

SPHE: Myself- Knowing my body, Food and Nutrition

If we were at school we would be learning all about looking after our bodies in order to keep them strong and healthy.

Now that we are at home we can still learn and do lots of little things to keep our bodies healthy. Below is a list of fun ways to keep our bodies fit and healthy.

✚ Regular Sleep

Regular sleep is super important for our bodies and our brain!

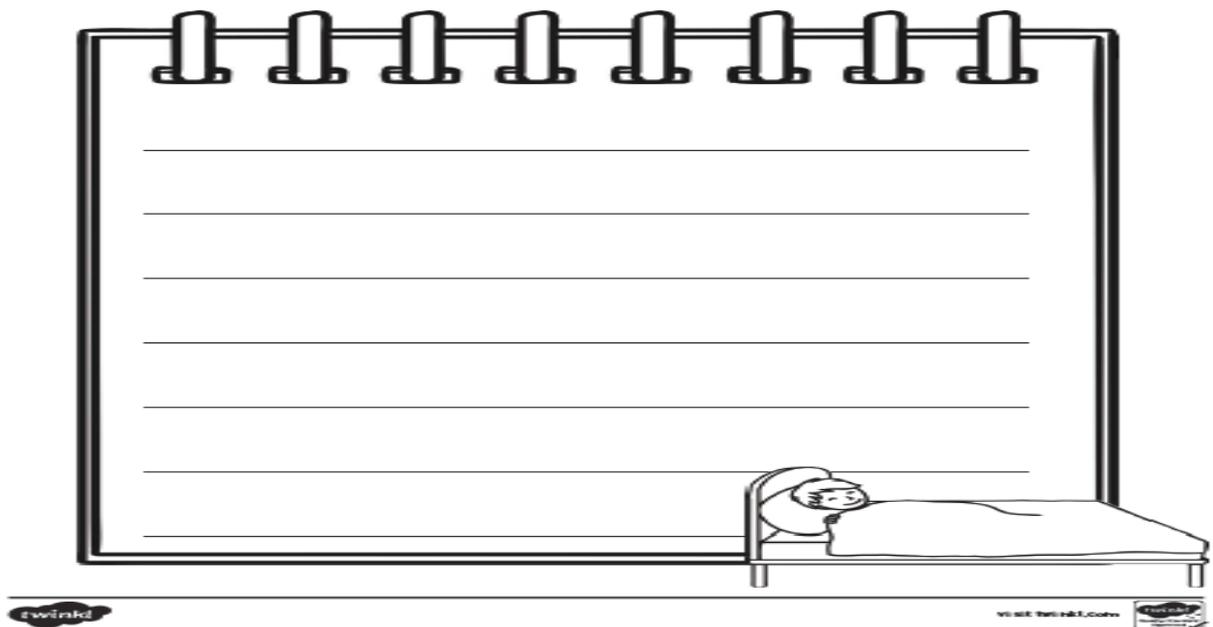
Create a 'Bedtime Routine Contract' between you and your Parent or Guardian.

Agree the following:

- what time you will go to bed, brush teeth, get washed and dressed and go to the toilet
- when you will turn off screens/TV/ tablets and phones
- how long you can read for or how many stories will be read to you?

Getting Ready for a Sleep

What things do you need before you can go to sleep?



<https://www.pdst.ie/sites/default/files/Breathe%20-%20Self%20Regulation%20and%20Relaxation%20Techniques%20for%20Children%20~PDST.pdf>

Visualisation :

