried



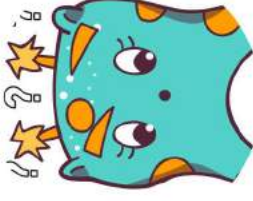
Something that makes me feel...

happy



Something that makes me feel...

curious



Something that makes me feel...

silly



Something that makes me feel...

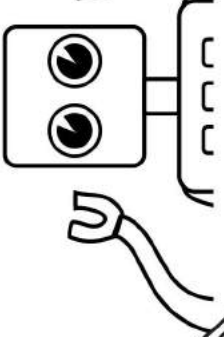
grateful



Something that makes me feel...

excited





Something that makes me feel...

Each one of us can feel many emotions – in just one day! We can all feel good or bad.

Think about the emotions below and draw what makes you feel that way.

Something that makes me feel...

confident



Something that makes me feel...

angry



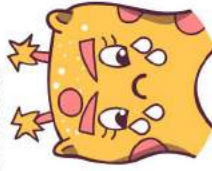
Something that makes me feel...

love



Something that makes me feel...

sad



Something that makes me feel...

proud



Something that makes me feel...

brave



Exercise is Important

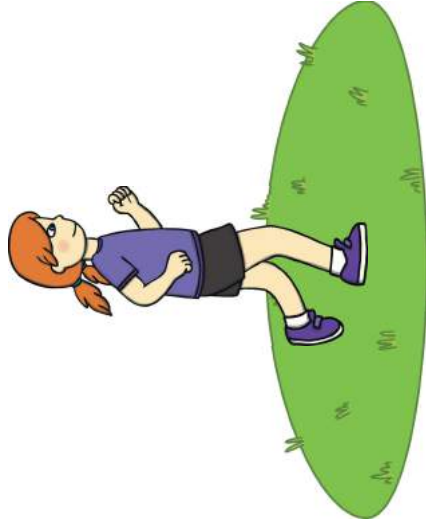


Name:.....Date:.....

Name of exercise	What you do (Write or draw a picture)	How many times can you do it in a minute?	What happens to your body? (Write or draw a picture)

Jogging on the Spot

Jog on the spot and try your best to keep in the same place.



Jogging

Jog from one point to another and try your best to keep the same pace.



Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to.
You can put your knees on the floor to make the move easier.



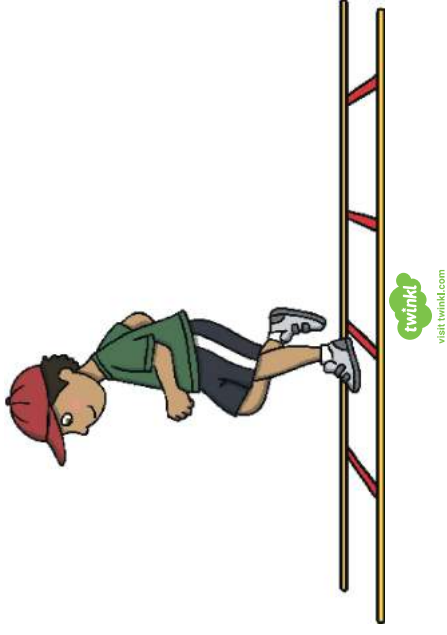
Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor.
Repeat with the other leg.



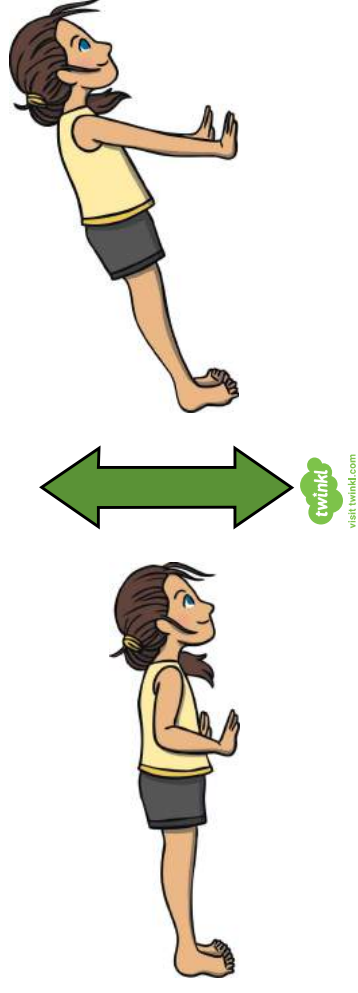
Ladder Run

One at a time, jog up the ladder, placing both feet into each space as you go. To make it more challenging, you could step outside the ladder and back in at each space. Try to keep your toes pointed and your legs straight.



