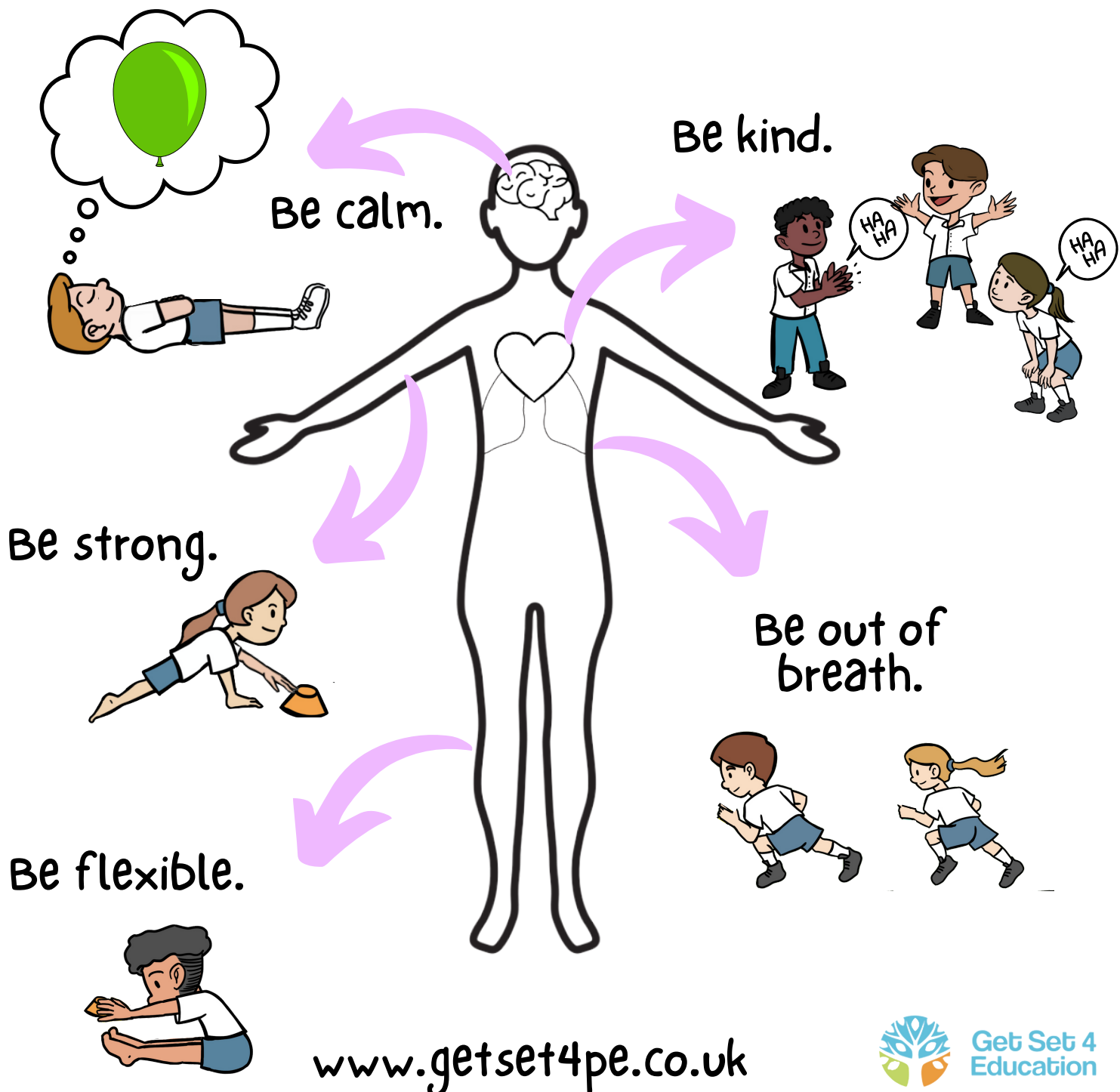


Healthy Me

There are lots of things that help to keep us healthy. See if you can complete these healthy challenges on National Fitness Day.

Don't forget to colour in the correct body part after you have completed it.



Healthy Me Instructions

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Be calm...

Colour in the mind.

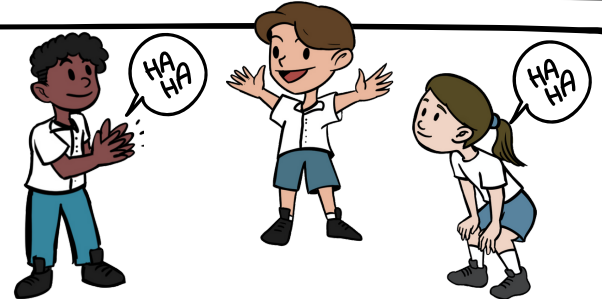
Lie down, close your eyes and place your hands on your belly. Imagine that your belly is a balloon. Start by taking in a slow, deep breath through your nose and imagine filling up the balloon. Next breathe out slowly, deflating your balloon. Repeat a few times noticing your balloon getting bigger and smaller.



Be kind...

Colour in the heart.

Making someone laugh can be such a lovely gift. Plan your best joke and share it with as many people as you can. How many people can you make laugh today?

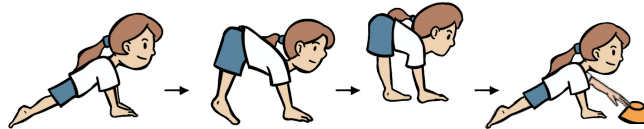


Be strong...

Colour in the arms.



Place a cone a plank distance away. Start standing. Walk your hands to touch the cone and then back in to stand. How many times can you touch the cone in 30 seconds or 1 minute?



Be out of breath...

Colour in the lungs.

In pairs labelled either monkeys or mice. Children face each other with a line or cones behind each of them. Complete a movement action on the spot until the teacher calls 'monkeys' or 'mice'. Called players try to catch their partner before they reach the end line behind them.

Play a few rounds before changing partners. Movement actions could include dancing, star jumps, hopping, touching the floor and jumping, as well as the children's ideas.



Be flexible...

Colour in the legs.



Sit in a pike position. Keep your legs straight as you reach forwards and place a cone as far as you can. No throwing. Have three attempts. Can you reach a little further each time?