

Facts4Life Activity Mat

Check In Activity

Think about how you are feeling today. If you were to pick a colour to reflect how you are feeling, what would you choose?



Create a mood poster of images, patterns and words using your chosen colour.

Remember, how we feel changes all of the time so how you are feeling right now might change completely later on. **Ups and downs** in our emotions are normal!

The Senses - Sight

Watch this short video on 'Incredible Eyes' then answer the questions.

<https://www.youtube.com/watch?v=up1dqjdZZDw>

- What is the coloured part of the eye called?
- What's interesting about how our eyes receive the images that we see?
- What does our brain do with the images that we see?
- Look at your eyes in a handheld mirror. Stand somewhere bright, see what happens to your eyes. Stand somewhere darker, how have they changed?

To view the full 'Operation Ouch - Incredible Eyes' episode, follow this link:
<https://www.youtube.com/watch?v=oLIF8cm7170>



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

Puzzle Time!

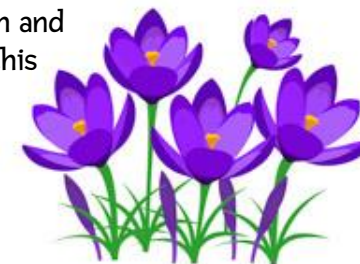
- Retina
- Lens
- Iris
- Muscle
- Contract
- Light
- Bounce
- Images
- Flip
- Optic Nerve
- Sight
- Health



Take Notice

Spring is coming!

Go for a walk outside and see what signs of spring you can find. Look carefully all around you, high and low. Your eyes will play the starring role for this task but your other senses may make spring discoveries too so pay very close attention.



For more activity ideas, visit

<https://facts4life.org/for-parents-carers/>