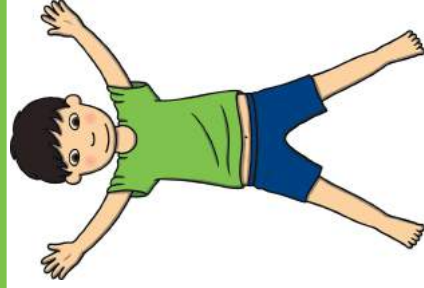
Press-Ups

You can put your knees on the floor to make the move easier.



Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.



What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.

High Knees

Raise each knee in front of you, one at a time, as high as you can. To make this more challenging, try to do this quicker.



Step-Ups

Carefully, step on and off the bench, one foot at a time.



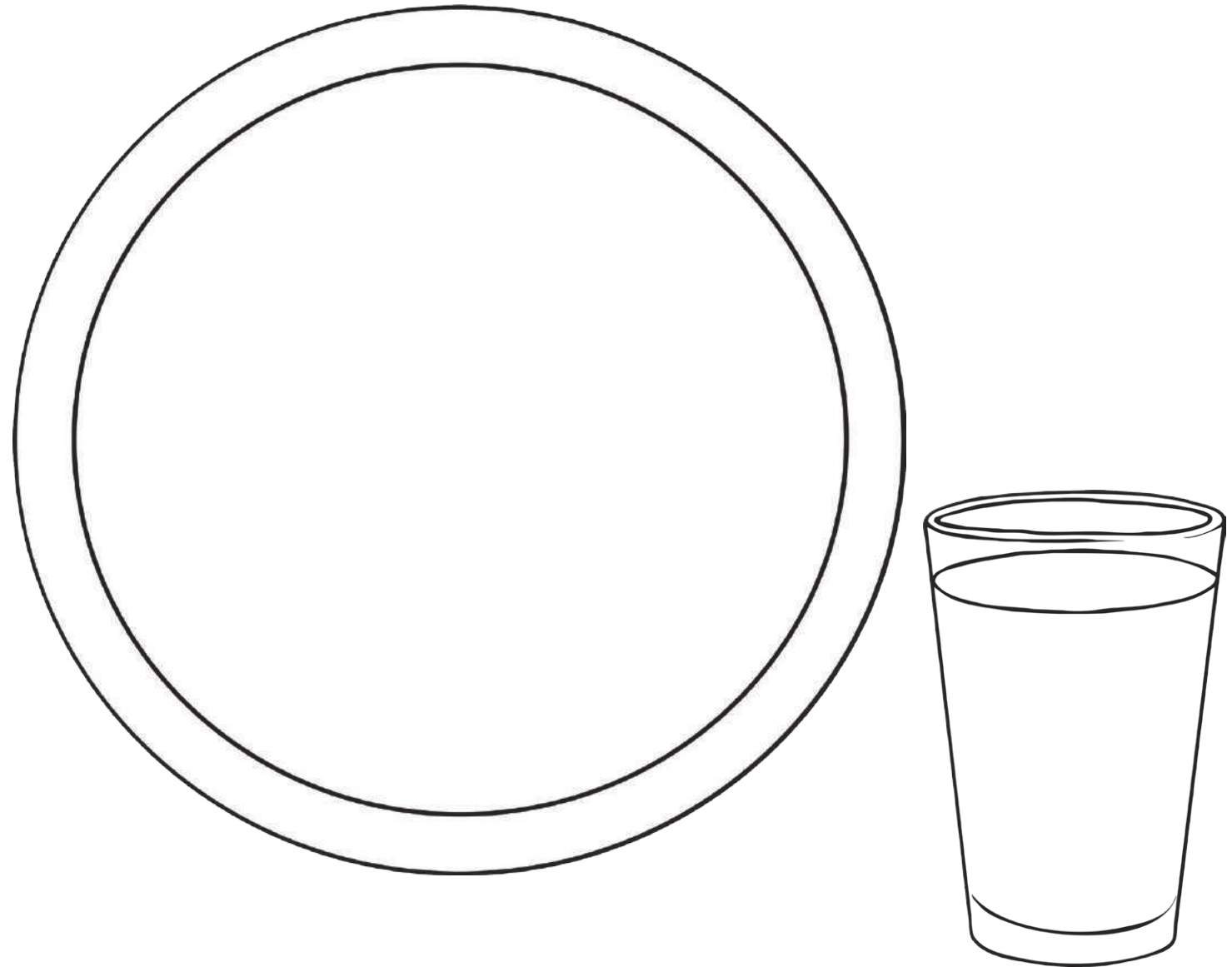
Plan a Healthy Meal

Using your knowledge of the Eatwell Guide, plan a healthy meal that includes all 5 food groups. Use the checklist to ensure you include everything you need.

Success Criteria:

Use this checklist to ensure you have included all 5 groups in your meal.

