

Health and Wellbeing

Home Learning Activities Primary 3

Physical Wellbeing	How to be healthy	https://www.bbc.co.uk/bitesize/articles/zs2h7yc
	How we move	https://www.bbc.co.uk/bitesize/articles/zwfvtrd
	Yoga lessons	https://www.youtube.com/user/CosmicKidsYoga
	Kids workout	https://www.youtube.com/playlist?list=PLYCLOPd4VxBvPHOpzoEk5onAEbq40g2-k
Mental Wellbeing	Explore music and the seasons with Vivaldi	https://www.bbc.co.uk/bitesize/articles/z4jjcmn
	How and why singing makes us feel good	https://www.bbc.co.uk/bitesize/articles/znk8bqt
	Sculpture	https://www.bbc.co.uk/bitesize/articles/zbppqfr
	Drawing Tutorial	https://www.youtube.com/watch?v=a1NT7aWr_ow
Food Technology	Make your own afternoon tea scones	https://www.bbc.co.uk/bitesize/articles/zspxdp3
	Food and nutrition	https://www.bbc.co.uk/bitesize/articles/z6fc86f
	Test your taste buds	https://www.sciencekids.co.nz/experiments/smell_taste.html
Internet Safety	Using the web safely	https://www.bbc.co.uk/bitesize/articles/zq3gp4j