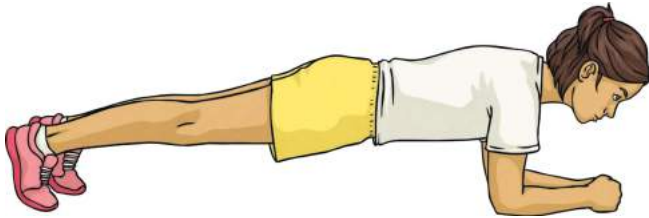
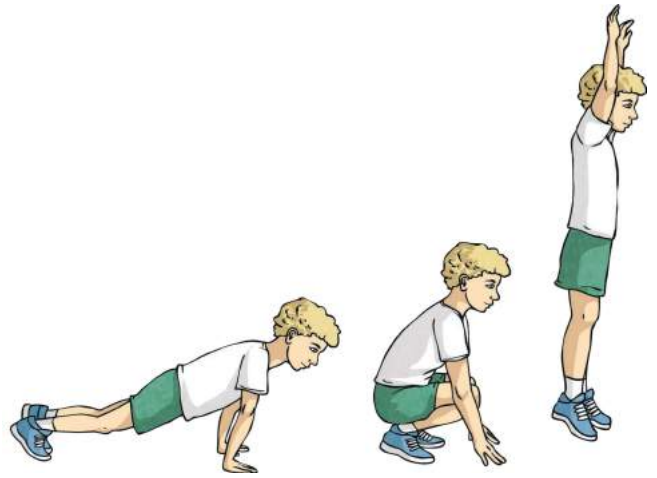


