



Roundabout Get Healthy

Virtual Style

THE PLAN



Get Healthy

- We'll meet at 9am, 12:30pm and 4pm.
- At 9am we'll do an activity called Healthy Brekkie (it just requires pen and paper)
- You have the Zoom details with these instructions
- Girls need to do 1 Look, 1 Learn, 1 Laugh and 1 Love activity.
- They can then do as many other activities as they'd like to.

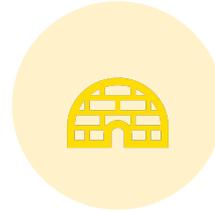
Look Activities



SHADOW FUN



MY HEALTHY
TEETH



MY FUNNY FACE



FOOD FOR
THOUGHT



IN THE
COUNTRYSIDE

SHADOW FUN



Look

You will need:

- None

See how well you can copy someone's actions.

- 1) Face another person (family member)
- 2) You're going to lead and the other person will be the shadow
- 3) Create some movements and the 'shadow' should try and copy the moves exactly.
- 4) Swap roles so you get a chance at shadowing
- 5) Could you make up a little dance?

Take it further,

Go outside on a sunny day, or use a torch. What shadows can you make with your body and hands? Can you make a rabbit just using your hands?

MY HEALTHY TEETH



Look

You will need:

- Toothbrush
- Toothpaste

- 1) Practice brushing your teeth
- 2) Can you give instructions to someone else on how to brush their teeth?

MY FUNNY FACE



Look

You will need:

- Nothing

You're going to be pulling faces for this activity.

- 1) Get someone to read out the statements below and pull a face as to how it makes you feel.

How would you feel if

- Your little brother/sister had just broken your favourite toy?
- You were kept awake all night by a noisy car alarm?
- You had just received an invitation to a party?
- Your best friend was not talking to you?
- You couldn't decide what to wear to a party?
- Your brother asked you if you had eaten the biscuit, you said no, but you really had?
- It was a rainy day in the holidays with no one to play with?
- It was your birthday tomorrow?

- 1) If you have someone else there, what would their emotions look like? Are they different to yours? They could be as we all feel things differently...

FOOD FOR THOUGHT



You will need:

- Healthy foods
- Plate

Look

We need to eat all types of food, some more than others. Can you name the food groups? What do you think we should eat the most of?

Using different foods can you create a picture using them?

IN THE COUNTRYSIDE

Look



You will need:

- A piece of paper split into 4 sections
 - What I saw
 - What I smelled
 - What I heard
 - What I felt
- Pencils

Head outside, either for a walk to the park or in to a garden.

On your piece of paper write or draw the things you saw, smelled, heard or felt.

Was there anything unusual that you'd not experienced before?

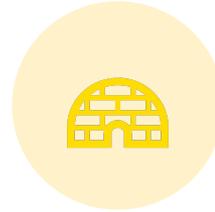
Learn Activities



TABLE
MANNERS



FUN AND BONES



RAINBOW
OLYMPICS



THE PIZZA
PARLOUR



BODY SONGS

TABLE MANNERS

Learn



You will need:

- Plate
- Knives, forks and spoons
- Cup
- Table cloth
- Napkin

People eat their dinner in all sorts of places and ways - can you name some

- At a table, in front of the TV, together, by themselves

Which would you prefer? What do you think are the positives to eating together with other people, or at a table?

Practice laying the table.

- Knife on the right for cutting, and fork on the left. (Unless you are left handed).
- Can you fold a napkin?

FUN AND BONES

Learn



You will need:

- None

Read out the following story and copy the actions when you get to them.

Mr Skeleton went for a walk one day, tripped and hurt his ankle (walk around in a circle slowly).

It was hurting and the pain got worse (walk quicker) and worse (walk even quicker), then he twisted it (go in the opposite direction).

The nurse put a bandage on it and said he must rest (sit down).

Mr Skeleton went running one day, fell and hurt his knee (run around in a circle).

He tried to crawl (crawl in a circle) and twisted it more (change direction)...

Mr Skeleton was writing one day, he wrote so much he hurt his wrist (circle your wrist).

When he combed his hair it hurt (circle the wrist slower) so he used his other wrist (swap wrist).

It's really important to keep active and exercise as it helps to make our bones healthy and strong, as is eating lots of healthy foods with plenty of calcium.

THE PIZZA PARLOUR

Learn



You will need:

- 150g Self-raising flour
- 25g butter
- 1 egg
- 50ml milk
- 25g tomato or ragu sauce
- Grated cheese
- Mixed herbs
- Any additional toppings like onion or mushroom or ham.

