

# 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 patients 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 |