Year 5/6: Lesson 1 Resource 2a: Activities for health cards

"

Taking medicine

Spending time with friends

Eating a balanced diet that includes plenty of fruit and vegetables

Washing and keeping your body clean Drinking water regularly

Swimming, dancing or indoor sports

Helping an elderly neighbour with their shopping

Having fun with your family Stroking a pet

Taking rest, relaxing, quiet time Going outside, fresh air

Talking about problems to a doctor, nurse or counsellor

Playing board games

Playing active games outdoors

Joining a sports club

Drawing, painting or making something

Listening to music Playing on the computer

Thinking of happy times

Offering to do a chore a home

Taking the dog for a walk

© PSHE Association 2019

"

Going to bed at a sensible time to get enough sleep at night

Allowing enough time to do homework in

Expressing feelings

Drinking energy drinks

Having an internet/ phone free day Reading a good story

Watching tv or favourite films

Eating lots of sweets

Helping someone you notice needs help

Practising mindfulness Punching a pillow Talking to a trusted adult

Chatting to a friend Going to the dentist Haircut and style

Volunteering to help Smoking Taking deep breaths

Learning something new Tidying up Walking to school