

Health & Wellbeing activity cards

Health and Wellbeing - Safe

What makes you happy and feel safe? You can show this by writing, creating a poem, creating a song, or drawing. You decide!

Health and Wellbeing - Active

How many of each of these can you do in 1 minute:

Star jumps, burpees, high knees, press ups, wall sit

Do you try this every day and beat your score? Record your results.

Health and Wellbeing - Responsible

Carry out a chore in the house! Do the dishes, help make the dinner, make your bed etc.

Health and Wellbeing - Healthy

Look at nutritional information and traffic lights on different food labels and discuss healthy food choices.

Family Choice Task

Play a game together.

Family Choice Task

Help make breakfast, lunch or dinner at home.

Family Choice Task

Go for a walk or nature trail together and talk about what you have found in the outdoor environment.

Family Choice Task

Try something new to eat that you've never tasted before.