

Health & Wellbeing Grid P1

Please find some ideas below that can be done to further learning at home.

Make a model from Junk materials around the house (cereal box, bottles etc	Go for a walk and take a photo of an old building. Write a sentence about it and draw a picture.	Use your hands or feet to measure some things around your home (Door, table etc	Try to name and draw as many fruits and vegetables as you can	Ask members of your family their favourite colour and try to make a simple chart displaying this information
Build something at home using blocks, lego, boxes, cushions, tins, paper etc	Measure out the ingredients and bake or cook with someone.	Read a story and draw a picture of the beginning, middle and end of the story.	Go for a walk and look for shapes. Can you see some circles, squares, rectangles etc	Make a healthy breakfast for someone in your family.
Ask someone about the toys they played with when they were young.	Go for a walk and use your senses to explore your environment- i.e – see, hear, smell and feel.	Have a look at coins and try to draw them.	Try to make a den using cushions, pillows, sheets, throws etc	Listen to some music and have a dance with someone
Role play a doctors surgery at home and try to make your pateints feel better, your patients could be members of your family or toys	Role play a shop at home. Label everyday items with prices and use real coins to pay for the items	Play with your favourite toy, take a photo or draw a picture of your toy and write why it is so special to you.	Go to the park and have a go on one of your favourite things.	Do 10 star jumps, 10 bunny jumps, try and hop for 10 seconds, balance on one foot then the other, repeat this a few times