

Health and Wellbeing

Home Learning Activities Primary 6

Physical Wellbeing	Dance Studio	http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Dance_studio.pdf
	Football Dribbling Posts	http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Football-dribbling-posts.pdf
	Road Safety – Safe on the streets	https://bmwedukation.co.uk/safe-on-the-streets-interactive/index.html#OTR_1
	First aid	https://lifeliveit.redcross.org.uk/en/Help-save-lives/Activity-treat-me Do pink questions.
Mental Wellbeing	Who is the Children’s Commissioner in Scotland?	https://cypcs.org.uk/about/commissioner/
	Assertiveness	https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/being-assertive/ Look at the ‘Fogging’ & ‘Broken record’ strategies and think of how you could use these in your life.
	Mindfulness	https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids Choose 2 different activities to try.
	Working as a Team Parts 1 & 2	https://www.bbc.co.uk/bitesize/clips/zv3b87h https://www.bbc.co.uk/bitesize/clips/z3bgd2p How are your team working skills?
Food Technology	Food from the Sea	http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Food_from_the_sea.pdf
	5 a day	https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/ Explore different ways to eat your 5 a day.

	Make a pizza (get an adult to help)	https://www.bbc.co.uk/food/recipes/quick_cheats_pizza_88026
Internet Safety	Mobile phone safety	https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/mobile-phone-safety/ Read and score yourself up to 10 – how safe are you when you use a phone?