We're going to make Pizza scones.

- 1) Pre-heat the oven to 200^oc
- 2) Sieve the flour into a mixing bowl
- 3) Rub the butter into the flour until it resembles fine breadcrumbs
- 4) Whisk the egg and milk together and add to the flour mix.
- 5) Mix to form a soft dough ball.
- 6) Roll out the dough on a clean floured surface to form a rectangle
- 7) Spread the tomato or ragu sauce and toppings over the dough, leaving 2cm all around the edge
- 8) Sprinkle with grated cheese and herbs
- 9) Carefully roll up starting from the long end and seal the fillings inside.
- 10) Cut the roll into 8 slices
- 11) Place them flat on a baking tray and bake for 10 minutes.
- 12) Cool on a wire rack

RAINBOW OLYMPICS

Learn



You will need:

- Red, yellow and orange crepe paper
- Card
- Balloons

Hold a Rainbow Olympics day featuring balloon games.

- 1) Start by making an Olympic torch, roll your card into a cone shape and attach the flames to the open end of your cone.
- 2) Find a picture of the Olympic rings, did you know the 5 colours represent the original continents of the world, Africa, Asia, the Americas, Australia and Europe. They are linked together in friendship.
- 3) Now it's time to play some games

Kangaroo Jumps

Pop a balloon between your legs and jump around - can you race against someone? Who will win?

Silly Snakes

Using a long balloon, how long can you throw it?

Flying FiFi

How high can you throw a balloon, keep trying to get it higher.

Can you come up with some other balloon games?

BODY SONGS

Learn



You will need:

- None

Have fun singing along to some songs all about our body

Head, Shoulders, Knees and Toes, Knees and Toes
Head, Shoulders, Knees and Toes, Knees and Toes
And eyes, and ears, and mouth and nose
Head, Shoulders, Knees and Toes, Knees and Toes

If you're happy and you know it clap your hands
If you're happy and you know it clap your hands
If you're happy and you know and you really want to show it
If you're happy and you know it clap your hands
(add pat your head, stamp your feet)

One finger, one thumb, keep moving
One finger, one thumb, keep moving
One finger, one thumb, keep moving
We'll all be merry and bright

One finger, one thumb, one arm, keep moving
One finger, one thumb, one arm, keep moving
One finger, one thumb, one arm, keep moving
We'll all be merry and bright

One finger, one thumb, one arm, one leg, keep moving
One finger, one thumb, one arm, one leg, keep moving
One finger, one thumb, one arm, one leg, keep moving
We'll all be merry and bright

One finger, one thumb, one arm, one leg, one nod of the head, keep moving
One finger, one thumb, one arm, one leg, one nod of the head, keep moving
One finger, one thumb, one arm, one leg, one nod of the head, keep moving
We'll all be merry and bright

(repeat once more adding sit down, stand up)

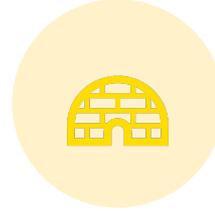
Laugh Activities



PAPER PLATE
TENNIS



ANIMAL
STRETCHES



DIZZY
STREAMERS



ANIMAL
SMOOTHIES



BALLET
BONANZA

PAPER PLATE TENNIS

Laugh



You will need:

- 4 paper plates
- Balloon or soft ball
- Sticky tape

Make racquets out of the paper plates. Stick two paper plates faces together but leave a gap to be able to pop four fingers inside.

See if you can bat the balloon/ball between you both.

Create your own court and have a game, you might need to chase the balloon across the court.

ANIMAL STRETCHES

Laugh



You will need:

- None

It's animal stretch time. These help to keep us strong, bendy, happy and smiley!



Have a go at the stretches above, what other animals could you create with your body?

ANIMAL SMOOTHIES

Laugh



You will need:

- 2 bananas or a cup of strawberries
- 1 tablespoon of honey
- 2 cups of milk
- 1 teaspoon of yoghurt
- Fork

- 1) Peel both bananas and break them up and place in a bowl. Mash them up using your fork.
 - a) If using Strawberries instead, take the tops off and halve them, pop them in a bowl and mash them up using your fork.
- 2) Add the honey and yoghurt and mix in thoroughly
- 3) Add the milk and whisk with your fork until completely mixed.
- 4) Pour into your cup and enjoy.