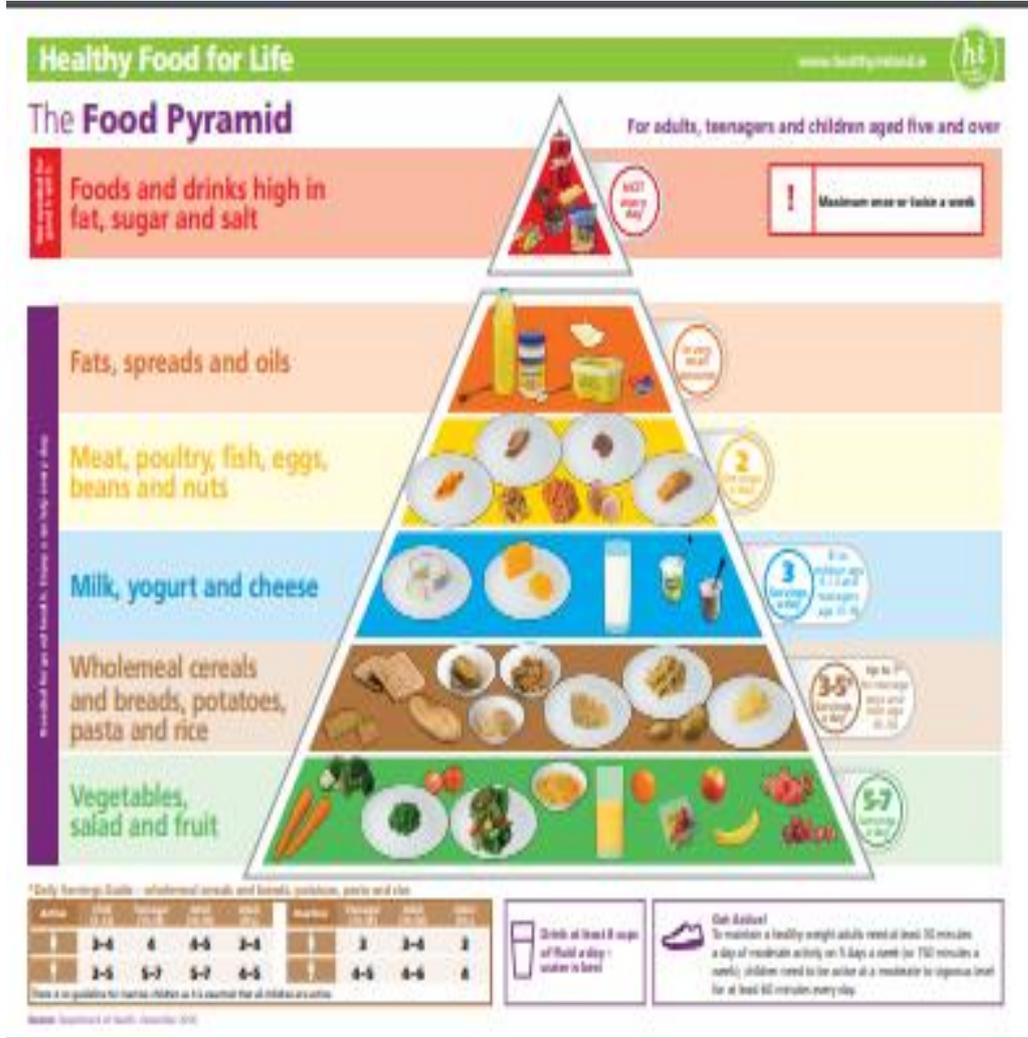
<https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara>

✚ **Balanced Diet/ Sources of Food**

In school we have learned a lot about different foods. This week why not make little changes to help keep your body healthier. Try a new food, make a meal!

Here are some ideas and games to help :

- Use newspaper, magazines and food wrappers and make your very own food pyramid.



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- Make a simple meal from our school's very own cook book



✚ Regular Exercise/ Posture

Regular exercise is very important. It works our Gross Motor (big muscles) and our Fine Motor (little muscles). There are lots of really great ways to keep fit and healthy.

- Make a list of all the activities/sports you can do to keep fit and try it for 10/15 minutes
- Check out these links and join in
 - <https://rtejr.rte.ie/10at10/>
 - <https://www.youtube.com/watch?v=fAUckPMJKSY>
 - <https://www.youtube.com/watch?v=fAUckPMJK>
- Go for a walk, a cycle

✚ Quiet time/ Relaxation

We need to eat well and be active to stay healthy but we also need time to



relax

that work for you:

There are many ways we can do this. Here's a list, try some

- Read a book- <https://www.worldofdavidwalliams.com/watch-and-listen/>
- Listen to music- <https://dabbledoomusic.com/p/parents>
- Go for a walk in a park or on a beach
- Do some yoga- <https://www.youtube.com/user/CosmicKidsYoga>
- Dance- <https://www.youtube.com/channel/UCOVlhde7N5uGDIFXXWWEbFQ>
- Be mindful create jar and share a picture on SEESAW
- Sing - <https://www.youtube.com/watch?v=cyVzjoj96vs>



Have fun and
remember you're a
super !