

# Facts4Life Activity Mat

## Check In Activity

How healthy are you feeling this week?

Think back over the past 24 hours. What were the things you did that would help to keep you physically healthy? (Sleep, food, exercise etc.) Give yourself a score out of 10 for how well you think you did.

If you were to raise your score by 1 point tomorrow what would you do differently? See if you can achieve that score.



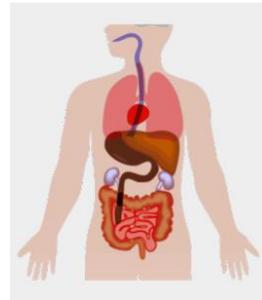
## How old are the different parts of your body?

Your body is made up of trillions of cells. But because they wear out the body has to replace them with new cells. Watch this short video

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

Can you match up the different parts of the body with their average age?

|                           |             |
|---------------------------|-------------|
| The liver                 | Lifetime    |
| Skin                      | 5 days      |
| Stomach/intestines lining | 10 years    |
| Eye lens                  | 2 – 4 weeks |
| Skeleton                  | 6 months    |
| Red blood cells           | Lifetime    |
| Teeth                     | 2 years     |



Cell renewal is just one of the many ways that the body keeps everything working 'in balance'.

**Research:** Can you find out the average age of other parts of the human body? Choose one of the body parts to research and write a factfile on it.

## Puzzle Time!

### Wordsearch

Can you find these words?

- Stomach
- Intestines
- Blood
- Liver
- Skeleton
- Lens
- Skin
- Teeth
- Cell
- Renewal



## Look at something afresh



In the same way that the body needs to keep refreshing and renewing itself, sometimes we need to take a fresh look at the things around us.

Eat something with your full attention. Choose a fruit that you like and start by having a really good look at it. Notice all of the detail of its appearance. Now, have a little taste, just a lick or a nibble. Slow down your eating to make it last as long as you can and pay close attention to the flavours, the textures and what's happening in your mouth as you eat.

What did you notice by paying such close attention?

Can you describe the sensations to someone in your family?



For more 'take notice' ideas, see <https://facts4life.org/for-parents-carers/>