

## Health and Wellbeing

### Home Learning Activities Primary 5

Physical Wellbeing	Wiggle, Hop or Creep	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Wiggling_hopping_creeping.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Wiggling_hopping_creeping.pdf</a>
	Road Safety – Do you stop, look and listen?	<a href="https://www.think.gov.uk/resource/lesson-1-do-you-stop-look-listen-think/">https://www.think.gov.uk/resource/lesson-1-do-you-stop-look-listen-think/</a>
	Sleep quiz	<a href="https://kidshealth.org/en/kids/sleep.html#:~:text=Just%20like%20eating%2C%20sleep%20is%20necessary%20for%20survival,brain%20a%20%20chance%20to%20sort%20things%20out.">https://kidshealth.org/en/kids/sleep.html#:~:text=Just%20like%20eating%2C%20sleep%20is%20necessary%20for%20survival,brain%20a%20%20chance%20to%20sort%20things%20out.</a>
	Digestive system	<a href="https://www.bing.com/videos/search?q=kids+health+digestive+system+for+children&amp;&amp;view=detail&amp;mid=E491D2B44C1247444A00E491D2B44C1247444A00&amp;&amp;FORM=VRDGAR">https://www.bing.com/videos/search?q=kids+health+digestive+system+for+children&amp;&amp;view=detail&amp;mid=E491D2B44C1247444A00E491D2B44C1247444A00&amp;&amp;FORM=VRDGAR</a>  Draw a diagram of the digestive system.
Mental Wellbeing	Coping with anger	<a href="https://www.bbc.co.uk/bitesize/clips/zk3b87h">https://www.bbc.co.uk/bitesize/clips/zk3b87h</a>
	What is the Children's Parliament in Scotland?	<a href="https://www.childrensparliament.org.uk/about-us/">https://www.childrensparliament.org.uk/about-us/</a>
	Appreciating bilingualism	<a href="https://www.bbc.co.uk/bitesize/clips/z78dxnb">https://www.bbc.co.uk/bitesize/clips/z78dxnb</a>  Do you know anyone who speaks more than one language?
	Calm Zone	<a href="https://www.childline.org.uk/toolbox/calm-zone/#:~:text=Activities%20and%20tools.%201%20Stress%20sock.%20Fill%20an,beach%20...%205%20Calm%20aid%20kit.%20More%20items">https://www.childline.org.uk/toolbox/calm-zone/#:~:text=Activities%20and%20tools.%201%20Stress%20sock.%20Fill%20an,beach%20...%205%20Calm%20aid%20kit.%20More%20items</a>  Choose one Breathing exercise and one Express Yourself activity to try.
Food Technology	Am I drinking enough in school?	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Am_I_drinking_enough_AT_school_1.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Am_I_drinking_enough_AT_school_1.pdf</a>

	Healthy Snack Holder	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/blank%20healthy%20snack%20holder.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/blank%20healthy%20snack%20holder.pdf</a>
	Food Choices	<a href="https://www.bbc.co.uk/bitesize/clips/zrd4d2p">https://www.bbc.co.uk/bitesize/clips/zrd4d2p</a> Discuss the role of peer pressure in making food choices.
Internet Safety	Posting mean comments online	<a href="https://www.bbc.com/ownit/take-control/did-you-ever-post-mean-comments-online?collection=returning-to-learning">https://www.bbc.com/ownit/take-control/did-you-ever-post-mean-comments-online?collection=returning-to-learning</a> Watch and discuss