

Family Fun

Ideas to support learning, play and well-being

Keep hydrated

Can you guess how much of our bodies are made up of water?

25% 70% 95% (answer at bottom of page)

Try and drink at least 8 glasses of water a day. Cut up favourite fruit and vegetables to make a jug of healthy flavoured water



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|--|--|--|---|
| A Jump up and sit down 10 times | H Hop like a frog 8 times | N Pick up a ball without using your hands | U Roll a ball using only your head |
| B Spin around in a circle 5 times | I Balance on your left foot for the count of 10 | O Walk backwards 50 steps and skip back | V Flap your arms like a bird 25 times |
| C Hop on one foot 5 times | J Balance on your right foot for a count of 10 | P Walk sideways 20 steps and hop back | W Pretend to ride a horse for a count of 15 |
| D Run to the nearest door and back | K March like a toy soldier for the count of 12 | Q Crawl like a crab for a count of 10 | X Try and touch the clouds for a count of 15 |
| E Walk like a bear for the count of 5 | L Pretend to jump rope for a count of 20 | R Walk like a bear for a count of 5 | Y Walk on your knees for a count of 10 |
| F Do 3 cartwheels | M Pretend to swim around the room 3 times | S Bend down and touch your toes 20 times | Z Walk on your tip toes for a count of 10 |
| G Do 10 jumping jacks | T Pretend to pedal a bike with your hands | | |

Keep active keep healthy

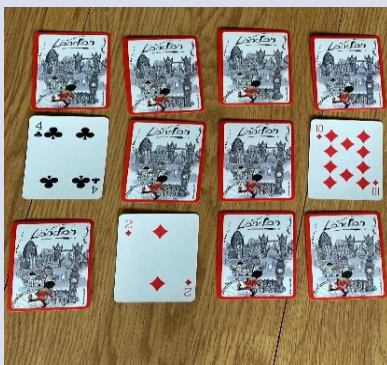
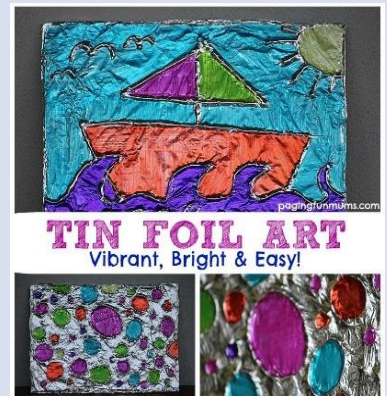
Exercise for a minimum of 60 minutes per day to keep fit and healthy. Running, skipping, bike riding, brisk walking are all good for you and easy to achieve. Make it a family activity ☺

Get active with your name!

Spell out your name and complete the activity listed for each letter

Foil art

Making art with household items like tin foil develops children's creativity and imagination. Make foil sculptures and pictures, decorate with felt tips or leave plain. There's an artist in everyone



Playing card maths

Studies show that playing card games develop children's cognitive abilities and teach new strategies for using mathematical information. Playing card games, improves memory, develops quick thinking, encourages number talk and number fluency. Look online to get ideas for card maths games to play with your children