

This is *Me*



- ✓ Agility
- ✓ Balance
- ✓ Co-ordination

Physical ME

- ✓ Strength
- ✓ Persistence
- ✓ Skill development

Think about;

- ☺ Why is physical activity good for me? Think about your physical and mental health.
- ☺ How does being active make me feel?
- ☺ How can I challenge myself to be stronger physically and mentally?



5 minute activities

Ask someone to call out the following instructions in a random order; up, down, and go! Up means jump as high as you can, down means lay on the floor and go means run on the spot.



15 minute activities

Have a game of table top tennis. Play the game as you like, you will need two players, two bats (small book, piece of cardboard) and one small ball. Set your own rules and scoring.



30 minute activity

Create your own Animal Derby. Pick an animal toy of your choice, this is your counter. Place three targets at different distances and number them one (closest), two and three. Everyone playing places their 'counter' on to a start line. To move your counter you must throw a pair of socks or ball in to one of the targets. Move your counter that number of spaces towards the finishing line. Alternatively you could move your counters up the stairs The winner is the first one to reach the finishing line. Can you think of anything else to add to the game?

Blow up a balloon and keep it off the ground for as long as possible. Use different body parts to keep the balloon up.

Move like the following animals;

- Penguin – toes up and on your heels
- Crab – moving backwards on all fours
- Flamingo - hopping

Body percussion. Use your body to make rhythmical noises, have a look at this short video

<https://www.youtube.com/watch?v=sW2DY1OpgrI>

Try and combine moves to make your own body percussion routine.

This is *Me*



- ✓ Communication
- ✓ Teamwork
- ✓ Resilience

Social ME

- ✓ Confidence
- ✓ Emotion
- ✓ Leadership

Think about;

- ☺ How can I encourage others to have a go?
- ☺ What qualities do I have that make me a good leader?
- ☺ How can I communicate with others?



5 minute activities

Support a friend or sibling with a piece of their home learning or play a game with a younger sibling.

Can you draw a pattern that you think represents;

- Angry
- Confused
- Positive

Tell a friend or family member the following;

- Why they are kind
- Why they make you happy
- Somewhere you would like to go with them in six months time



15 minute activities

Have a game of book charades with a friend or family member.

Draw a basic map of your downstairs. Hide five objects and mark where they are located on the map. Give the map to a household member and get them to find the hidden objects.



30 minute activity

Put together a special 'care' package for a friend, family or neighbour. You must then deliver by walking. It could be a handwritten note or picture, a food treat, homemade gift or it might just be a knock at the door with a big smile.

This is *Me*



- ✓ Problem Solving
- ✓ Memory
- ✓ Understand

Thinking ME

- ✓ Evaluation
- ✓ Tactics
- ✓ Apply

Think about;

- ☺ Do I have patience with myself when I can't do something straight away?
- ☺ Why is it good to plan things before I start an activity or piece of work?
- ☺ When I have completed a task, do I think about what went well and what I could improve?



5 minute activities

Have a go at juggling. Start with one ball. Can you challenge yourself to juggle with two and three balls?

Draw or write with your less dominant hand. Try your name, family names and draw a picture of your house.

Using a deck of cards, build a one, two and three tier structure.



15 minute activities

Scatter a deck of cards face down around your room. Run around and match the numbers and faces as fast as you can. Be careful as you run!

Get a grown up to put ten things from around the house on a tray. E.g pencil, an orange, some cotton wool, a toy etc. Look carefully at them for about thirty seconds. Turn away whilst one item is taken. Spot what is missing. Try two or three objects at a time.



30 minute activity

Design a game or challenge using only a balloon. Have a go yourself and then teach someone else. Think about the rules of your game and how you could make it easier or harder.

This is *Me*



- ✓ Nutrition
- ✓ Growth Mindset
- ✓ Friendship

Healthy ME

- ✓ Planning
- ✓ Goals
- ✓ Kindness

Think about;

- ☺ Are there any changes I could make to my eating habits?
- ☺ Do I take time for myself to relax?
- ☺ Do I make time to talk to my friends and family?



5 minute activities

Draw an outline of yourself whilst laying on the floor. Place or draw healthy foods and drinks inside your person.

With a partner guess the food they are thinking of by asking them yes or no questions. E.g is it a vegetable?

Rethink your drink. During your day swap a sugary drink for a glass of water.



15 minute activities

Draw a rainbow. The aim of the game is to eat as many colours of the rainbow in one day as possible. Write on your rainbow what you have eaten. How many days can you do in a week?

Say a healthy food for each letter of the alphabet. You could play with a household member and take it in turns.



30 minute activity

Fill two bowls with water and add salt to one of them (don't forget to label them so you can tell the difference). Then cut a potato in half and place one half (cut side down) into each of the bowls. Leave for 30 minutes and witness the power of osmosis as the salt causes the potato to shrivel, just as eating salty foods make people thirsty.