



# I am Happy, I am Healthy

Good Morning,

Today is Fabulous Friday and I am taking over!



You have all been working so hard, so we wanted to try out something new and see if you like it. If you do, let us know and we can have a Fabulous Friday every week.

Each Friday will have a theme, and we will provide you with lots of lovely activities for you to try out at home which are based around that theme. You can do all of them or none of them, the choice is yours. I think you may have some even better ideas than we do, so feel free to be as creative as you can. We have tried to choose activities that you should be able to do at home with easy to find resources. As always, if you need anything, just ask.

If you do have a go at any of the activities can you please let us know what you have done as we would love to share all of your projects. You can send us a picture, photograph or even a video the choice is yours.

Today's topic is called 'I'm Happy, I'm Healthy' and here are some ideas of what you can do.

## Exercise



Exercise keeps you healthy, my favourite types of exercise is running and dancing. What is yours?

Have a go at doing your favourite exercise. Before you start, sit down and think about your breathing. Is it fast? Slow? Can you feel your heart beat? What is it doing?

Now have a go at your activity. When you finish what is your breathing and heart rate doing now?

If you are struggling to think of an activity, here are some ideas.

1. Could you run (with a parent) to the end of the street and back?
2. Could you run around your garden?
3. [Try a PE lesson with Joe Wicks](#)
4. Can you build an obstacle course in your garden/yard or living room and see how quickly (and safely!) you can complete it.
5. [Try GoNoodle and dance the day away](#)
6. [You could even try some yoga](#)

## Healthy Eating



I love eating and some times (maybe more than sometimes!) I know I eat unhealthy food. Have a look at this video to find out about healthy eating.

[Food needed by the human body](#)

Can you help an adult make a healthy, balance lunch or dinner?

Here are some ideas:

[Easy lunches for kids](#)

[Healthy Recipes that children can cook](#)

[Super Healthy Kids](#)

## Mindfulness



[Go on a mood walk](#)

Click on these links to be taken to some different breathing exercises to help you feel calm.

[Bee Breathing](#)

[Bunny Breathing](#)

[Snake Breathing](#)

**Here are some of my favourite mindfulness drawing ideas.**

- **Draw** something in your immediate surroundings. ...
- Sketch out a landscape. ...
- **Draw** how you're feeling. ...
- Just doodle.

## The Power of Music



Listening and taking part in musical activities makes us smile. Here are some ideas of what you can do.

1. Make a musical instrument from items around the home.
2. Sing your favourite song
3. Dance like no-one is watching

So those are the ideas that I had, see what you can do. Like I said, no pressure to do them all. Do what works for you and your family. The theme is I'm Happy, I'm Healthy and that is how we want you to stay.

If you do have a go at any of the ideas, we would love to see them. Send your pictures and/or videos to SeeSaw.

**Have a Fabulous Friday!**