Plank



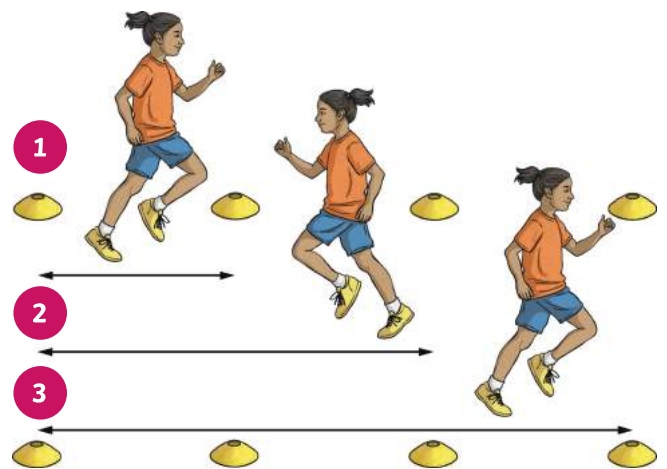
Burpees



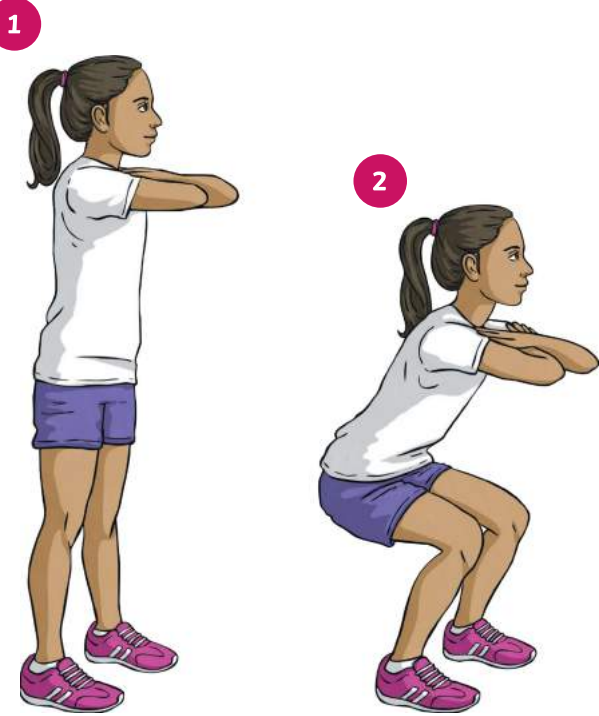
Sit Ups



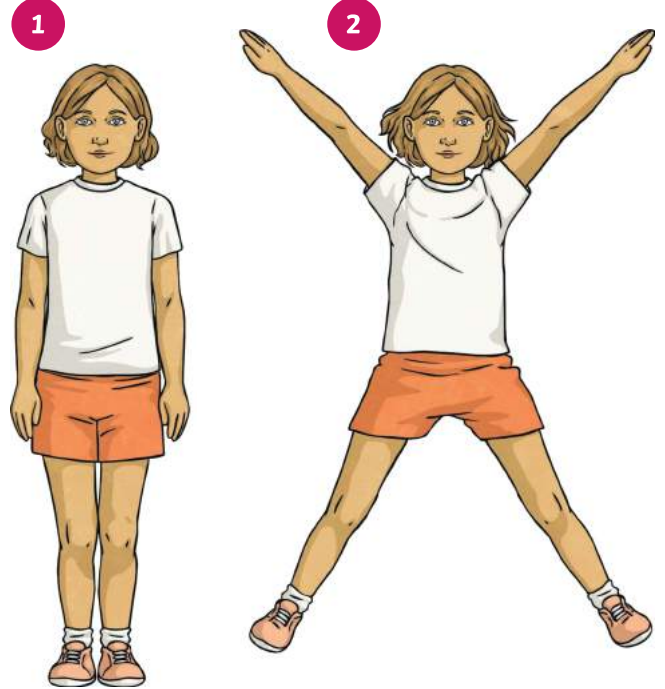
Shuttle Runs



Squats



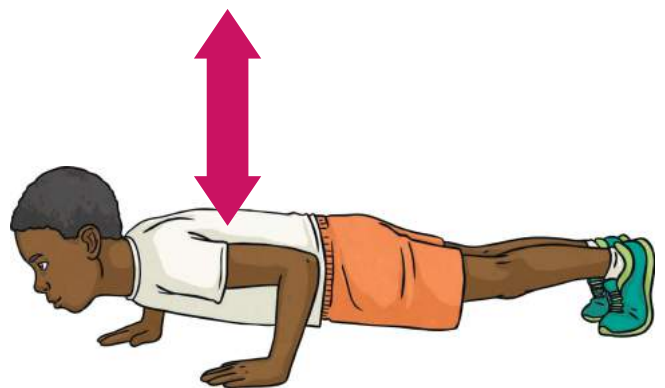
Star Jumps



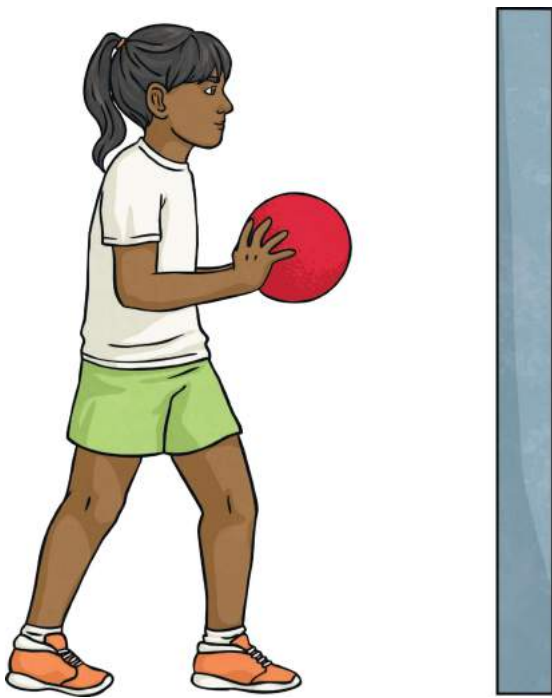
Lunges



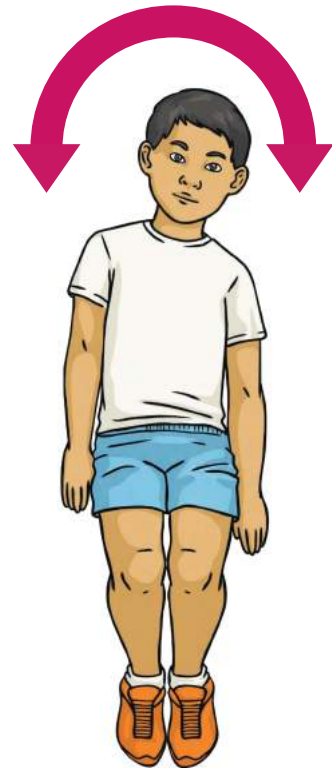
Press Ups



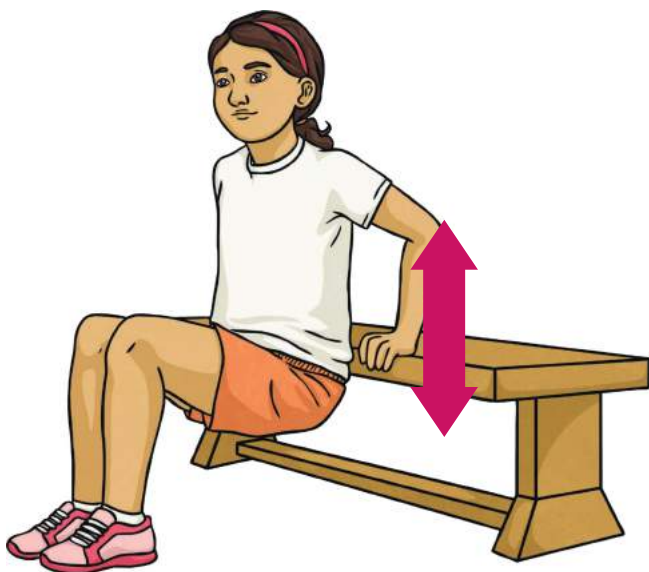
Wall Throws



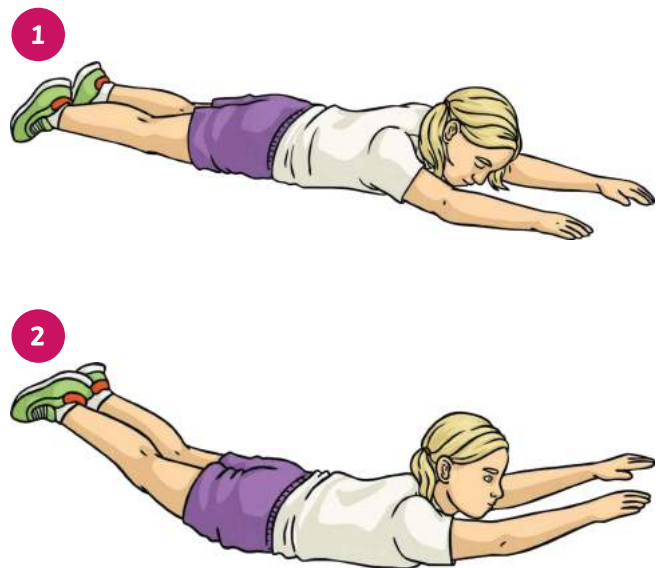
Side Reaches



Tricep Dips

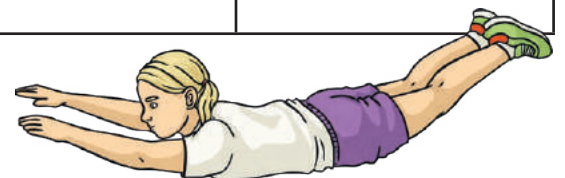
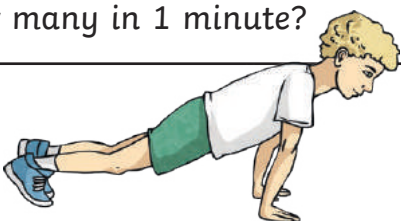


Seal Raises



PE Circuit Recording Sheet