- Fruit and Vegetables
- Carbohydrates
- Protein
- Dairy
- Fats



My Hopes and Wishes for 2021



KEEP ON GROWING

REFLECTING ON HOW WE FEEL AND OUR THOUGHTS HELPS OUR WELLBEING.
IF WE FEEL ANXIOUS OR NERVOUS, THIS CAN STOP US FROM GROWING.



HOW DO YOU FEEL TODAY?

A large, empty rounded rectangular box for writing an answer to the question "HOW DO YOU FEEL TODAY?".



WHAT ARE YOU THANKFUL FOR?

A large, empty rounded rectangular box for writing an answer to the question "WHAT ARE YOU THANKFUL FOR?".



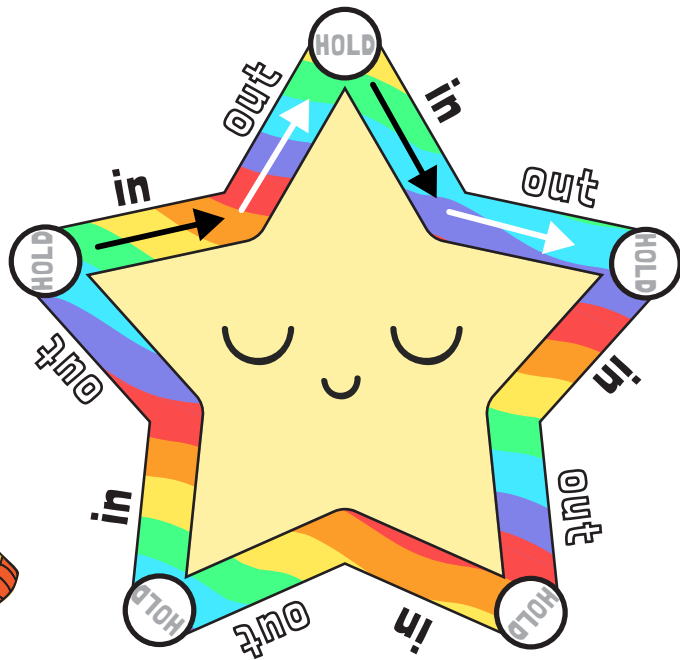
WHAT ARE YOU EXCITED FOR IN THE FUTURE?

A large, empty rounded rectangular box for writing an answer to the question "WHAT ARE YOU EXCITED FOR IN THE FUTURE?".

Move your finger very slowly around the shape.

