**Health and Well Being Activities - Primary 1**

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| **Clerkhill School****Health Week** Healthy Lifestyle - Home | Facebook | **Monday****Healthy Eating / Foods Groups*** Healthy Foods or Unhealthy Foods -PowerPoint
* Healthy Eating Packed lunch sheet – cut out the foods or draw your own healthy foods to make a healthy packed lunch.

**Hand Washing*** All about washing your hands – PowerPoint
* Wash your hands cut n stick sheet
* How to wash your hands cut n stick
 | **Tuesday****Road Safety** **Road Safety Scotland Website** Try out some of the online activities on the Road Safety Scotland website for Early Level.**Early Years**<https://roadsafety.scot/learning-zone/early-years/>**Fire Safety*** Please read Frances the Firefly story book to your child– PowerPoint
* Complete the Frances the Firefly colouring sheet
* **Stop, Drop and Roll Video Link** <https://www.youtube.com/watch?v=O2iAO2651o8>
* Stop Drop and Roll- Parent Information Sheet

**Can you act out Stop, Drop and Roll?!** |
| **Wednesday****SPORTS DAY** | **Thursday****Sun Safety*** **Sun Awareness Information PowerPoint**
* **Design your own Sunhat sheet**
* **Design your own Sun glasses sheet**

**try and make them bright and colourful****Keeping Safe Near Water*** Beach / River / Harbour Dangers

How many dangers can you spot in each picture? | **Friday****Staying Active / Exercise*** Being active is a healthy way to be PowerPoint
* Draw a picture of your favourite sport or outdoor activity
* 20 Activity Walks ideas

**Healthy Teeth*** Teeth- Spot the Difference Sheet
* Tooth Brushing Chart
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