



# Digital Learning Program

## Over 3s Health and Wellbeing/PE Resource Pack



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## Week 2

**Key Focus Area:** health and Wellbeing/PE

**Age group:** Over 3s

**Rationale:** For children to explore Nutrition (specifically fruit), and the details of these fruits such as shape, size colour and sweet or sour.

**Outcomes:** Children have a strong sense of wellbeing.

### 5 minutes: Mindfulness

Ask child to sit quietly with their eyes closed if comfortable and do our mindfulness pause

1. Sit on the floor with your back nice and straight
2. Take a deep breath in and then a deep breath out
3. Reminding children to breathe in through your nose and out through your mouth
4. Repeat deep breath 4 times

### 15-20 minutes: I can eat a rainbow

Parents/guardians to print and prepare the following worksheet and talk to your child about healthy eating. If you can't print the paper, please use crayons and paper and draw one similar.

Step 1: Ask your child to identify and colour in each crayon according to the colours on the sheet.

Step 2: Use magazines (if you have them) and cut out and paste healthy foods that match each colour. If you don't have any magazines you can encourage your child to draw healthy foods instead.

### 10 minutes: Get up and moving

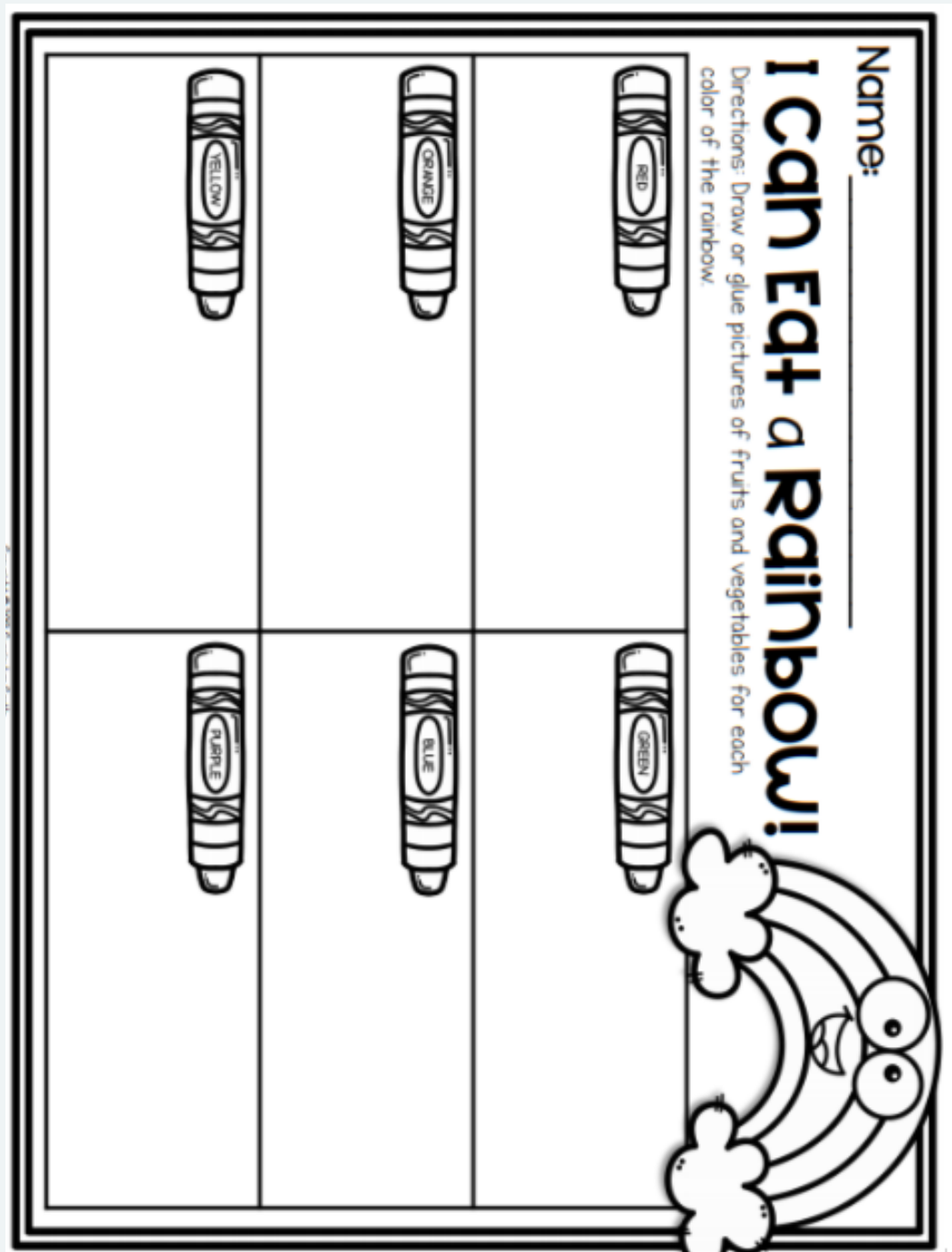
Finish off the session by moving around to; Dodging the Monsters. This child work out video will encourage the children to move their bodies in ways that they may have to move each day and will encourage them to be active whilst being aware of their surroundings. ([Click Here](#))

### Questions

Things to discuss: Ask your child about the different healthy foods that they may eat whilst at home or when they were attending Aurora. Talk about why our bodies need the healthy foods to function.

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READY FOR THE NEXT PACK?

Answer a few questions about your child's learning and our educators will create a unique, personalised Resource Pack for your child.

<https://forms.gle/RrjPk3SZT4mntXTk7>