

## Health and Wellbeing

### Home Learning Activities Primary 7

Physical Wellbeing	Fun Family Skittles	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Fun_family_skittles.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Fun_family_skittles.pdf</a>
	Safe on the Roads	<a href="https://www.think.gov.uk/wp-content/uploads/2020/07/Tales-of-the-Road.pdf">https://www.think.gov.uk/wp-content/uploads/2020/07/Tales-of-the-Road.pdf</a>
	The heart – watch and draw the circulatory system	<a href="https://www.bing.com/videos/search?q=kids+health+circulatory+system+video&amp;docid=607989394340839569&amp;mid=8811FEE7C7AC4C489E6C8811FEE7C7AC4C489E6C&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=kids+health+circulatory+system+video&amp;docid=607989394340839569&amp;mid=8811FEE7C7AC4C489E6C8811FEE7C7AC4C489E6C&amp;view=detail&amp;FORM=VIRE</a>
	Decision making: drugs & alcohol	<a href="https://www.bing.com/videos/search?q=kids+health+circulatory+system+video&amp;docid=607989394340839569&amp;mid=8811FEE7C7AC4C489E6C8811FEE7C7AC4C489E6C&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=kids+health+circulatory+system+video&amp;docid=607989394340839569&amp;mid=8811FEE7C7AC4C489E6C8811FEE7C7AC4C489E6C&amp;view=detail&amp;FORM=VIRE</a>  Watch Part 1 and think about the decisions made. You can find, watch and discuss Part 2 with an adult.
Mental Wellbeing	Make a bird feeder	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/bird_feeder_1.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/bird_feeder_1.pdf</a>
	Planning for choices	<a href="https://www.bbc.co.uk/bitesize/subjects/zbhy4wx">https://www.bbc.co.uk/bitesize/subjects/zbhy4wx</a> Under Planning for Choices, choose 2 different careers to explore. Write a summary for each and final paragraph on which one you prefer.
	Seeing a story from both sides	<a href="https://www.bbc.co.uk/bitesize/clips/zphpb9q">https://www.bbc.co.uk/bitesize/clips/zphpb9q</a>
	Your rights to work	<a href="https://www.gov.scot/publications/employment-children-guide-children/pages/1/">https://www.gov.scot/publications/employment-children-guide-children/pages/1/</a>
Food Technology	Clever Celery	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Clever%20celery.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Clever%20celery.pdf</a>

	Which parts of the plant do we eat?	<a href="http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Which_parts_of_the_plant_do_we_eat_.pdf">http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Which_parts_of_the_plant_do_we_eat_.pdf</a>
	Make spaghetti bolognaise (get an adult to help)	<a href="https://www.bbc.co.uk/food/recipes/mos_magic_meatballs_53940">https://www.bbc.co.uk/food/recipes/mos_magic_meatballs_53940</a>
Internet Safety	Online safety	<a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/</a>  Read and score yourself up to 10 for how safe you are when you go online.