

# 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

Lie on your back with your knees bent, with the soles of your feet facing up. Balance something on the sole of your foot. Try one foot at a time and both feet together.

How many different ways can you travel across the room? Try hopping, rolling, skipping and crawling.

How many steps does it take to get from one side of the room to another? Which room in your house has the most steps?



15 minute activities

Have a look at the Disney shake up activities, have a go at one or two.  
<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Find your favourite short story and try and think of some actions and movements to go with it. Make sure you try and exaggerate your movement by making them really big.



30 minute activity

You must find the following things in your house; two pillows, one teaspoon, three books, two pairs of socks, one t-shirt, two plastic bowls or plates and a ball. You can only carry one item at a time and must bring them back to the same place. Think about travelling in different ways.

Can you make some 'large art' out of your items?

Don't forget to put everything back where you found it!

# 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

Make the following 'faces' out of Lego or similar; happy, sad and shocked. Can someone else guess what they are?

Start off counting 1,2,3 with a partner. Then number by number replace it with an action of your choice. E.g clap, jump, balance

Spend five minutes or more helping around the house. How about folding some washing or tidying a room?



15 minute activities

Play a game of Sports Charades with a someone either in your house or on a video call. Act out the sports and get them to guess what you are doing.

Describe a simple picture to someone else step by step and see if they can draw what you have in mind.

Now try drawing a picture on someone's back with your finger. Can they guess what it is?



30 minute activity

Guide someone from one space to another, that person must have their eyes shut or be blindfolded. You as the guide can not speak, so you must find creative ways to give directions. E.g two claps means two steps forward, one whistle means turn to the right.

Make sure you have a clear space and be safe.

# 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

Stretch each part of your body in turn and call out their name. Add any further information such as name of muscles or bones.

Put your thumb up on one hand, then point to it with your other hand using your index finger. Switch between the two gestures as fast as you can.

Write down the name of colours, using different colours. E.g write RED in blue. Call out the written word as fast as you can.



15 minute activities

Write down the letters of the alphabet on separate pieces of paper and put these on the floor face up. Get someone to describe a word. You must find the correct letters to make that word.

Look up origami. What can you make out of a piece of paper? How about a flower, penguin or frog.



30 minute activity

Build a structure to hold an egg when dropped from a height. The aim is for the egg to remain intact. Think about what materials to use to protect the egg. You can choose what height, but be careful if you choose to drop from a window.

# 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

Find different carbohydrates and proteins in your kitchen. You may need to look up what they are if you are unsure.

Call out a fruit or vegetable that is going in your shopping bag. The next person calls out your food, and then their own. Remember the sequence and keep going until you forget!

Find out how much sugar is in the following;

- Tomato ketchup
- Orange juice
- Biscuit bar



15 minute activities

Draw out a healthy plate of food that you would eat for breakfast, lunch and dinner. Can you make a 'happy face' meal for lunch? What ingredients would you need?

Guess the food by touching and smelling. You must have your eyes closed or be blindfolded. Ask an adult to select some food items for you to guess.



30 minute activity

Find a recipe that you would like to cook for your household. Think about including as many vegetables as possible. With an adult can you help cook this meal and serve it to everyone. Don't forget to help clear away afterwards!