

## Health and Wellbeing

### Home Learning Activities Primary 4

Physical Wellbeing	Bicycle Number Plate	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/bikenumbrplate.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/bikenumbrplate.pdf</a>
	Hop Hop Hopscotch	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Hop_hop_hopscotch.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Hop_hop_hopscotch.pdf</a>
	Road Safety – Take the Lead	<a href="https://www.think.gov.uk/resource/take-the-lead-game/">https://www.think.gov.uk/resource/take-the-lead-game/</a>
	First aid	<a href="https://lifeliveit.redcross.org.uk/en/Help-save-lives/Activity-treat-me">https://lifeliveit.redcross.org.uk/en/Help-save-lives/Activity-treat-me</a>  Do yellow questions
Mental Wellbeing	Disability and children’s rights	<a href="https://www.bing.com/videos/search?q=UNCRC+child+friendly&amp;adlt=strict&amp;view=detail&amp;mid=6F9AFC64F3581AE539856F9AFC64F3581AE53985&amp;&amp;FORM=VRDGAR">https://www.bing.com/videos/search?q=UNCRC+child+friendly&amp;adlt=strict&amp;view=detail&amp;mid=6F9AFC64F3581AE539856F9AFC64F3581AE53985&amp;&amp;FORM=VRDGAR</a>  Draw a poster to encourage people to include children with disabilities.
	What can I control?	<a href="https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/think-resilient---what-can-i-control.pdf">https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/think-resilient---what-can-i-control.pdf</a>
	Mindfulness	<a href="https://biglifejournal-uk.co.uk/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises">https://biglifejournal-uk.co.uk/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises</a>  Choose 2 activities to try.
	What is a bully?	<a href="https://www.bbc.co.uk/bitesize/clips/z3nsr82">https://www.bbc.co.uk/bitesize/clips/z3nsr82</a>  Watch and discuss.
Food Technology	Eatwell plate	<a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a> write down what you eat for one day. Check if you eat from the 5 categories of food.

	Farm to plate	<a href="https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/z4tbn9q">https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/z4tbn9q</a> Check food items in the kitchen – how far have they travelled?
	Make an omelette (get an adult to help)	<a href="https://www.bbc.co.uk/food/recipes/baileys_breakfast_24338">https://www.bbc.co.uk/food/recipes/baileys_breakfast_24338</a>
Internet Safety	Try a digital detox	<a href="https://www.bbc.com/ownit/take-control/digital-detox-rhys?collection=digital-wellbeing">https://www.bbc.com/ownit/take-control/digital-detox-rhys?collection=digital-wellbeing</a>