WELLBEING WEDNESDAY

#HSGWEEK2021

Energise Schools

TEAMWORK · SELF BELIEF · RESPECT · PASSION · HONESTY · DETERMINATION

HSG #DailyChallenge

INTRODUCTION TO WELLBEING WEDNESDAY

Welcome to Wellbeing Wednesday! Today, the Hampshire School Games Organisers have created three activities for you to try. Schools can choose to do one or more activities throughout the day and can use the resource flexibly to meet the needs of their curriculum.

The activities involved cover the following areas:

1. Yoga – a relaxing 30min yoga session available on YouTube.

2. Healthy Lunchbox Challenge – this activity is designed to get pupils moving and thinking about how they can create a healthy, balanced lunchbox for school. There are two ways that this activity could be completed; version one is a treasure hunt, or version two is a relay activity.

3. Higher/Lower Sugar Game - This game is similar to the TV game "higher or lower". It's designed to get pupils thinking about the amount of sugar cubes that can be found in some of their favourite food items. The aim of the game is to state whether they think the item has more or less sugar cubes than the previous one. The activity has been designed so that it can be played in an active way.

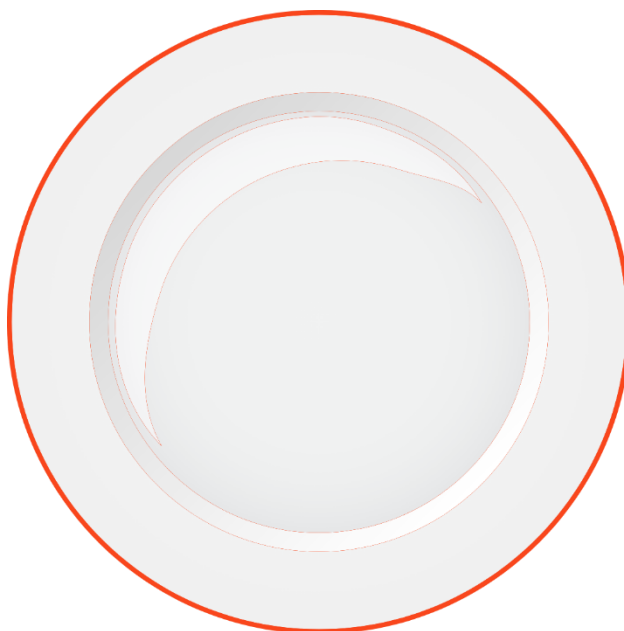We hope you enjoy taking part in some or all of the activities!

KS1 HEALTHY LUNCH BOX

In small groups or individually run or relay to find items which make 3 healthy lunch boxes.

Can you create 3 healthy lunch boxes by finding different food items on the playing cards?

Main	Fruit or Salad	Snack	Drink

On the plate below draw a healthy lunch that you would like to eat.

What would you like in your lunch box?

KS2 HEALTHY LUNCH BOX

Task 1: In small groups or individually run or relay to find items which make 3 healthy lunch boxes.

List the food and drinks you find below.

1.	7.
2.	8.
3.	9.
4.	10
5.	11.
6.	12.

Task 2: Using the food and drinks you have found, now create 3 healthy lunches on the plates below.

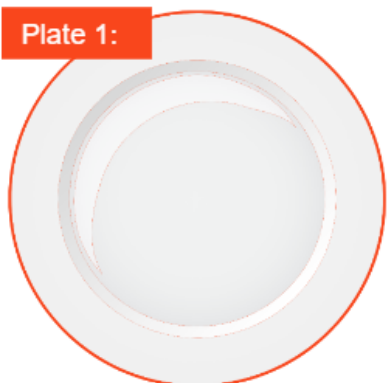Task 3: Next to each plate pick an item and say what you could swap it for?

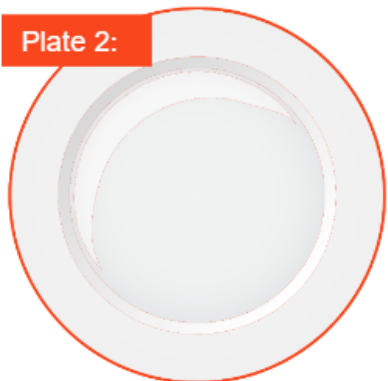Plate 1:

Plate 1 Healthy Swaps:

Plate 3:

Plate 2:

Plate 2 Healthy Swaps:

Plate 3 Healthy Swaps:

Task 4: Can you create your own healthy lunch? What would you put in it?

