

Facts4Life Activity Mat

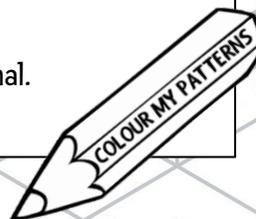
Check In Activity

Make a selection then explain your choice.

Which animal best reflects how you are feeling at the moment? Draw the animal or craft it (sculpt, build or model) using what's available to you. Do you feel like a different animal during different parts of the day? Which animals? Why do you think that is?

Riding the Ups & Downs

How we feel changes all of the time. This is completely normal. Notice how you feel each day or even throughout the day.



Watch this clip from the British Heart Foundation and answer the questions below:

What happens inside your body when you exercise?

<https://www.youtube.com/watch?v=wWGuILaA000>

Key facts for life:

What happens to your heart, lungs and muscles when you exercise?

What sort of things can exercise help with?

How does exercise make you feel? Why?

How much exercise should adults do?

Further Facts4Life research: Children and young people should aim to do 60 minutes of physical activity a day. Find out how different forms of physical activity benefit different parts of the body e.g. what does cycling do that push-ups don't? Design a 20 min exercise programme to be done indoors that exercises the whole body.

Puzzle Time!

Unscramble the words in bold so that the sentences make sense.

1. When you exercise your **clemuss** need more **genyox**.
2. Regular physical activity can improve your **rommey**.
3. Combining regular activity with a balanced **tide** can help people maintain a healthy **thigew**.
4. When someone is **vitace** their brain produces chemicals called **shinporden**.
5. Getting active cuts down on **stasers** which helps to reduce **yitanxe**.
6. Different forms of exercise – such as **ginclyc**, **stinen**, **shup-spu** and **ginpumj** help different parts of the body

Did you work out these words: weight, anxiety, cycling, muscles, memory, jumping, oxygen, push-ups, endorphins, active, diet, stress, tennis

Take Notice

When we take notice, we tune into our senses and calm our thoughts



Sit quietly in a room or outside.
What can you see?

Pick a letter from your name. Can you spot ten things that begin with that letter?
Try some other letters.

Write a poem based on what you have seen, heard or felt when taking notice – or illustrate in any media how taking notice felt for you.

For more focusing ideas, see
<https://facts4life.org/for-parents-carers/>