

# The Children's Health Project

## HOME SCHOOL

HEALTH & WELLBEING EDUCATION

WEEK 1

# REST & RELAXATION

## #MOVEMENT-MONDAY



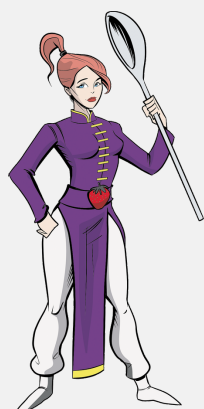
Rest and Recovery today focusses on stretching our muscles and mobilising our joints. Follow the video (linked) to flex and mobilise your body to help with rest and recovery.

**[Click here here for access to the video](#)**

*Your journal question for today is:*

How do your body and mind feel after you've stretched your muscles and mobilised your joints?

## #TASTY-TUESDAY



When you need to rest and recover, quick food that is easy to serve, yet nutritious is key...try the recipes for 'Heggy Pots!' or 'Power Porridge' with just a few ingredients.

**[Click here for access to the recipe cards](#)**

*Your journal question for today is:*

Describe the most relaxing meal time - Who are you with? What are you eating? Where are you? What can you see/hear/smell/feel and taste?

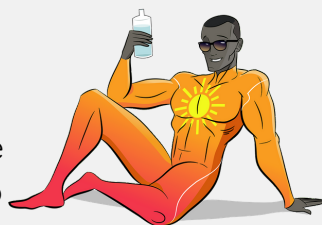
## #WELLBEING-WEDNESDAY

Our breath is a powerful tool to help us rest and recover. Use these breathing exercises when you need to find calm, get to sleep or deal with worries.

**[Click here for access to the video](#)**

*Your journal question for today is:*

Choose an animal of your choice, make up a breathing exercise using the sound of that animal - describe whether this is an exercise to calm/energise...



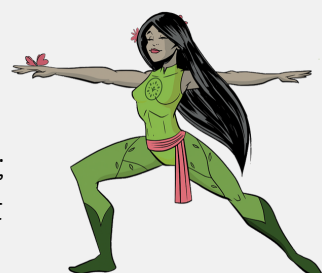
## #THOUGHTFUL-THURSDAY

When we're resting and recovering, it's the perfect time to reflect on what we're grateful for. Try these activities to share what you're thankful for with your family and friends.

**[Click here for the instructions](#)**

*Your journal question for today is:*

Describe three things you are grateful for today - one could be a person; one could be something from nature; one could be something about yourself.



## #FUTURE-FRIDAY

There are positive role-models all around us - who is your role model when it comes to feeling healthy and happy? Try this activity to think about how you can follow their example in your future...

**[Click here for access to the video](#)**

*Your journal question for today is:*

How could you be a healthy and happy role model to other people? What would they see you do? What might they hear you say?



# 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