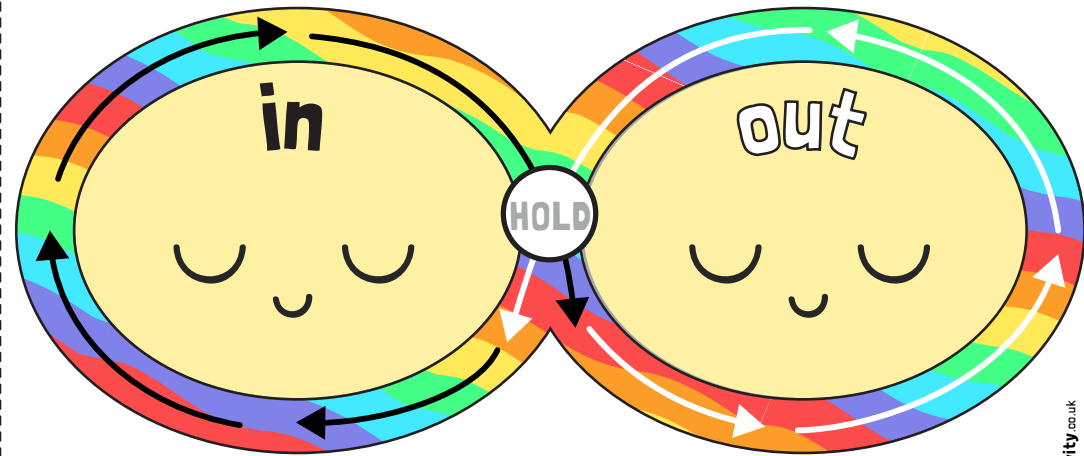
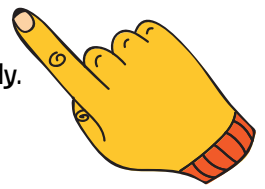
Following the arrows, breathe in and then out deeply, slowly and calmly.

When you reach a circle hold it there for 5 seconds and continue.



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Move your finger very slowly around the shape. Following the arrows, breathe in and then out deeply, slowly and calmly. When you reach a circle hold it there for 5 seconds and continue.