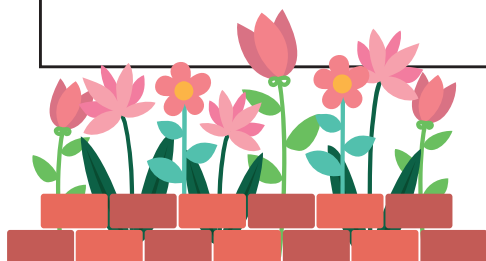
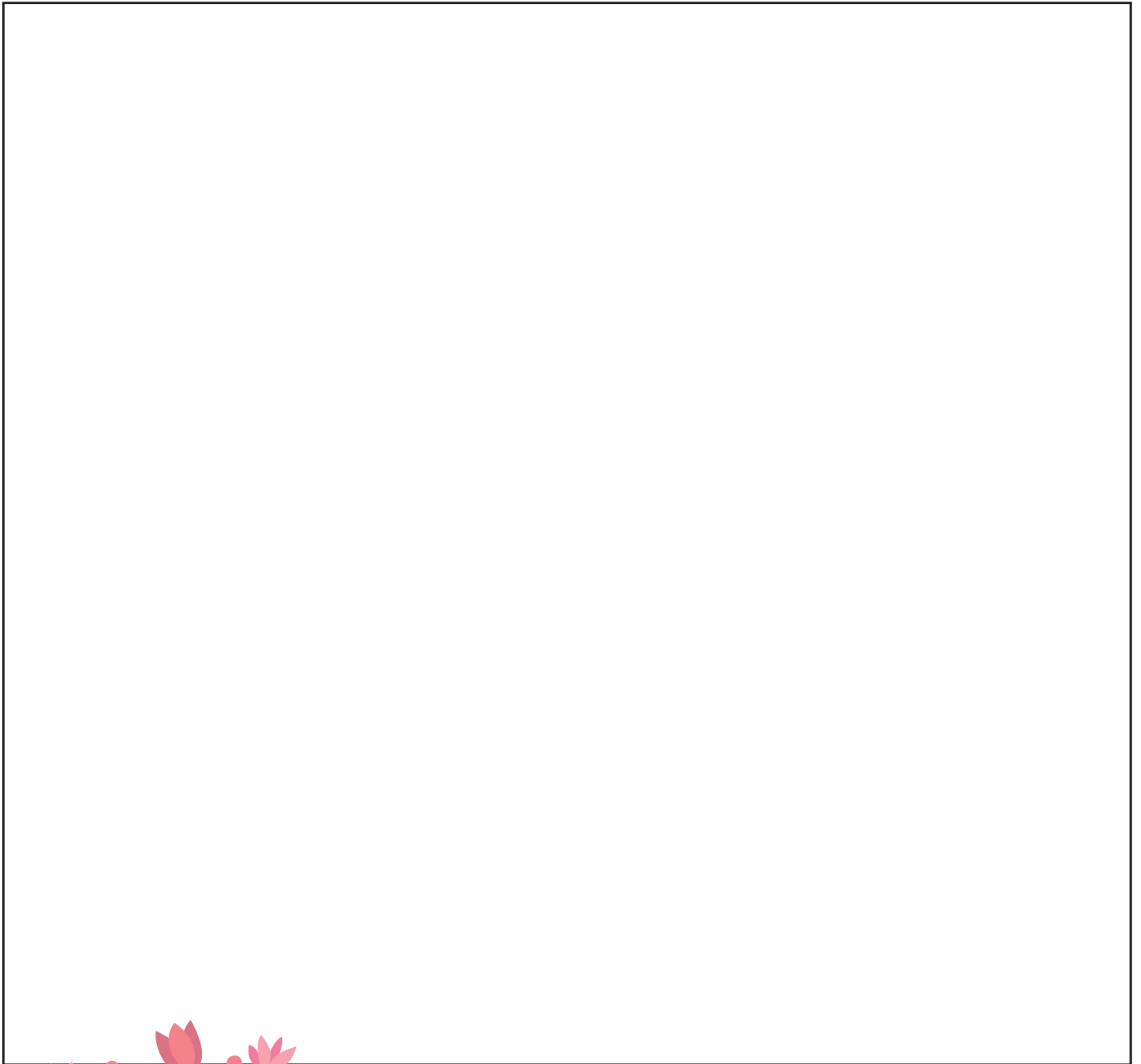
Exercises	First Attempt	Second Attempt	Third Attempt
Plank Did you do the plank for the full minute? Yes or no?			
Burpees How many in 1 minute?			
Sit Ups How many in 1 minute?			
Shuttle Runs How many in 1 minute?			
Squats How many in 1 minute?			
Star Jumps How many in 1 minute?			
Lunges How many in 1 minute?			
Press Ups How many in 1 minute?			
Wall Throws How many in 1 minute?			
Side Reaches How many in 1 minute?			
Tricep Dips How many in 1 minute?			
Seal Raises How many in 1 minute?			



