

## Health and Wellbeing

### Home Learning Activities Primary 6

Physical Wellbeing	Dance Studio	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Dance_studio.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Dance_studio.pdf</a>
	Football Dribbling Posts	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Football-dribbling-posts.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Football-dribbling-posts.pdf</a>
	Road Safety – Safe on the streets	<a href="https://bmwedukation.co.uk/safe-on-the-streets-interactive/index.html#OTR_1">https://bmwedukation.co.uk/safe-on-the-streets-interactive/index.html#OTR_1</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 pink questions.
Mental Wellbeing	Who is the Children’s Commissioner in Scotland?	<a href="https://cypcs.org.uk/about/commissioner/">https://cypcs.org.uk/about/commissioner/</a>
	Assertiveness	<a href="https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/being-assertive/">https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/being-assertive/</a>  Look at the ‘Fogging’ & ‘Broken record’ strategies and think of how you could use these in your life.
	Mindfulness	<a href="https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids">https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids</a>  Choose 2 different activities to try.
	Working as a Team Parts 1 & 2	<a href="https://www.bbc.co.uk/bitesize/clips/zv3b87h">https://www.bbc.co.uk/bitesize/clips/zv3b87h</a> <a href="https://www.bbc.co.uk/bitesize/clips/z3bgd2p">https://www.bbc.co.uk/bitesize/clips/z3bgd2p</a>  How are your team working skills?
Food Technology	Food from the Sea	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Food_from_the_sea.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Food_from_the_sea.pdf</a>
	5 a day	<a href="https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/">https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/</a>  Explore different ways to eat your 5 a day.

	Make a pizza (get an adult to help)	<a href="https://www.bbc.co.uk/food/recipes/quick_cheats_pizza_88026">https://www.bbc.co.uk/food/recipes/quick_cheats_pizza_88026</a>
Internet Safety	Mobile phone safety	<a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/mobile-phone-safety/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/mobile-phone-safety/</a>  Read and score yourself up to 10 – how safe are you when you use a phone?