



Staying Healthy

Learning Challenges Week Beginning 1st February 2021

<p>The Very Hungry Caterpillar tries lots of different foods before building his cocoon. Share the story with an adult and talk about which foods are fruit and veg, which are other healthy choices and which are treats.</p> <p>Extra challenge: Try a new food and tell us on Tapestry what you thought about it. How did it look, taste and smell? Did you like it?</p>	<p>Watch the story of The Selfish Crocodile (link below). What could the crocodile have done to look after his teeth? Draw a picture of the things he should be using and label them. You could watch the videos below for ideas.</p> <p>Extra challenge: Use chalk to draw some giant crocodile teeth on a wall or pavement. Use an old toothbrush or scrubbing brush to clean them away! Look for the lines and stretch in all directions.</p>	<p>Help an adult to chop up some of the vegetables to eat as a healthy snack. How many different colours did you eat?</p> <p>Extra challenge: Look in your fridge or cupboards. Can you find a rainbow of fruit and vegetables? You might find a red tomato and some yellow pepper. Draw them or write their names in their rainbow colour. If you can't find a colour in your kitchen, look at the vegetable word mat on the website and find it there.</p>
<p>Watch the Get Well Soon: Eat Well Sleep Well episode. Tell an adult what you learnt about eating healthily.</p> <p>Extra challenge: Talk to someone at home about the foods you like to eat. Draw a picture of your favourite healthy snack and your favourite treat.</p>	<p>When we exercise, our bodies have to work harder than when we are being still. Stand still for the count of 5 and think about how you feel. Jump up and down or run on the spot for a little while. How do you feel now? Is your breathing different? Are you warmer? Tell an adult what you notice.</p> <p>Extra challenge: Join in with Oti's Boogie Beebies to exercise all your muscles. You could try a different episode every day this week!</p>	<p>Exercise is an important part of staying healthy. What sports and other active activities do you like to do? Tell someone at home and then make a list of your top 3 – this could be pictures or words. Miss Lloyd's top 3 are walking, Pilates and dancing in the kitchen!</p> <p>Extra challenge: Play 'Simon Says' with your family. Include lots of different actions to exercise all your muscles.</p>

Useful links to look at with an adult

Please be mindful of e-safety, particularly with Youtube links.

Get Well Soon: The Gappy Smile

<https://www.bbc.co.uk/iplayer/episode/b01nhsjf/get-well-soon-11-the-gappy-smile>

Get Well Soon: Eat Well Sleep Well

<https://www.bbc.co.uk/iplayer/episode/b01p3000/get-well-soon-25-eat-well-sleep-well>

Come Outside: Toothpaste

<https://www.youtube.com/watch?v=eVbm2R2eahg>

ESJ Story Time: The Selfish Crocodile

https://www.elystjohns.cambs.sch.uk/website/story_time/472992

Oti's Boogie Beebies

<https://www.bbc.co.uk/iplayer/episodes/m000jsds/otis-boogie-beebies>