

Healthy Eating

This month we are learning about healthy eating and ways we can keep our body healthy.

Active play

There is 5 categories, choose one activity from each of them every day to keep active and healthy at home.

Tick off the activities as you complete them and see how many you can do throughout the week

Enjoy active play, every day.

Kids need active play every day, and there are plenty of ways to keep active at home. Each day, select at least one option from each category below.

1. Go play outside

- play hide and go seek
- roll down a hill
- jump in puddles
- build a fort
- get muddy
- run through a sprinkler
- make an obstacle course



2. Have fun developing skills

- play beanbag or sock ball catch with a parent or sibling
- practice yoga postures and balance poses
- dribble a basketball or shoot hoops outside
- play sock ball soccer indoors
- throw sockballs into a hamper
- play hopscotch
- jump rope



3. Use your feet to get around

- walk
- run
- bike
- scooter
- skateboard
- rollerblade



4. Do a family activity

- dance party
- after dinner walk
- geocaching
- bike ride

5. Help around the house

- make your bed
- take out the garbage
- pick up toys
- fold laundry
- rake leaves
- garden
- vacuum



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play at home, visit activeforlife.com

Make your own pumping heart

What you need: small jar or glass, 2 bendy straws, balloon, tape/glue, water, red food colouring.

1. Put the glasses into a tray or container. Fill your glass halfway with water and add some red food colouring. If you don't have food colouring you can use cranberry juice or any liquid that would make it look like blood.
2. Take your balloon and cut the neck of it off. Take that top part, stretch it out a bit, and put it over the top of the glass
3. Ask a grown up to take a sharp toothpick and poke a hole in the top of the balloon once towards one side of the jar. Make a second hole about an inch away from the first.
4. With the straws, push one through each hole with the bendy part sticking out the top. You might have to push hard, but they should pop through.
5. Take the other half of the balloon that you set aside and use it to cover the opening of one straw sticking out of the cup



The science:

The pumping you do on the balloon mimics how the heart pumps in our bodies. The balloon on the straw works like the valves on the heart. It opens when you push down on the pump and closes as you release. This is what lets the blood flow up through the open straw, but like in the body, it prevents backflow of blood.

Healthy Food

Read about the different food groups here:

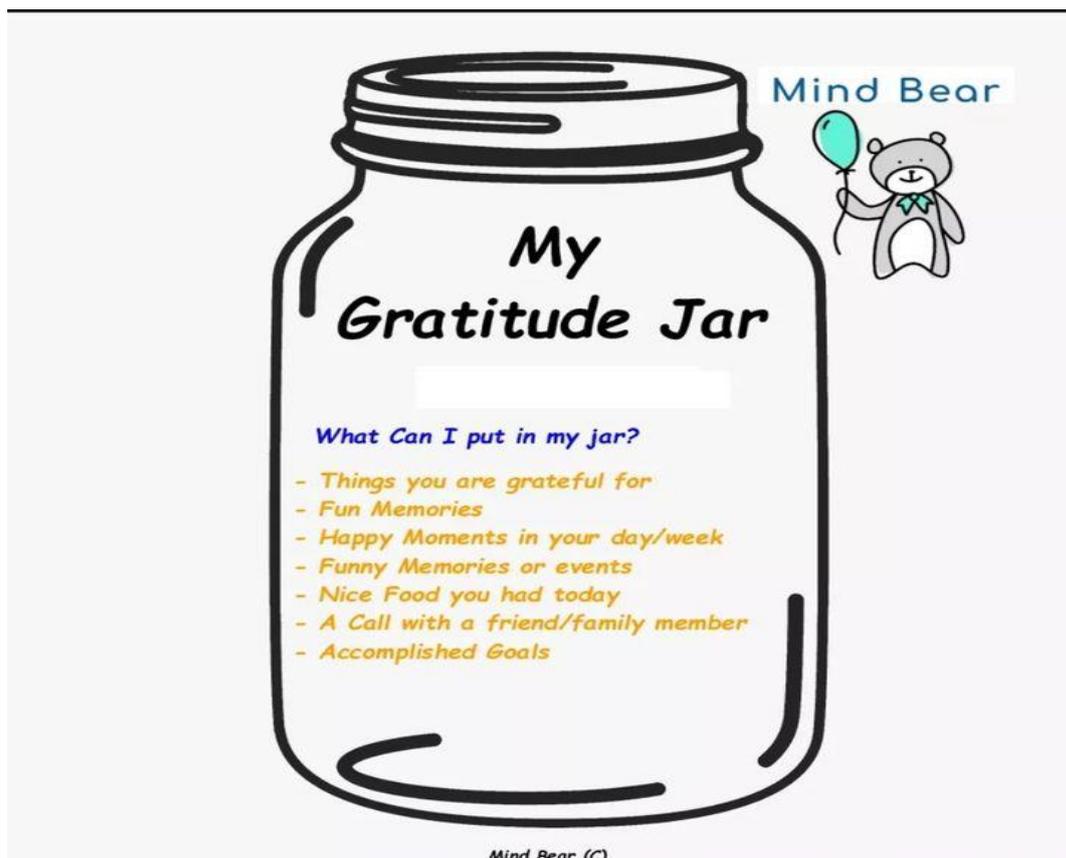
https://drive.google.com/file/d/1VtQpWEHFbq0jivq_IMTwwvNyJh8Avc4g/view

Have a look at your meals over the next couple of days and check if you are getting a good balance of healthy foods in each meal:

https://drive.google.com/file/d/1BmE6pkN7o0JvHk3cb_cjRlfaOp6Gji4y/view

Gratitude Jar

Each day write a little note of something you are grateful for and pop it in a jar. It might be a note of something you are excited for, something you feel you did well that day or something you enjoyed. Whenever you are feeling sad, you can read your little daily notes and remind yourself that although everyday may not feel good, there is something good in every day



Here's a Valentines special yoga:

<https://www.youtube.com/watch?v=RSRKT5q7ZBQ>