

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 iris made of and what does it do?

What other parts of the eye did you hear mentioned? You might like to draw a simple diagram with these parts labelled on it.

What's interesting about how eyes receive the images that we see? What does the brain do with these images?

Further Facts4Life research:

'Smoothing the path'. See what you can find out about how to improve your eye health.

To view the full 'Operation Ouch - Incredible Eyes' episode, follow this link: <https://www.youtube.com/watch?v=oLIF8cm7l70>

Letter Tiles Puzzle!

t h o r t s w r d s h a e i o u s . "

a n d t u r w o " A p i c

Unscramble the tiles to reveal a well known saying.

Each tile is used only once.

Use spacing, punctuation and common words to find adjacent tiles.

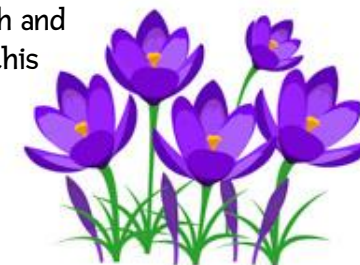
Some words may be split into two lines.



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/>