**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 |