

# Facts4Life Activity Mat

## Check In Activity

Make a selection then explain your choice

If you were a fairytale character, who would you choose? Why? Pick a character to reflect how you are feeling at the moment. Draw the character or craft it (sculpt, build or model) using what's available to you.

## Riding the Ups & Downs

How we feel changes all of the time. This is completely normal. Which character would you have chosen yesterday?

## Brilliant Bodies

Watch this 'Operation Ouch' video clip on 'Poo - Our Amazing Body' and answer the questions below:

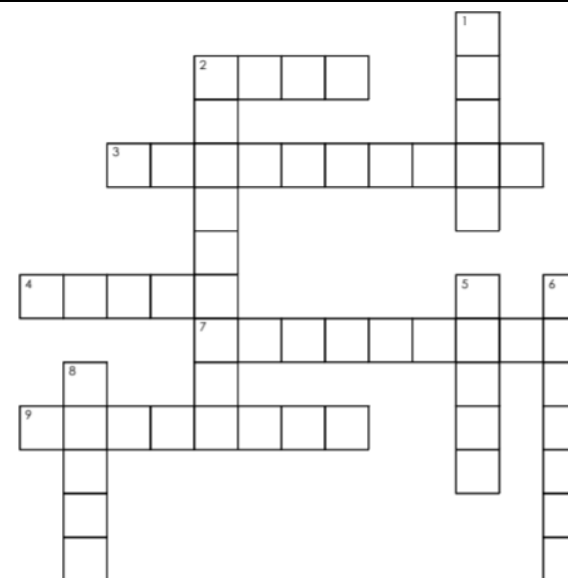
<https://www.youtube.com/watch?v=M4Nx7BlezxY>

### Key facts for life:

- Why does poo smell?
- How does fibre help you to poo?
- How does water help you to poo?
- Why was it hard for Dr Chris to poo?

### Further Facts4Life research:

'Smoothing the path'. A regular poo helps us to feel more comfortable and helps our bowel to be healthy. Find out what else we can do to help our body process food and waste then write some top tips to produce a healthy pool!



## Puzzle Time!

**Across:** →

2. what we eat and drink
3. include me in your 5 a day
4. sweet and full of vitamins
7. body part about 6.5m stretched out
9. microscopic and everywhere

**Down:** ↓

1. the last stop in the digestive system
2. system that processes your food and drink
5. absorbs water and helps to bulk up poo
6. taking care of you helps you to be...
8. aim to drink 6-8 glasses a day

## Be Active

Being active is good for us in all sorts of ways. Children need about an hour of exercise each day but more is fine! Try this: choose an activity like jumping, skipping, running on the spot.

Before you start, put your hand on your heart (or neck to feel your pulse) and notice your resting rhythm. Repeat after you have been active to see how it changes.

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

