



**7 OCTOBER 2020**



Complete all five activities to get this badge.

It's time to think about what makes you special. This activity is called, **this is me**. Start by thinking about what things you like, and if there's anything about you that makes you different.

Cloudy, loves Harry Potter, Unicorns, Disney, her favourite food is Roast dinner and her favourite colour is Pink. She's got a brother too.

Now that you have some things that make you special, on a piece of paper, can you draw around your hand and cut it out. On each of your fingers write down one of the things that make you special.

Now that you have done that, decorate your hand.

Keep it safe as we're going to make them into a Hedgehog once we've got them.

send us a picture of your hand

It's **playtime!** can you do these different exercises. After each one colour in the part of the body that you have used. Are there any that you haven't used? what exercise could you do for that part of your body?

Now we're going to use **food for thought** and consider what foods we should eat more of or less of.

Do you know the different food groups? Can you find something in your kitchen for each of these groups:

Protein

Fats

Carbohydrates

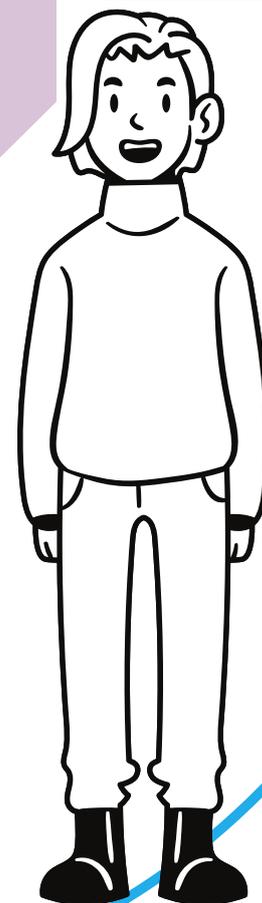
fruits and Vegetables

Treats

Which ones should you have more of and which should you eat less often?

More of

Less of





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**It's** time to **Laugh out loud!!** For this activity make up some jokes. Tell them to your friends and family. Which joke did they find the funniest?

Here's our favourite joke:

How do you start a cuddly toy race?

*Ready... Teddy... Go!!!*

I bet yours are better!! Write down the joke that people laughed at the most

All of our activities so far have been about things that help us to 'feel good'. One thing we sometimes forget is sleep. To help us feel good we also need to make sure we get enough sleep. Have a go at singing this **Song of Slumber**.

1) Sing a song of slumber  
Tucked up in your bed  
Lots of happy memories  
Floating round your head

2) Sleeping is important  
and helps in lots of ways  
and here is why we need our sleep  
to help us through the day

3) It helps to keep us healthy☐  
so we can play with friends☐  
and when we're hurt or poorly☐  
it helps our bodies mend

4) It helps us pay attention☐  
to learn and concentrate  
And that is why a good night's sleep☐  
is always really great

Make sure you get enough sleep by going to bed when you're told to :D