Y5-6 Home learning Resource 1: Activities for health

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| taking some deep breaths | watching a funny film | eating a balanced diet with lots of vegetables |
| taking medicine | stroking a pet | resting, relaxing,  quiet time |
| drawing, painting or making something | drinking water | playing games |
| washing and keeping clean | thinking of  happy times | learning  something new |
| offering to do a chore at home | listening to music | going for a walk |
| reading a good story | eating lots of sweets | going to bed at a sensible time |
| talking to a  trusted adult | chatting to friends by video link | expressing feelings |