

Healthy Minds ♥ Healthy Hearts

Positive Thinking Cap

Our theme this week is Healthy Minds and Healthy Hearts. Using the template, design your own positive thinking cap.

Year 3

6th – 10th July

Healthy Living Game

Play the Healthy Living Game with someone in your household. This will make you think about healthy eating and exercise which we have already found out about in science.

Fit activities for kids-

What's your name?

Use the sheet to spell out your name and do the activity for each letter. Can you spell out your family's names too?

Get active!!

Positive Thought Diary

Last week we practised being reflective and thinking about our glows and grows. This week as our theme is about healthy minds you are going to keep a positive thought diary. At the end of each day reflect on what you have done, who you have spoken to and choose something positive to write down. We would love to see your positive thought diaries sent into the homework e-mail address.

Positive Thinking Challenge

Choose one of the challenges from the cards and complete it with someone in your family or socially distanced from a friend. If you enjoy doing it, you could try a different challenge each day.

Positive Mindful Colouring

Look through the positive colouring book and choose some pages to sit and quietly colour. Take your time to choose the colours, stay in the lines and take deep breaths as you are working. You could listen to some relaxing music or sit outside whilst you are doing it. This is called mindful colouring and hopefully once you have finished you should feel relaxed and proud of your work. Display your positive art work in your home.

Recycled Bird Feeder

The whole week doesn't have to be about sports. This week you could also try making your own bird feeder from plastic bottles you have used in your house.

Look at the link to get some ideas and also trying researching it on the internet, there are hundreds of possible designs! <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>