HEALTHY LUNCH BOX CHALLENGE INTRODUCTION

This activity is a recipe treasure hunt, designed to get pupils moving and thinking about how they can create a healthy, balanced lunchbox for school.

There are two ways that this activity could be completed; version one is a treasure hunt, and version two is a relay activity. The recording sheets are slightly different for KS1 and KS2.

For the Treasure Hunt:

- Print off a set of the twelve Lunchbox Challenge cards and place around the school grounds.
- Split the class into groups of 4 and give each group a recording sheet. •Send groups off to hunt for the cards. When they find a card, they record this on their sheet and leave the cards where they have found them.
- When they've found all 12 cards, they return to the classroom and complete the follow up tasks at the bottom of the sheet.
- This activitycould be developed and extended to include map reading skills and clue solving.

For the Relay Activity:

- Split the class into teams of 4 and give each team a recording sheet.
- Print off a set of the twelve Lunchbox Challenge cards for each group.
- Mark out a track for the pupils to follow (diagram below).
- Teams start on one cone, and one at a time race to the opposite end, collect a card, and bring it back to the start cone. Thenext team member then runs and collects a card, and so on until all 12 cards are collected.
- You could alter the way pupils travel between cones i.e. hopping, skipping, jumping.
- They then use the cards to complete the recording sheet.
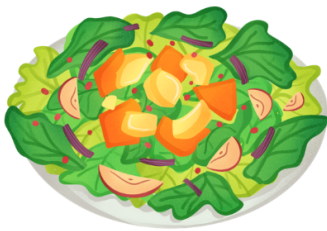- Return to the classroom to complete the follow up tasks.

All recipes for the 'Mains' on the Lunchbox Challenge Cards are from the Change 4 Life Recipe Finder - https://www.nhs.uk/change4life/recipes/healthier-lunchboxes

LUNCH BOX CHALLENGE CARDS
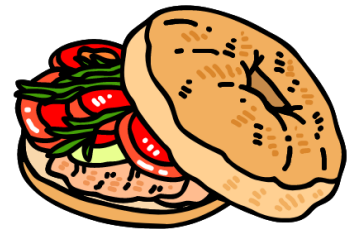
Main Cards:

Tuna and Bean Salad

Spicy Chicken Wrap
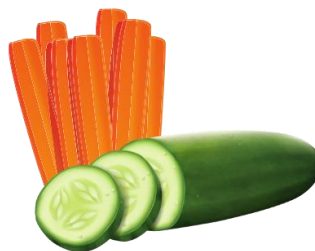
Salmon and Salad Bagel

Fruit and Salad Cards:

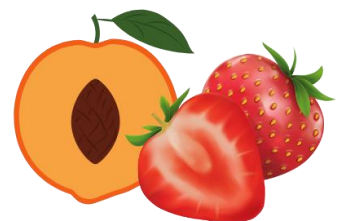Berries

Carrot and Cucumber sticks
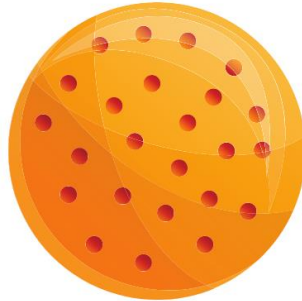
Peach and strawberry slices

Snack Cards:

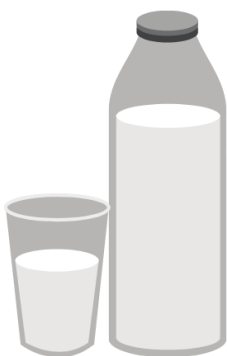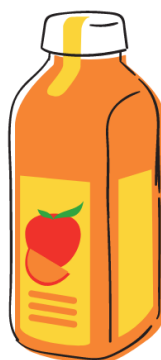| Maltloaf	Teacake	Popcorn

Drink Cards:

200ml Semi-skimmed Milk	150ml Fruit Juice	200ml Water

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