CREATE YOUR GARDEN

DRAW A MAP OF A FANTASY GARDEN.

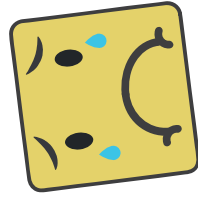
WILL IT HAVE A MAZE? A POND FILLED WITH CROCODILES?
BE CREATIVE AS YOU CAN BE!



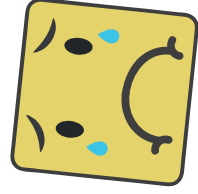
SPENDING TIME BEING CREATIVE WILL HELP
CALM YOUR MIND AND THOUGHTS.



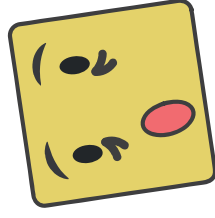
TODAY'S EMOJI EMOTION IS



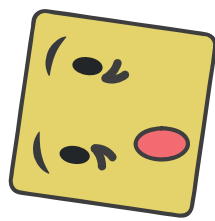
UPSET



TODAY'S EMOJI EMOTION IS



TIREDFNESS



DISCUSS WITH A PARTNER OR ADULT:

? What happens when we are upset?

? What might make us upset?

? What could we do if we saw a friend was upset

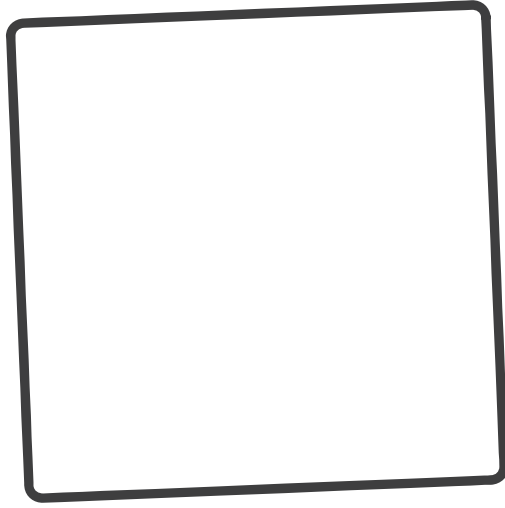
DISCUSS WITH A PARTNER OR ADULT:

? What happens when we are tired?

? What might make us tired?

? When is it okay to feel tired?

DRAW A TIME YOU HAVE FELT UPSET

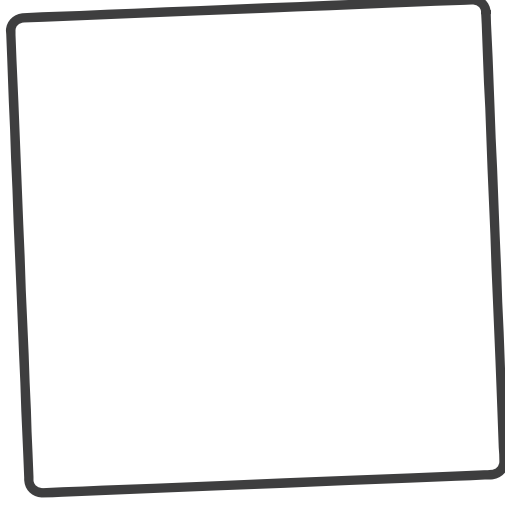


Four horizontal lines for writing.

TELL US WHAT HAPPENED



DRAW A TIME YOU HAVE FELT TIRED

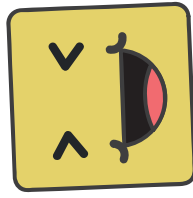


Four horizontal lines for writing.

