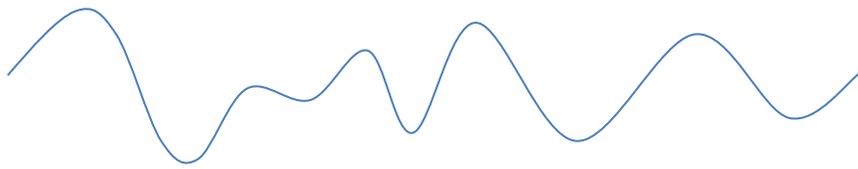


Check In Activity

Ups and Downs reflection – the times that were good and the times that weren't so good.



Draw your own line showing your ups and downs line of the last few weeks. Mark in what caused you to feel up or what caused you to feel down. What happened to help you move from the down times to the up times?

Facts4Life - key messages

Watch this video: <https://youtu.be/D8Zvhnffifo>

Key Facts for Life

What do you think is meant by 'health resilience'?

Explain what is meant by physical and mental health. In what ways do you think the two are connected?

What are some of the ups and downs of physical and mental health that people experience in their lives?

Various systems help to keep the body 'in balance'. What body systems have you heard of and what do they do?

What are the things that each of us can do to 'smooth the path' with our health?

Further Facts4Life research: 'Keeping balanced' is our Facts4Life way of explaining the scientific principle of 'homeostasis' – the way in which the body regulates its own internal environment: temperature, sugar levels etc.

Find out more about homeostasis. The following video may help:

<https://www.youtube.com/watch?v=quQr6X1Q58I>



Puzzle Time – Trackword

How many words of three letters or more can you find by tracking from one square to the next going up, down, sideways or diagonally in order? You may not use the same letter twice in any word.

What is the nine letter word (Hint: it's actually two words, separated by the number 4!)

S	T	C
L	A	F
F	I	E

Well done if you can find 10 words or more!

Make up your own Facts4Life word puzzle using words from the Facts4Life key messages:

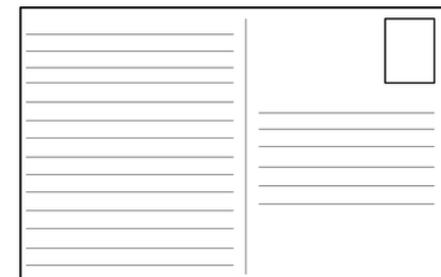
- Riding the Ups and Downs
- Keeping Balanced
- Smoothing the Path

Connect

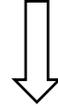


Think about some of the positives you identified in the 'Ups and Downs' activity opposite. Write a postcard to a family member or friend telling them about some of the good things you've managed to do or achieve whilst in lockdown. How did those good things make you feel?

Find out their address, add a stamp and post it to them.



Fold here and stick the two halves of the postcard together



You can
draw or add
your own
picture to
the front of
the
postcard.

A large rectangular box representing a postcard template. A vertical line runs down the center, indicating the fold line. On the left side of the fold line, there is a small rectangular box in the upper left corner containing the text "Place stamp here". Below this box, there are four vertical lines spaced evenly across the width of the left half. At the bottom of the left half, there is a horizontal line. The right half of the postcard is completely blank.