

### Smoothing the Path

Ask children to imagine they are planning a day out with your family. Take ideas from children as to where they might be going. What can they do to make sure that everything goes smoothly? Take ideas e.g. they need to make sure:

- That the car has got petrol / they know what bus /train to catch
- They know where they are going. Have directions or a postcode for the satnav.
- They have food and drink (bottles of water if it's a hot day)
- They have money
- They have tickets (if appropriate)
- They have a camera, iPod or similar for the journey?
- Etc.

However, there are things they have no control over. What might those be? e.g.

- Bad weather
- The car might break down
- The traffic might be busy
- Roads might be closed
- One of the family might be ill on the day
- Etc.

However much we prepare for something there is always a chance that something will go wrong. If we don't prepare though then the chances of things going wrong are much higher.

Our health is a bit like going on a journey. What are the things we can do to prepare for our health journey? Choose one child to come up to the front. Tell them that we are going to prepare them for a journey of health. Invite ideas from the children. As they suggest ideas they can either come up and mime doing those things for the child or the child can mime doing those things for themselves.

- Have vaccinations
- Eat a balanced diet (ask what this means and explain with examples?)
- Exercise regularly (how often, how much, what?)

We also need healthy minds and feelings. Listen to a quiet, reflective piece of music and think about what we can do to look after our minds and feelings. What ideas did you think of? (prompt as necessary)

- Have people who look after you (Who? How do they look after you?)
- Do things that you're interested in and enjoy learning about
- Have times when you can be quiet and by yourself
- Talk to people about your feelings, for example if you're feeling worried
- Manage your feelings e.g. stop and take a breath (teacher could lead children in doing this)

### The Facts4Life 30 day Activity Challenge

At the end of this assembly you may want to think about launching the Facts4Life 30 Day Activity Challenge. Explain that this is a way of helping children (and staff) to prepare for their journey of health. The participants have to choose something they can achieve each day and record on the challenge card how many days they manage to achieve their target over a period of 30 days. If they tick off between 15 - 20 days they will receive a bronze certificate, 21 – 25 days will earn them a silver certificate and 26 -30 days will mean they will be presented with a GOLD certificate!