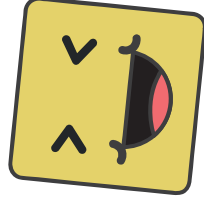
TELL US WHAT HAPPENED



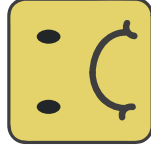
TODAY'S EMOJI EMOTION IS



EXCITEMENT



TODAY'S EMOJI EMOTION IS



DISAPPOINTMENT

DISCUSS WITH A PARTNER OR ADULT:



What is excitement?



DISCUSS WITH A PARTNER OR ADULT:



What is disappointment?



What might make us excited?



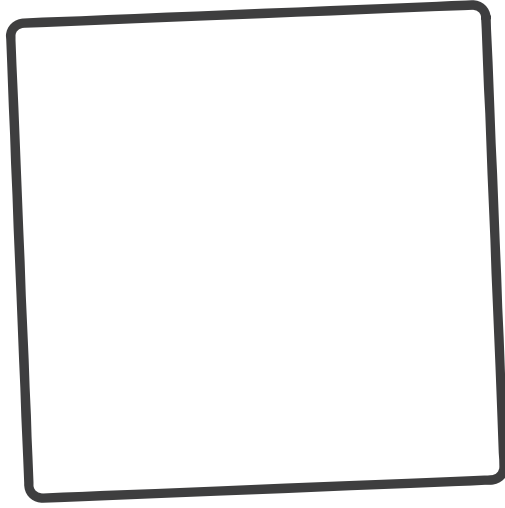
What do you think the opposite emotion to excited is?



What might make us disappointed?

Is it okay to feel disappointed?

DRAW A TIME YOU HAVE FELT EXCITED

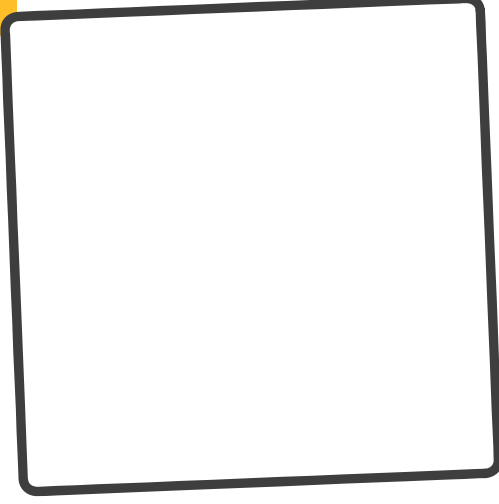


Four horizontal lines for writing.



TELL US WHAT HAPPENED

DRAW A TIME YOU HAVE FELT DISAPPOINTED

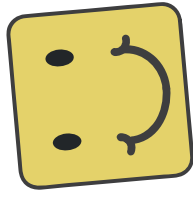


Four horizontal lines for writing.

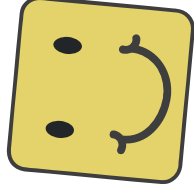


TELL US WHAT HAPPENED

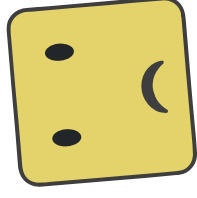
TODAY'S EMOJI EMOTION IS



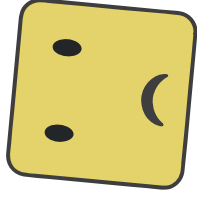
HAPPINESS



TODAY'S EMOJI EMOTION IS



WORRY



DISCUSS WITH A PARTNER OR ADULT:



What is happiness?



DISCUSS WITH A PARTNER OR ADULT:



What is worry?



Why might we feel happy?



How can we make others feel happy?

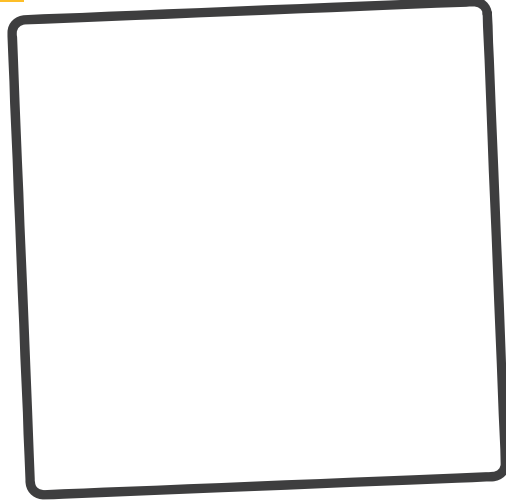


Why might we feel worried?



What can we do if we feel worried?

DRAW A TIME YOU HAVE FELT HAPPINESS

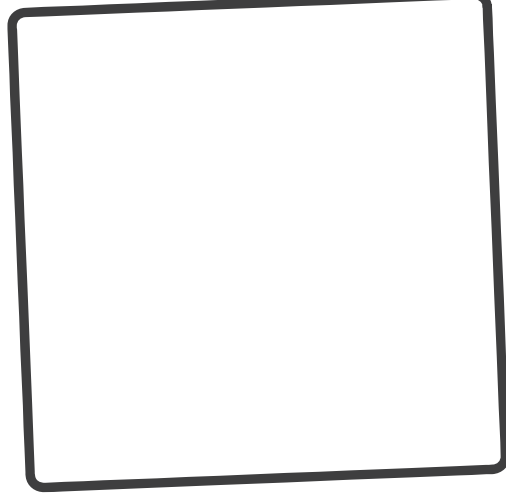


Four horizontal lines for writing a description of the happy memory.