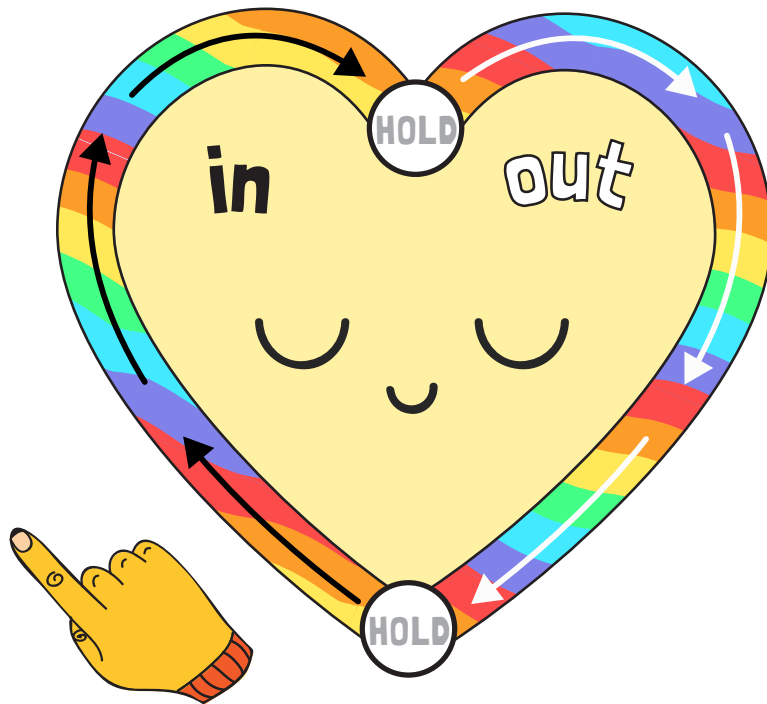


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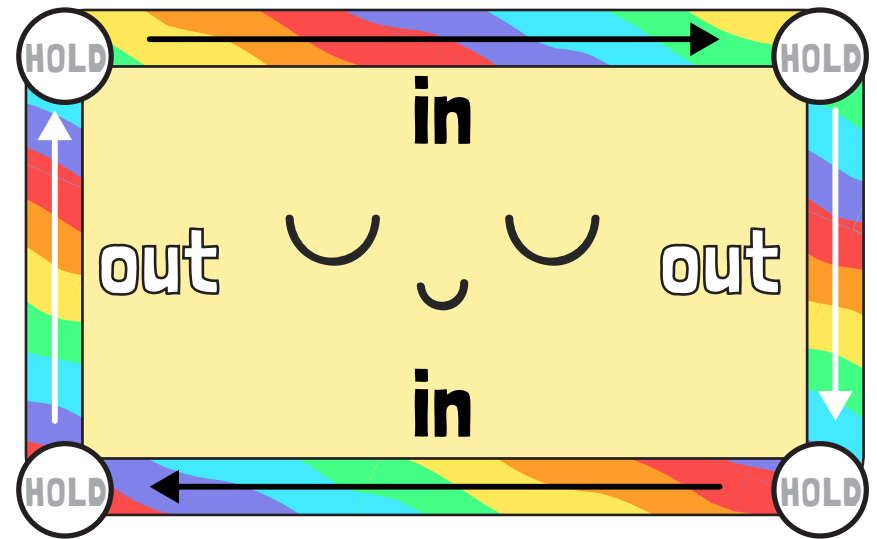
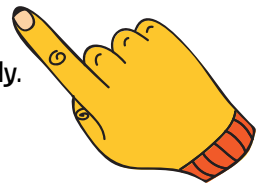
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Positive Power!

To increase our positivity power let's remind ourselves of what makes us feel good!

Fill in each box about yourself to increase your powers!

Things that I'm good at...

Things I enjoy...

People I like...

Me wearing my favourite clothes!

My favourite things...

Makes me laugh...



Positivity Levels

When you've finished the boxes, colour in this bar all the way to the top to show full power levels!





Positive Power!

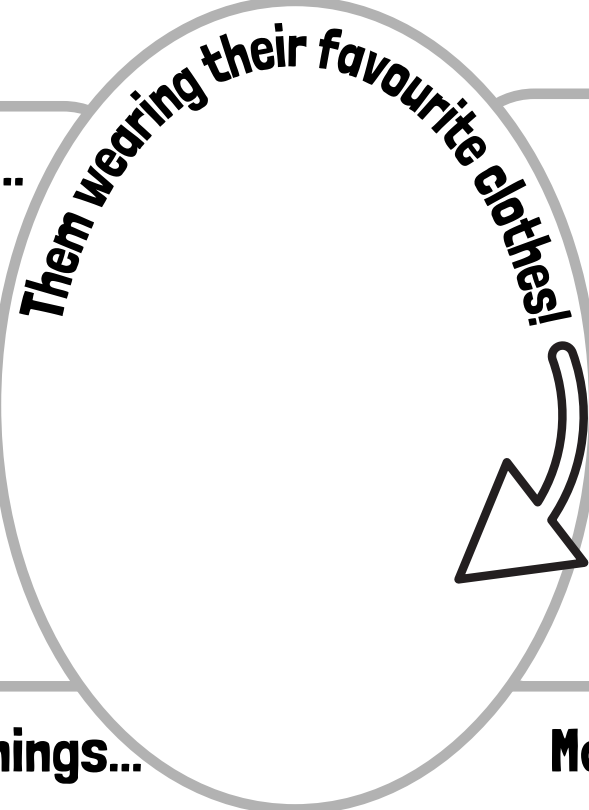
To increase our positivity power let's remind each other of what makes us feel good!

Fill in each box about your friend to increase their powers!

Things that they're good at...

Things they enjoy...

People they like...



Their favourite things...

Makes them laugh...

Positivity Levels

When you've finished the boxes, colour in this bar all the way to the top to show full power levels!

