

# 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

Visit every room of your house and do a little exercise in each one. E.g 10 star jumps, 10 high knees or 10 squats.

Perform a two, three and four point balance and hold for as long as you can.

How many times can you go up and down your stairs in five minutes? Remember to take care on the stairs.



15 minute activities

Go out for a walk, run, ride or scoot. Can you spot things that are the following shapes; cylindrical, triangular and circular?

Try a Cosmic Yoga session!

<https://www.youtube.com/user/CosmicKidsYoga>



30 minute activity

Design a fun obstacle course in your house, garden or from room to room. Your course must include the following; bouncing a ball, a balance of your choice, ten star jumps, moving a ball or object around your waist and ten high knees. You must do your circuit three times and time yourself. Can you challenge yourself to improve your time?

# 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

Put on your favourite song and have a dance. Maybe you could video call a friend and do it together!

Act out different emotions to your household members. Can they guess what they are? E.g. hungry, happy or confident.

Set your friend a personal challenge and encourage them to try and beat their score. E.g. how many skips they can do in 30 seconds.



15 minute activities

Make your own kindness jar and write ten positive messages and pop them in. Pick one out each day, or read one to a household member to start them off with a positive mind.

Lead your own 15 minute lesson to someone in your household or friend virtually. This might be a physical challenge or something you have learnt this week.



30 minute activity

Set up a “minefield” in your house by creating an obstacle course of chairs, pillows, cushions, etc. Working with a household member, one will wear a blindfold while the other guides them through the minefield with only verbal directions. Everyone can take turns going through the obstacle course and guiding someone through it. Alter the obstacles after each turn so that nobody becomes too familiar with it. Make sure you have enough space to do this safely.

# 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

Pick out five letters from the alphabet and act out an adjective for each one. E.g A could be artistic or B could be brave.

Place two cups at arms length of each other. Place 10 marbles/raisins in one cup. How long does it take you to transfer them using only one hand?

Count how many windows there are in your house. If there were six houses the same, how many windows would there be in total?



15 minute activities

Using the following words, create your own wordsearch; memory, understand, brain, think and plan. Can you give it to a household member or friend to complete.

Search on YouTube 'Pentalpha Puzzle'. Draw the star and get nine counters ready. Can you complete the puzzle?



30 minute activity

Design a structure using only spaghetti and marshmallows. How tall can you make it? What different shapes can you make?

# 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

Sit quietly with an object in your hand. Think about;

- How heavy is it?
- How does it feel?
- What else do you notice?

Look up the following yoga poses and have a go;

- Chair pose
- Rainbow pose
- Frog pose

List what makes a good friend.



15 minute activities

Go through each letter of the alphabet and think of something that you are grateful for. May be you could video call a friend and do it with them.

Can you create yourself using slices of fruit. E.g grapes for eyes, sliced apple for eye brows, banana sliced lengthwise for a mouth and a kiwi slice for a nose. What new fruits could you try?



30 minute activity

Blindfolded food tasting challenge. Get a parent to blindfold you and carefully place one at a time different foods in your mouth. Describe the various tastes, smells and textures before you guess what it is.