TELL US WHAT HAPPENED



DRAW A TIME YOU HAVE FELT WORRIED



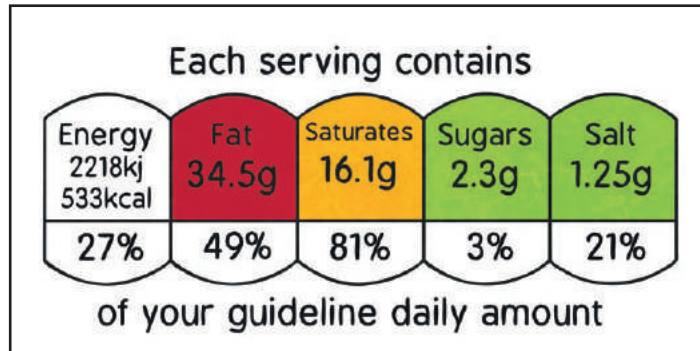
Four horizontal lines for writing a description of the worried memory.

TELL US WHAT HAPPENED



Food Labels Hunt

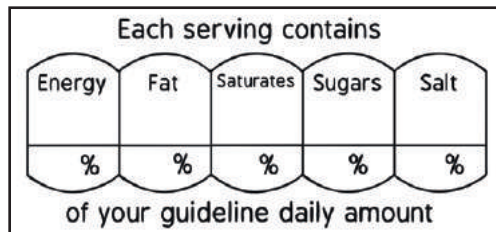
Have you ever noticed the traffic light systems on the front of food packages?



These labels are supposed to help us make healthy choices.

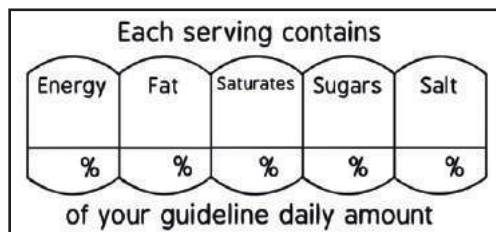
Investigate some food labels and record the information they give you below.

Name of food: _____



In your opinion, is this a healthy choice? Why?

Name of food: _____



In your opinion, is this a healthy choice? Why?

Name of food: _____

Each serving contains				
Energy	Fat	Saturates	Sugars	Salt
%	%	%	%	%

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

Name of food: _____

Each serving contains				
Energy	Fat	Saturates	Sugars	Salt
%	%	%	%	%

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

Name of food: _____

Each serving contains				
Energy	Fat	Saturates	Sugars	Salt
%	%	%	%	%

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

Happy New Year!

This year
I want to...

One thing
I would like to do
again...

My goals
for this year...

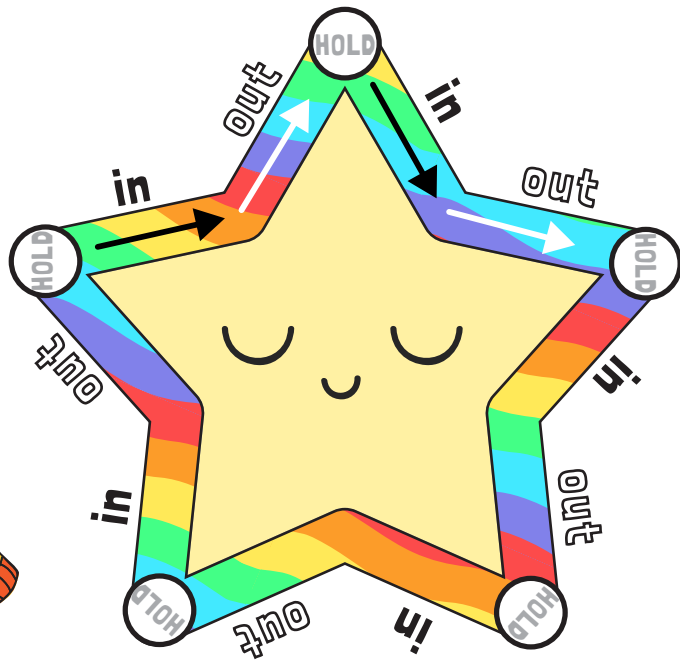
This year
I can't wait to...

The best
day of school
last year was...

Move your finger very slowly around the shape.

