

The Children's Health Project

HOME SCHOOL

HEALTH & WELLBEING EDUCATION

WEEK 2

MOTIVATION & POSITIVITY

#MOVEMENT-MONDAY



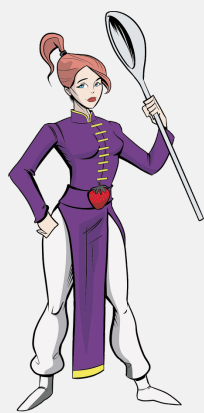
Motivation & Positivity today focusses on setting yourself goals to work on, then practising them and trying to improve your score.

[Click here here for access to the challenge](#)

Your journal question for today is:

How does success feel when you achieve it? What are your best tips for dealing with disappointing results when you're working on a challenge like this?

#TASTY-TUESDAY



Which foods gives us the energy to feel motivated and positive? Follow the video for a task then use the recipe card to make a delicious snack!

[Click here for access to the task and recipe card](#)

Your journal question for today is:

Plan a day of tasty eating that includes mainly LONG energy foods, with just one SHORT energy food!

#WELLBEING-WEDNESDAY

Laughter is one of the best things we can do to feel positive and well. Enhance your wellbeing by trying this fun family game for laughter!

[Click here for access to the instructions](#)

Your journal question for today is:

Create 5 of our own 'Would you Rather...?' questions to make your family laugh!



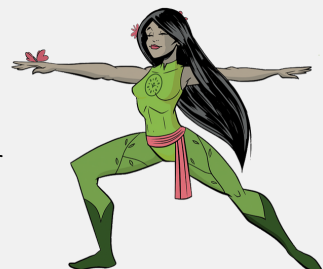
#THOUGHTFUL-THURSDAY

To feel motivated and positive, we need to know what nourishes us and helps us thrive. Watch the video and take part in the task to discover how to improve your health and wellbeing!

[Click here for the instructions](#)

Your journal question for today is:

Do you spend most of your week doing things that nourish your health, or burden your health? What could you do more of to help you thrive?



#FUTURE-FRIDAY

It is normal to have bad days and good days. But use this activity to move from negative to positive when something goes wrong. Celebrate the happy times with a Great Gallery!

[Click here for access to the post](#)

Your journal question for today is:

How can you make next week as positive as possible? What are you motivated to do next week?



The Children's Health Project

HOME SCHOOL HEALTH & WELLBEING EDUCATION GUIDANCE

Each week, we will be sharing some ideas for health and wellbeing education at home. Each week will have a theme to follow - for example, week 1 is Rest and Relaxation. There will 5 challenges per week, all based around holistic health and wellbeing - thinking about your body and mind for health and happiness!

Monday will always be #movement-monday, with the activity based on Healthy Movement.

Tuesday will always be #tasty-tuesday, with the activity based on Healthy Eating.

Wednesday will be #wellbeing-wednesday, with a focus on Healthy Lifestyles and Mindset.

Thursday will be #thoughtful-thursday, where we think about ourselves and others in our community.

Friday will be #futurefriday, where the focus is on your growth and development.

If you use social media, we'd be delighted if you could spread the health and wellbeing message by sharing your experiences. Tag your school and us #childrenshealthproject with the hashtag for each day to celebrate your health and wellbeing.

STEP 1

Read the short challenge to your children, then watch the video/use the resource linked to the challenge.

STEP 2

Complete the challenge as a family. Talk about how you feel. Ask each other questions.

STEP 3

After taking part in the activity, answer the journal question in a health and wellbeing journal you've made; by discussing it with family; by creating some artwork, or by recording a short video of your answer.

STEP 4

Optional: Share your experiences with us on social media. Tag your school and use the hashtags
#movement-monday
#tasty-tuesday
#wellbeing-wednesday
#thoughtful-thursday
#future-friday
and #childrenshealthproject