

Facts4Life Activity Mat

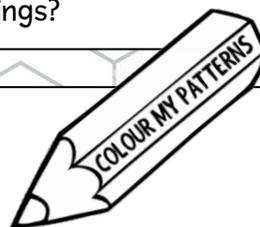
Check In Activity

Make a selection then explain your choice.

Create a fictitious character that reflects a certain mood or feeling. Maybe your character could change shape according to *different* moods and feelings. Draw your character or create it out of modelling clay. Think up a story where your character manages to transform difficult feelings through his or her positive actions.

Riding the Ups & Downs

Our feelings and moods are constantly changing. This is completely normal. What are the things that help you with your difficult feelings?



Watch this clip and answer/discuss the questions below:

Introducing the Human Gut Biome

<https://www.youtube.com/watch?v=fr2TuoLjvLk>

Key Facts for Life

What is the human microbiome?

Approximately, how many micro-organisms make up the human microbiome?

In which part of the body would you find most of the microbiome?

How does the microbiome help the human body?

What do you think it means by a *diversity* of bacteria?

What things can we do to make sure we have a healthy and balanced microbiome?

Further Facts4Life research: The human microbiome is healthiest when we eat a variety of foods. Find out how different food types benefit the human body.

Puzzle Time!

N I D Q M A Q I W S B Q X A E
 O D I G E S T I O N M M I D M
 I T A X D Z P Y E L O I E R X
 T R E U O A G Y K E G Y N U E
 C I M I C R O O R G A N I S M
 E L P F E E I N F E C T I O N
 T L F N M Y T I S R E V I D C
 O I E F M E Z K T L L F N X O
 R O L A O M I C R O B I O M E
 P N R E O V B A C T E R I A D
 S B U E D A G O Y O P A U T N
 U A C T E A T U N O Q A T Z C
 N L O K D V K N T I I A F F F
 K E E P I N G B A L A N C E D

- Microbiome
- Gut
- Diversity
- Bacteria
- Trillion
- Keeping Balanced
- Digestion
- Mood
- Energy
- Protection
- Micro-organism
- Infection

Make your own Human Biome word puzzle to test out on a friend.

Connect



Connecting with others helps to boost our mental wellbeing. How many of the following things do you have common with your friends/family? Can you connect with them to share some of the things you enjoy?

A talent you have in common	A favourite board game you like to play	A piece of music you enjoy listening to
A favourite TV programme	A favourite sport you enjoy watching or playing	A favourite computer game you like to play
A favourite type of food	A card game you enjoy playing	A favourite book you like to read

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