

Check In Activity

Ups and Downs reflection – think back on the last twenty-four hours. How have things gone for you?

Choose three words that describe your day yesterday.

Choose three words that describe how you would like your day to be tomorrow.

What actions could you take to make tomorrow reflect the words you used above? Create a story board comprising of 4 boxes to show the actions.

We all 'ride the ups and downs' in our lives – this is normal. What are the best strategies you use to cope with your downs?

Why do we need water?



Watch this video:

<https://www.youtube.com/watch?v=EmNieKLjmH4&list=PLzK2iz-OLi2PWQcnFq06h2seKvkWeLvRy>

Key Facts for Life

On average, what percentage of the human body is made up of water in a) a newborn baby b) an adult c) an elderly person?

On average, how much water/fluid should an adult drink each day?

How much water do we lose per day – and how do we lose it?

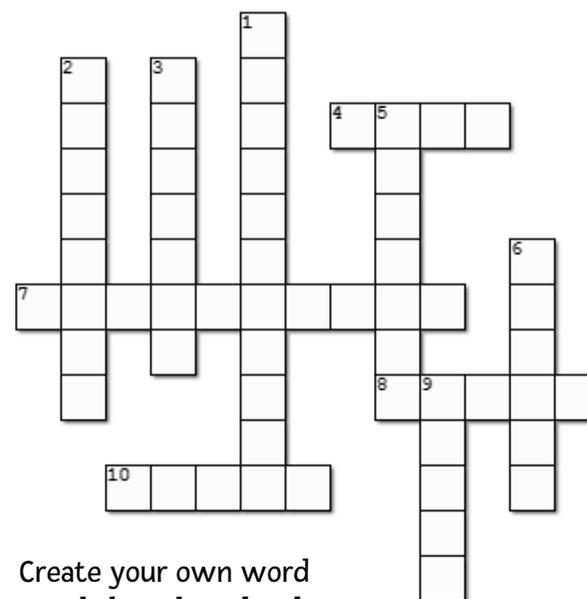
Name at least five symptoms of dehydration.

Which of the four tips for drinking enough water/fluid would work best for you. Why?

Further Facts4Life task:

Choose one of the tips for drinking enough water/fluid and design a campaign to promote it e.g. poster, TV or radio advert, PowerPoint presentation etc.

Puzzle Time – Crossword



Create your own word puzzle based on the theme of water.

Down:

1. Loss of body water
2. A state of being unwell
3. These help our body to move
5. These help to filter waste liquid from the blood
6. You exhale this
9. H₂O

Across

4. This covers your body
7. Healthy foods that contain a lot of water
8. Another word for perspiration
10. The body's waste liquid

Take Notice

Sit quietly outside or in a room with a window open.

What can you hear?

Try and listen out for ten different sounds.

What is making those sounds?

Write a poem based on what you have 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/>