**Health and Well Being Activities - Primary 2, 3 & 4**

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| **Clerkhill School****Health Week** Healthy Lifestyle - Home | Facebook | **Monday****Healthy Eating / Foods Groups*** P2-P4 Healthy Eating PowerPoint
* Healthy Packed Lunch – draw some food and snacks you would have in your Healthy Packed Lunch

**Hand Washing**When we return to school after the holidays, washing our hands is going to be really important. * All about washing your hands - PowerPoint
* How to wash your hands – cut n stick sheet
* Design a hand washing poster
 | **Tuesday****Road Safety** * Have a look at how you can keep safe when crossing the road by visiting the road safety Scotland website.

First Level - <https://roadsafety.scot/learning-zone/first/>**Keeping Safe at Home** * Complete the: Dangers in the Living room, bathroom and Kitchen activity sheets.
* Walk around the rooms in your home to see if you can spot any dangers.

**Fire Safety*** Look at the P2-P4 Fire Safety PowerPoint
* Watch the Stop Drop and Roll Video Stop, Drop and Roll Video Link <https://www.youtube.com/watch?v=O2iAO2651o8>
* Try acting out this safety procedure at home. Can you teach it to someone in your family?
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| **Wednesday****SPORTS DAY** | **Thursday****Sun Safety*** Pack for Sun Safety – cut n stick
* Sun Awareness Wordsearch
* Sun Awareness – Design your own sun hat

**Keeping Safe Near Water**Living near beaches, harbours and a river means it is important we know how to be safe near them* Complete the: Spot the Dangers Posters x 3 activity and other activities on the RNLI website

<https://rnli.org/youth-education/education-resources/activity-sheets-and-posters?page=2>  | **Friday****Staying Active / Exercise*** Being Active is a Healthy Way to be -PowerPoint
* Draw three types of fruit and vegetables that you like to eat and three types of sports or activities that you like to take part in.

**Healthy Teeth*** Teeth and Eating Challenge - PowerPoint
* Tooth drawing box and writing frame sheet. Write about why it is important to brush your teeth and draw foods and drink inside the tooth that can cause decay.
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