**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? |
| **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. |