



Early Level Health and Wellbeing Learning Grid

Can you take part in one of Joe Wicks' PE videos on Youtube?
<https://www.youtube.com/channel/UCAxWIXTOiEJo0TYIRfn6rYQ>



el/UCAxWIXTOiEJo0TYIRfn6rYQ

Can you set up an obstacle course indoors or out in your garden using equipment/things around the house safely?



Can you take part in a Just Dance routine?
<https://www.youtube.com/justdance/videos>



Can you draw what you look like when you are angry? After this write as many words as you can that mean the same as angry around your picture.



Can you help someone at home to make a healthy snack?



Can you draw a picture of someone who helps you and write a sentence to say how they help you?



Can you draw a picture of a friend and write a sentence to say what makes them a good friend?



Can you take part in some Cosmic Yoga?
<https://www.youtube.com/user/CosmicKidsYoga>



Can you create a poster which shows how to wash your hands correctly?



Can you identify how your body feels after exercising? You might want to write this down or draw a picture.



Can you identify things which make you feel better when you are sad? You may want to draw them or write them down.



Do something to help you relax. You may want to try out some meditation.

<https://www.youtube.com/watch?v=J9nEURE8uiQ>

