

PHSE

Can you have a go at this activity, and when you next see one of these people tell them why you are grateful of them. You could even draw them a picture or write it down in words.

You could be grateful because they are kind; as they have the biggest smile or even that they make the best food.

I'm grateful you're my friend because _____





I'm grateful you're my teacher because _____





I'm grateful you're in my family because _____





I'm grateful you're my mom because _____



I'm grateful you're my _____ **because** _____

I'm grateful you're my dad because _____





I'm grateful you're my brother because _____





I'm grateful you're my grandma because _____



I'm grateful you're my grandpa because _____





I'm grateful you're my neighbor because _____



I'm grateful you're my sister because _____





I'm grateful you're my cousin because _____





Can you have a go at these challenges?

Spell your name out and see what activities you can do, you could even get anyone in your house involved.

what's *Fit activity* FOR kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Find somewhere quiet and comfortable to sit and watch this video.

<https://youtu.be/2PcCmxEW5WA>