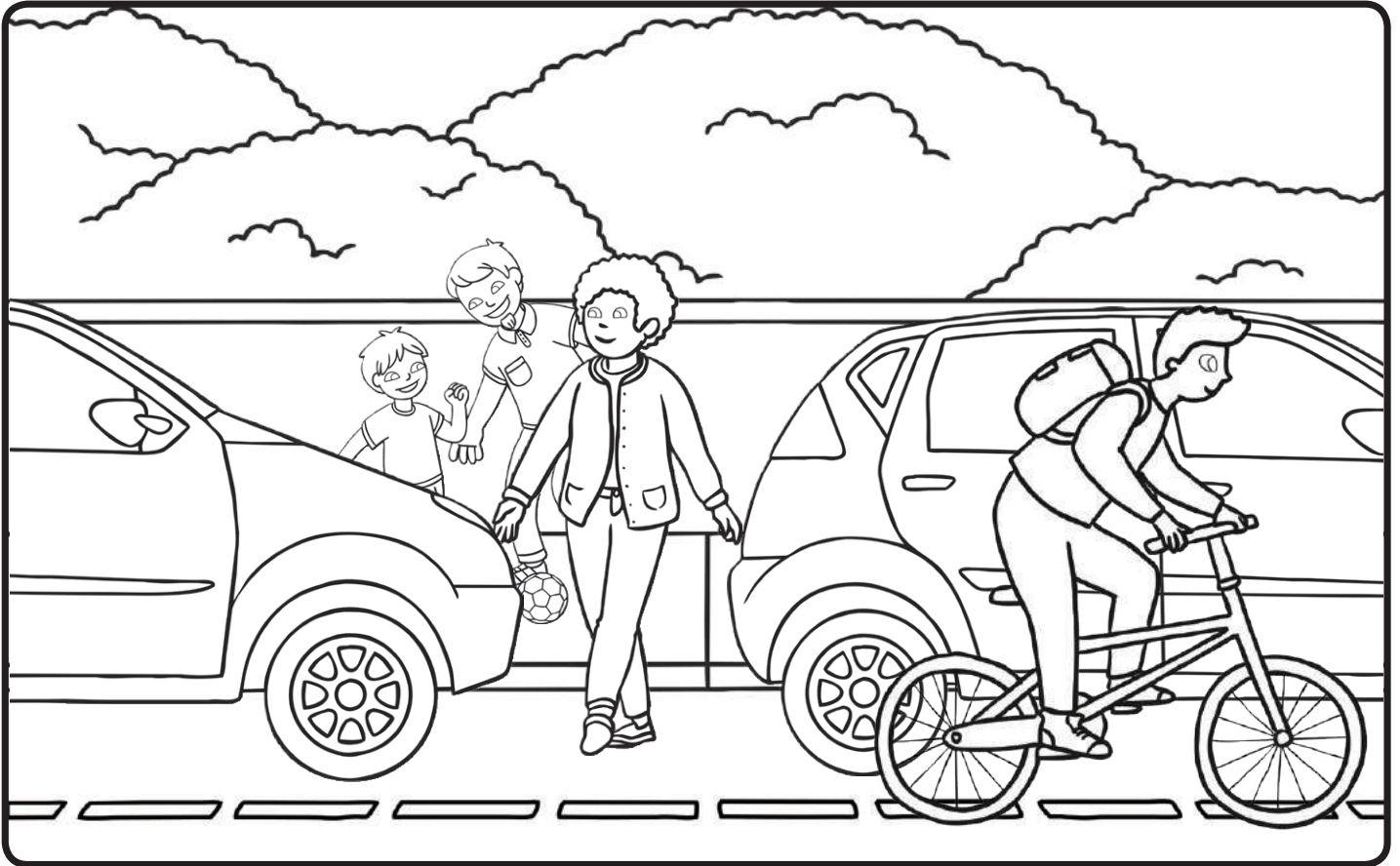


Taking a Risk in the Street

Some of the people in this street are taking a risk.

Can you match the statements to the picture?

Cut out the statements at the bottom and match them to the correct image.



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It is a risk to cross between two parked cars as you can't get a clear view of the road.

Children are playing with a ball. They are at risk of running out in front of a car to catch their ball or causing an accident if the ball rolls onto the road.

This child is taking a risk by riding their bike on the road with no helmet. If they have an accident they could get a very serious head injury.

Winter Poem

I can **see** _____

I can **hear** _____

I can **feel** _____

I can **smell** _____

I can **taste** _____



YOU INSPIRE ME!



HAVING A ROLE MODEL CAN HAVE A POSITIVE IMPACT ON YOUR MENTAL HEALTH AND WELLBEING. THEY ARE A PERSON WHO INSPIRES YOU TO BE BETTER AND BECOME A MORE POSITIVE PERSON.

MY ROLE MODEL IS...

DRAW YOUR ROLE MODEL HERE

WHAT WORDS WOULD YOU USE TO DESCRIBE YOUR ROLE MODEL?