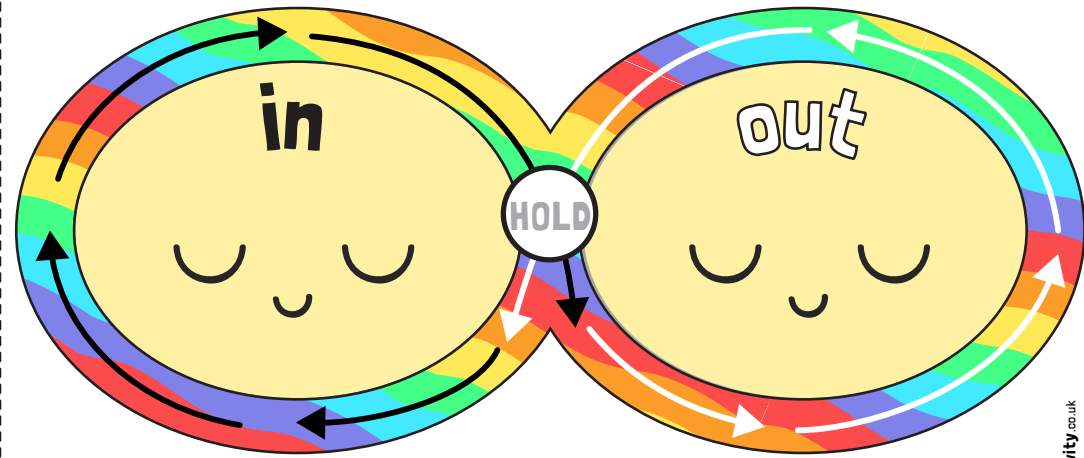
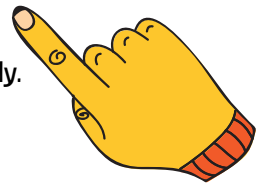
Following the arrows, breathe in and then out deeply, slowly and calmly.

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



MrsMactivity.co.uk

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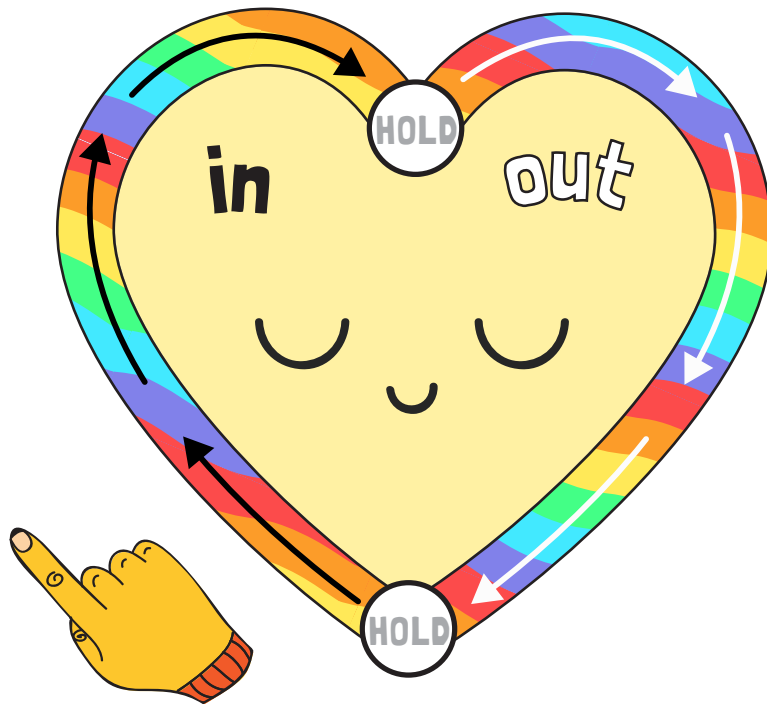


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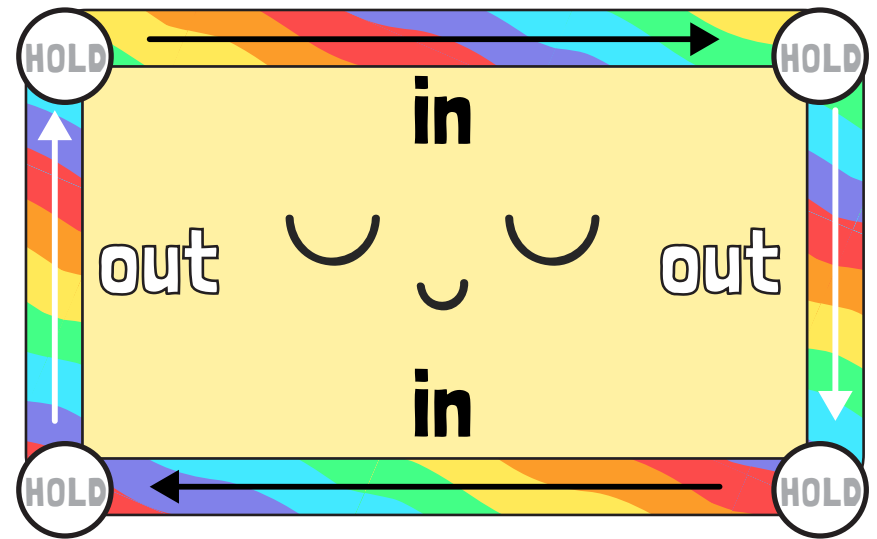
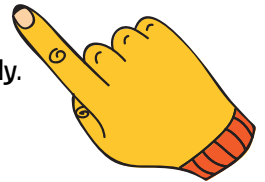
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MUSIC IS A MAGIC KEY



LISTENING TO MUSIC CAN HAVE A HUGE BENEFIT TO YOUR MENTAL WELLBEING. CERTAIN SONGS AND THOSE YOU ENJOY CAN HELP LIFT YOUR MOOD AND MAKE YOU FEEL HAPPY.