DIZZY STREAMERS

Laugh



You will need:

- Paper plate
- crepe/tissue paper in a variety of colours
- Scissors
- Stapler/Sticky Tape

Make streamers that you can use to wave around to music.

- 1) Cut a hole in the middle of the paper plate, just big enough for you to get your hand through.
- 2) Decorate the paper plates with pens/pencils
- 3) Cut streamers from the crepe/tissue paper and staple/tape them to the outside of the plate.
- 4) Get ready to wave them around.

Can you create a routine with your streamers?

BALLET BONANZA

Laugh



You will need:

- Music player
- Classical ballet music like swan lake or the nutcracker.

Dancing is a great way to develop better awareness of different ways of moving and exercising control.

Before you get started you might want to see if you can watch some of a Ballet performance (<https://www.youtube.com/watch?v=Kq8zqhjUlo>) or (<https://www.youtube.com/watch?v=0GsajWIF3ws>).

You're going to create your own simplified ballet routine and perform this.

Can you see how they have pointy toes and are always in control of their body?



Love Activities



RAINBOW TIARA



MUSICAL ART



HEALTHY ME



MY PUPPET
SAYS



TEST MY
SENSES

RAINBOW TIARA



Love

You will need:

- 2 pipe cleaners (more if you'd like)
- beads

It's time to create your very own tiara.

- 1) Place lots of beads on to one pipe cleaner
- 2) Join the ends of the other pipe cleaner to make a circle
- 3) With your beaded pipe cleaner attach it to the circle with lots of loops to make a pretty pattern

You can add additional pipe cleaners if you'd like to make it more fancy.



MUSICAL ART



Love

You will need:

- Water based paint
- Large plastic sheet
- Apron
- A4 paper
- Music

- 1) Cover a table completely with a plastic sheet (or cover some outdoor space with the sheet).
- 2) Pop a few blobs of paint on the sheet - not too close to the edges.
- 3) Start the music.
- 4) While the music is playing, spread the paint, mix some colours, make patterns.
- 5) When the music has stopped take a print of the pattern by putting the paper on top and pressing down

It's really important to have some 'me' time to read a book, listen to music, be creative and/or relax.

HEALTHY ME

Love



You will need:

- Chalk
- Measuring tape
- Tennis balls
- Bucket
- Stopwatch

We've got ten simple challenges for you:

- 1) Pat your head with one hand, and rub your tummy in circles with the other.
- 2) Draw a chalk line and stand behind it, how far can you jump. Measure, can you jump further next time?
- 3) Do star jumps... how many can you do in 30 seconds?
- 4) Can you touch your toes with bent knees and feet together? What about the floor in front; can you touch that?
- 5) Can you run 100m in less than 30 seconds?
- 6) Hop 5 times on one leg and then on the other, can you do it without falling over?
- 7) Jump as high as you can. Draw a line on the wall, can you jump higher than this?
- 8) Place a bucket on the ground, can you throw a tennis ball in from 3 strides away, how far away can you go and still get them in?
- 9) Can you do three forward rolls in a row?
- 10) Can you walk the tightrope? Put your feet directly one after the other, no spaces, heel to toes :D

MY PUPPET SAYS

Love



You will need:

- Clean sock
- Scissors
- Fabric glue
- Wool for hair
- Other fabric

You're going to make your very own puppet. This is to make it into a person, but you could make an animal or an alien or a monster.

- 1) Glue wool on to the sock for the hair
- 2) Cut out other fabric for the eyes, mouth and nose and stick them on.
- 3) Pop your hand inside and you have a puppet.

Can you make your puppet talk? What can it do to stay healthy?



TEST MY SENSES

Love



You will need:

- Different types of fruit scented soap, shampoo, hand cream and lotion
- Cotton wool
- Selection of food to taste

Time to test out our senses.

Touch

Wear a blindfold or close your eyes. See what you can feel around you. How do they feel, can you tell what it is without looking.

Hearing

Head outside, close your eyes and listen carefully to what you can hear around you. If you listen really carefully you might be able to hear things you haven't heard before.

Smell

Using the different scented products you have, see if you can work out what it is supposed to be without looking at the label.

Sight

Choose a colour and see how many things you can find of that colour. Head outside and look at the clouds, can you use the cotton wool to recreate the shapes of the clouds?

Taste

Hold a food tasting session. Close your eyes and hold your nose so you are only relying on your sense of taste. Can you try something new, or can you work out old favourites, just from the taste.