



Second 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>



Can you set up an obstacle course indoors or out in your garden using equipment/things around the house safely? Time yourself to see how quickly you can complete it. Can you beat your time?



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



Can you record the different emotions you feel throughout the day like a diary? After each change of emotion can you record what made your emotions change? If you experienced any negative emotions record what you did to make yourself feel better.



Can you create a poem that highlights the risks of smoking?



Can you create a persuasive piece of writing to encourage people to eat healthy foods? You may need to do some research about what kind of foods we should eat and why they



are good for us.

Can you create a poster highlighting some of the rights that children have?



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



Can you teach someone at home about what to do if they ever need to help someone who is unconscious?



Can you create a comic strip set of instructions to teach a new pupil about how to evacuate your classroom safely if the fire alarm sounds?



Can you compare different food and drinks from your house by looking at the labels? Can you order them from lowest to highest for salt, sugar and fat?

Each 100g packet contains				
MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Salt	Salt
353	0.9g	20.3g	10.6g	1.1g
18%	1%	29%	20%	18%

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

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

