Thursday 2nd April 2020

**Home Learning – Social & Emotional Learning: Health & Wellbeing**

**Activity:**

1. Complete a video workout. Afterwards, ask your child why it is important to have regular exercise (physical and mental wellbeing)
2. Ask your child this question: What else can we do to stay healthy? The aim of the conversation with your child is to explore how much they know about:

* Self Care
* Making Healthy Choices
* Emotionally Balanced

Here are some pointers for your conversation. It’s up to you how much you talk about the virus, of course.

1. Final activity: Create your own Health & Wellbeing Poster

