



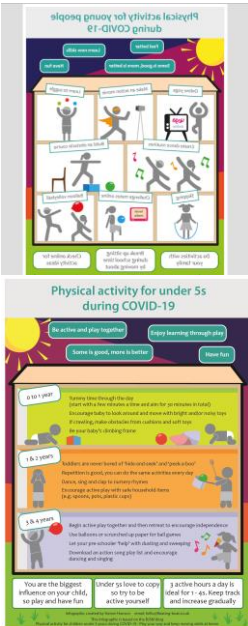



**Whole School Well-Being/ PSHE Class Dojo: Weekly Plan, Spring 1, week 3, w/c Monday 18<sup>th</sup> January**

	Week 3	Images/ links	Blurb
<p><b>Monday Well-Being Weekly</b> <u>(5 ways to Well-Being)</u></p>	<p><b>Get Active</b></p>	 <p>pdf Powerpoint, simplified</p>	<p>As you know, we help our children at school using the “5 Ways to Well-Being,” which are:</p> <ul style="list-style-type: none"> <li>● Take notice</li> <li>● Get Active</li> <li>● Connect</li> <li>● Keep Learning</li> <li>● Give</li> </ul> <p>Last week our theme was “Taking Notice”.</p> <p><b>This week our focus is on “Getting Active.”</b> This might be difficult at the moment as we have to spend so much time indoors, but with a bit of creativity and imagination, we can still get active and keep our bodies healthy.</p> <p>Have a look with your child at these top tips for healthy exercise from national exercise hero, Joe Wicks. Enjoy!</p>
<p><b>Tuesday Tip of the Day</b></p>	<p>Safe Once per day outdoor daily exercise</p>		<p>Did you know that under the current lockdown you are allowed to get your children out of the house for healthy exercise once per day? It is important for them (and you!) to get this exercise, but how do you keep within the rules and stay safe? Here’s how:</p> <ol style="list-style-type: none"> <li>1. Only go outside for exercise once per day, no more.</li> <li>2. Stay close to home. Don’t travel out of your local area.</li> <li>3. You can exercise in a public place like a park, wild area, public garden or playground. Alexandra Park is great!</li> </ol>

			<ol style="list-style-type: none"> <li>4. You can go out for exercise with your children and the people you live with, but you must not socialize with other people whilst you are there.</li> <li>5. Remember “hands, face, space”. Always keep <i>at least</i> 2 metres from other people outside. Take extra care not to touch things and always wash your hands when you get back in. Follow the guidance on wearing face coverings where needed.</li> </ol> <p>So as long as you follow these rules, you can still enjoy some healthy, outdoor exercise as a family. Children love running, skipping, riding their bikes or scooters, throwing and kicking a ball, playing games like hide and seek, and visiting the playground. They even enjoy this in the winter, as long as they are well wrapped up like this little boy! It can give everyone a break, and keep you healthy at the same time. Enjoy!</p>
<p><b>Wednesday</b>  <b>Pause for Thought</b>  (Relevant adaptation of assembly themes)</p>	<p>Healthy Living</p>	<p style="text-align: center;"><b>Staying Healthy</b></p> <p>Moving and being active is an important part of staying healthy.  Staying healthy means looking after your body and mind so that they can do all of their important jobs.</p> <p>What other things can you do to help your body and mind to stay healthy?</p>  <p>Drink plenty of water.  Get plenty of sleep.  Eat a balanced diet.  Keep your body and teeth clean.</p> 	<p>There are lots of other things we can do to stay healthy. Here are some of the most important:</p> <ol style="list-style-type: none"> <li>1. Get plenty of sleep. An average 5 year old needs about 11 hours sleep per night. Younger children need even more! A bed time routine can be really helpful. Try to have a set time for winding down and a routine for getting washed, and changed. A nice, warm bath can help children feel nicely relaxed and sleepy. Dim the lights and maybe listen to some quiet music, or read a story together. And finally make sure screens and appliances are turned off so there are no distractions. Children sleep best when things are dark, calm and quiet.</li> <li>2. Make sure your children and family drink plenty of water throughout the day. Did you know that your body is made of up to 60% water!</li> <li>3. Brush your teeth at least twice per day. Doing this during the morning and bed time routine makes it easy to remember.</li> <li>4. Eat a healthy diet. This means eating lots of fruit and vegetables, some grains and pulses, some meat, fish and dairy, and just a small amount of sugar or snacks as a treat.</li> </ol>

<p><b>Thursday Tip of the Day</b></p>	<p>Indoor Exercise</p>	 <p>The top infographic is titled 'Physical activity for young people during COVID-19'. It features a grid of icons representing various activities like dancing, yoga, and sports. Below the grid, it lists 'Benefits' such as 'improves mental health', 'helps with learning', and 'keeps you fit and healthy'. The bottom infographic is titled 'Physical activity for under 5s during COVID-19'. It includes sections for '0-15 months', '15-3 years', and '3-4 years', each with specific activity suggestions. At the bottom, it states 'You are the biggest influence on your child, so play and have fun!', 'Under 35 hours to copy so try to be active yourself!', and 'A active hours a day is ideal for 1-4s. Keep track and increase gradually!'.</p>	<p>Stay healthy. Stay well. Stay safe.</p> <p>There are lots of things that you can do with your children to keep fit and active in your own home. And they are fun too! Have a look at these ideas. Which ones do you want to try?</p> <p>Here are some fabulous free online activities you can do together. Your children will be familiar with them from school, and they are lots of fun too! Just sign up, switch on, and off you go.</p> <p>Cosmic Kids Yoga sessions  <a href="https://www.youtube.com/playlist?list=PL8snGkhBF7ngqv160qM0Uf9IDaBkGzpo5">https://www.youtube.com/playlist?list=PL8snGkhBF7ngqv160qM0Uf9IDaBkGzpo5</a></p> <p>Koo Koo Karanga action dances and songs to music  <a href="https://www.youtube.com/channel/UCJfz4ZD1ADS08wFg70j0Niw">https://www.youtube.com/channel/UCJfz4ZD1ADS08wFg70j0Niw</a></p> <p>Ideas for 10 minute active shake up games <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a></p> <p>Have fun!</p>
<p><b>Friday Tip of the Day</b></p>	<p>Health and hygiene, handwash ing, etc.</p>	 <p>The image shows a close-up of a hand being washed with white soap suds. A small, purple, cartoonish character is on the hand. In the background, a woman is visible, likely the presenter of the video.</p>	<p>Don't forget that keeping healthy means keeping clean too. It is always important to wash your hands. Now it is even more important than ever. Here is a lovely video all about why it is important to wash your hands, and how to do it properly so that you stay safe. Watch it with your children. Sing the song while you are washing your hands, and it can be good fun too. Enjoy!</p> <p><a href="http://www.viewpure.com/07YNCFIS0il?start=0&amp;end=0">http://www.viewpure.com/07YNCFIS0il?start=0&amp;end=0</a></p>