CAN YOU FIND 4 SONGS THAT MAKE YOU FEEL GOOD?
WRITE THE ARTIST AND THE TITLE OF THE SONG BELOW.



WHY DO YOU ENJOY THESE SONGS?

THINK ABOUT HOW THEY MAKE YOU FEEL WHEN YOU HEAR THEM.



Recipe for

Ingredients

Equipment

Instructions

Road Safety Week

Read the text below and fill in the blanks using the key words.

message

necessary

authorities

everyone

every

causes

pedestrians

calming

accidents

organise

Road Safety Week takes place _____ November to raise awareness of the risks of the road. The official road safety charity, Brake, _____ this event with help from the Department for Transport and other sponsors. Brake aims to help make our roads safer for both _____ and drivers.

Every year, Brake chooses a different _____ to promote. This year, they are encouraging drivers to slow down with their 'Speed down, save lives' campaign. Road traffic accidents are one of the largest _____ of death and injury in young people. Not only does going above the speed limit cause accidents, it also makes pedestrians feel unsafe.

Some believe that speeding is caused by people leading busy lives where _____ is rushing around. Nonetheless, speeding is dangerous and there is no excuse. However, emergency services can break the speed limit when _____.

Speeding whilst driving can cause fatal _____. Consequences are set in place for drivers who are caught speeding. The minimum penalty is three points on the driver's license and a £100 fine.

Traffic _____ measures, such as road humps, road markings, speed cushions and interactive signs, have been put into place to stop speeding. There are also speed cameras in place to catch drivers. In addition, local _____ have the ability to set lower speed limits in areas such as those near schools.

THIS IS ME

BEING PROUD OF YOURSELF AND WHO YOU ARE WILL
MAKE YOU FEEL BETTER INSIDE AND OUT.
EVERYBODY IS UNIQUE AND WE SHOULD CELEBRATE OUR DIFFERENCES.

MAKE A LIST OF THE UNIQUE THINGS THAT MAKES YOU WHO YOU ARE.
IT COULD PERHAPS BE PHYSICAL FEATURES OR SKILLS YOU HAVE!



THINK OF A TIME WHEN YOU WERE PROUD OF SOMETHING YOU ACCOMPLISHED.
WHAT HAPPENED AND WHY DID IT MAKE YOU FEEL PROUD?

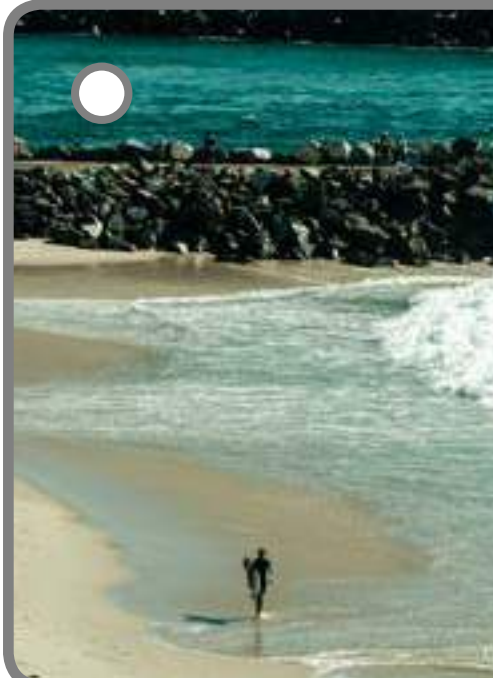


Imagine you're there!

**Look at the picture closely.
Now close your eyes for a
few minutes and imagine
you're there.**

What can you feel?
What can you see?
Where are you?
What can you smell?

reflectivity.co.uk



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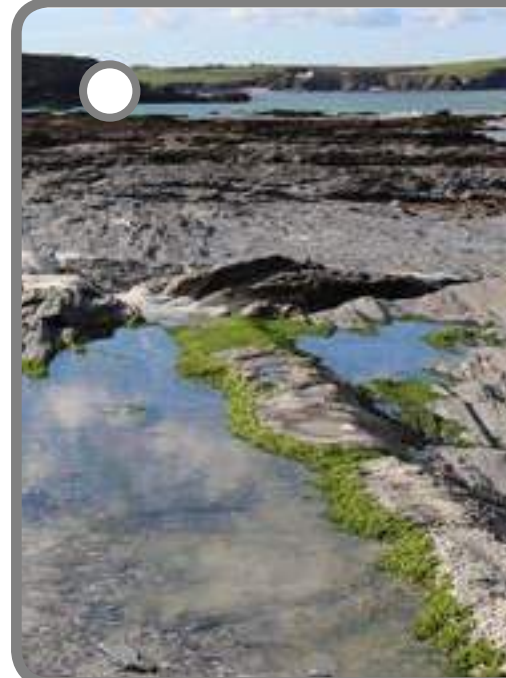


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What can you see?
Where are you?
What can you smell?

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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... _____

WHAT WORDS WOULD YOU USE TO DESCRIBE YOUR ROLE MODEL?

HOW DOES YOUR ROLE MODEL INSPIRE YOU TO BE A BETTER PERSON?

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 |