



Health & Wellbeing

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. SNAP

These simple food swap ideas can help cut down on sugar, salt and fat in your and your family's diet. Even just 1 or 2 everyday swaps can really make a difference and go a long way to making each day healthier – but the more you make, the better!

2. EAT THE RAINBOW

This activity helps pupils to think about what types of food they are eating. Who can circle/tick/highlight the most variety of food. There are two options, an easier targeted at KS1 and an adapted version targeted for KS2 - please choose an option most suitable for your pupils.

3. CHILL ZONE

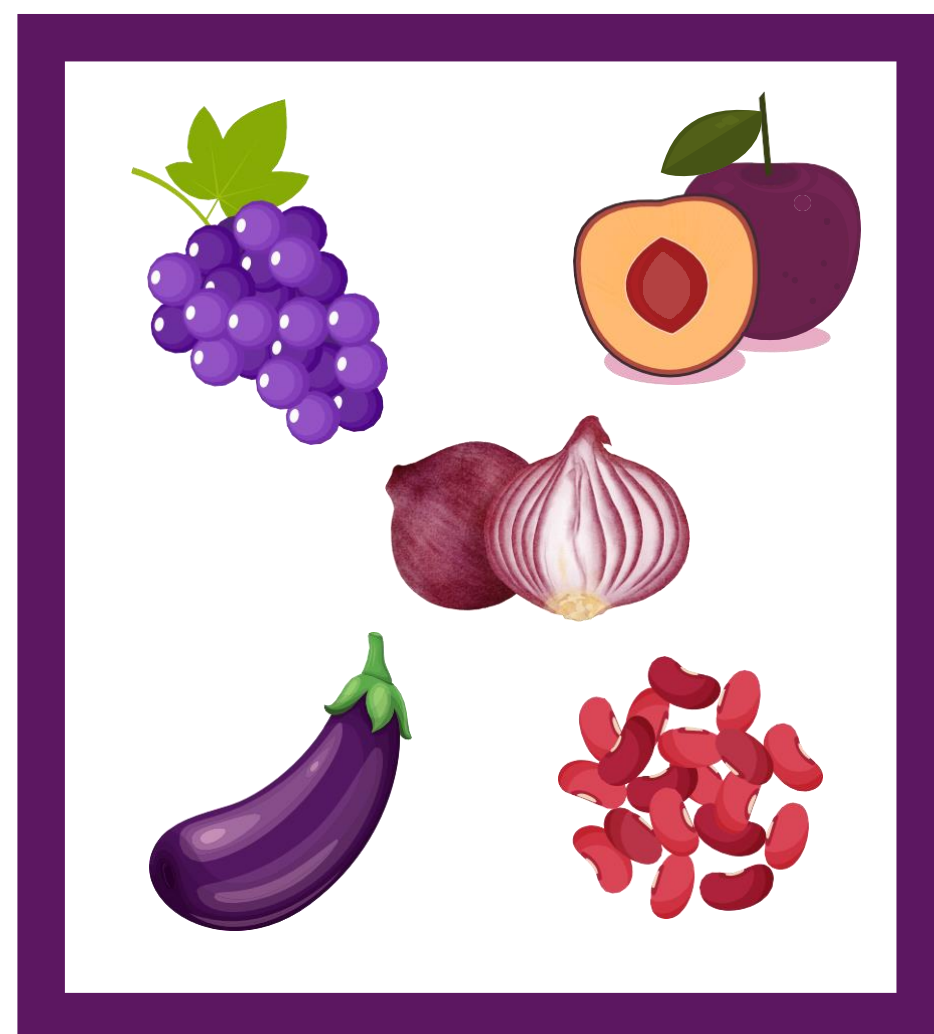
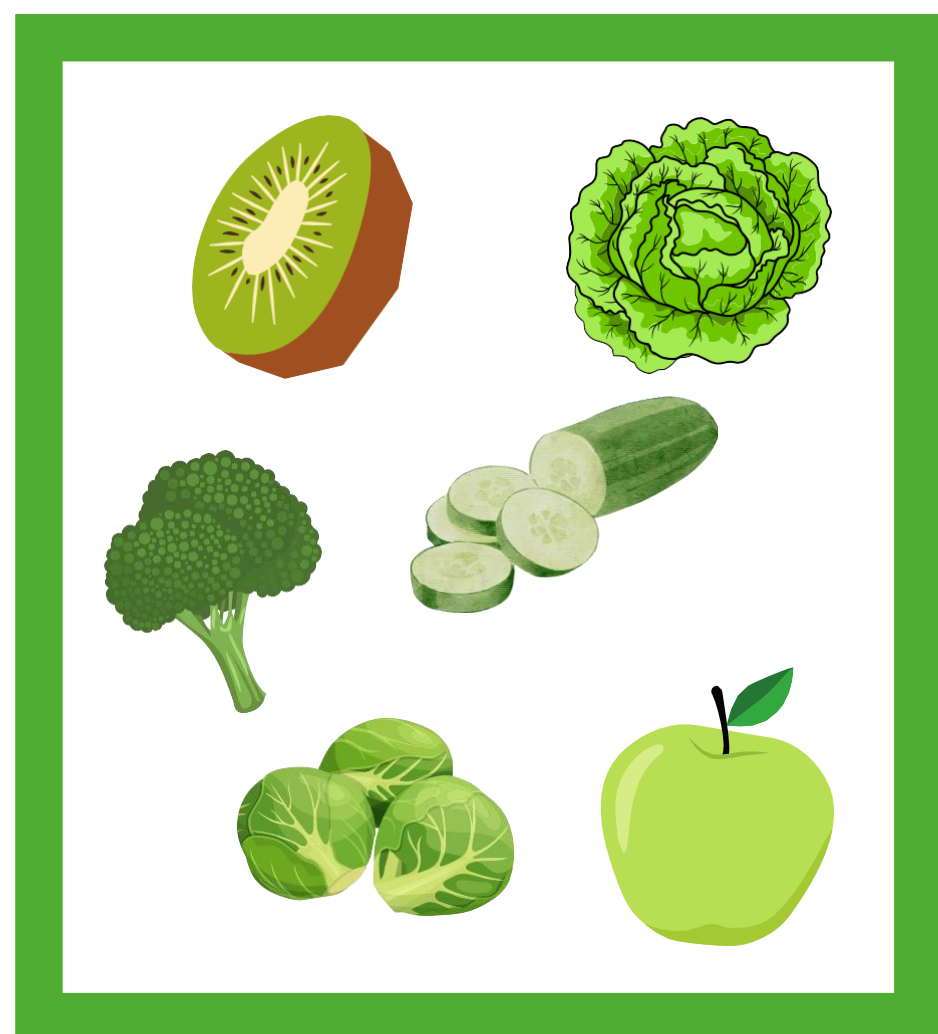
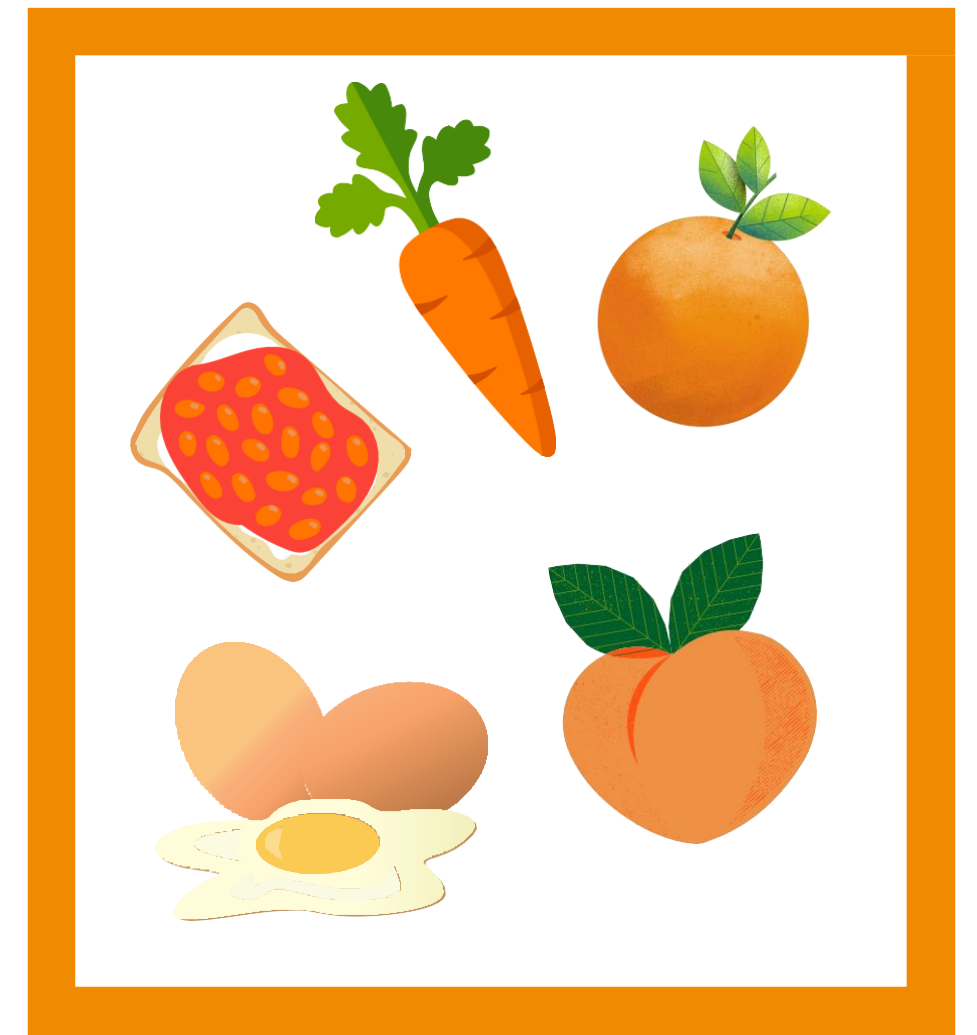
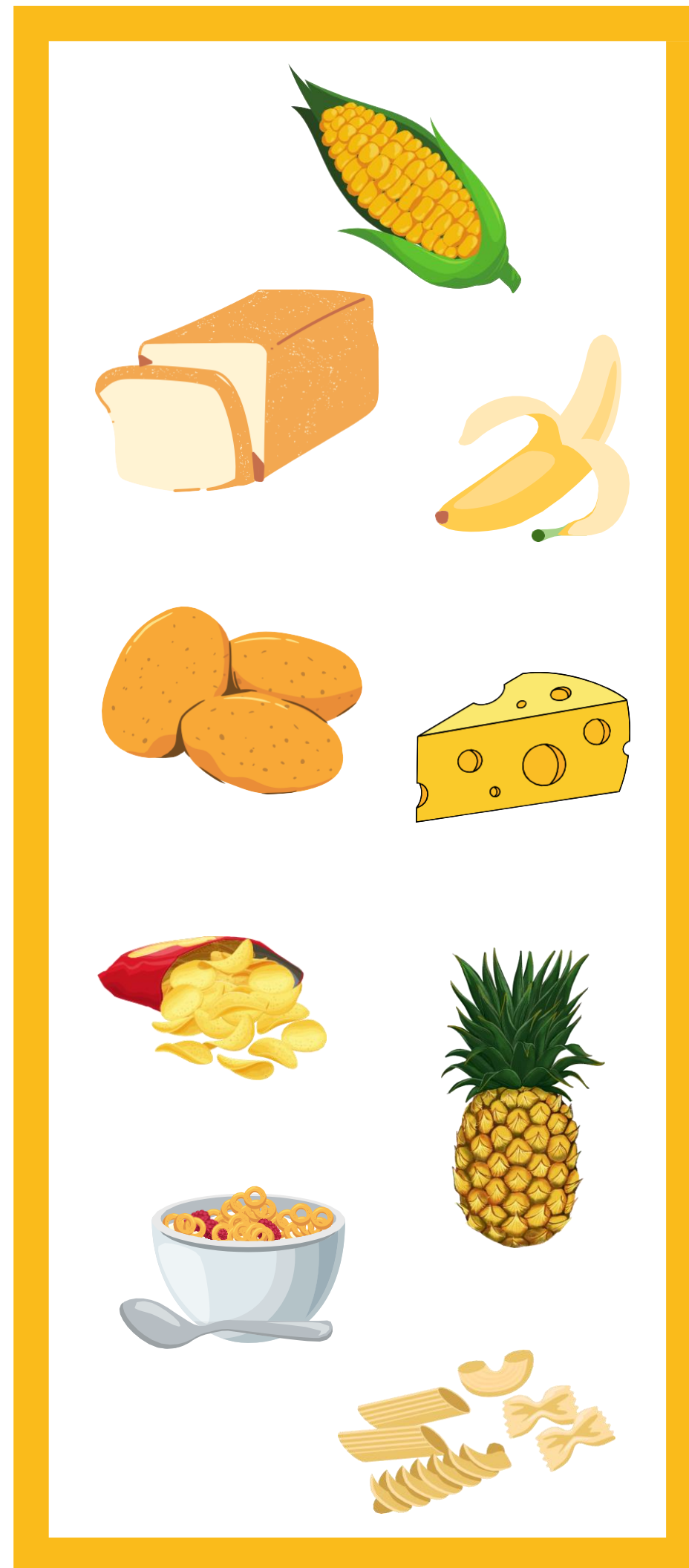
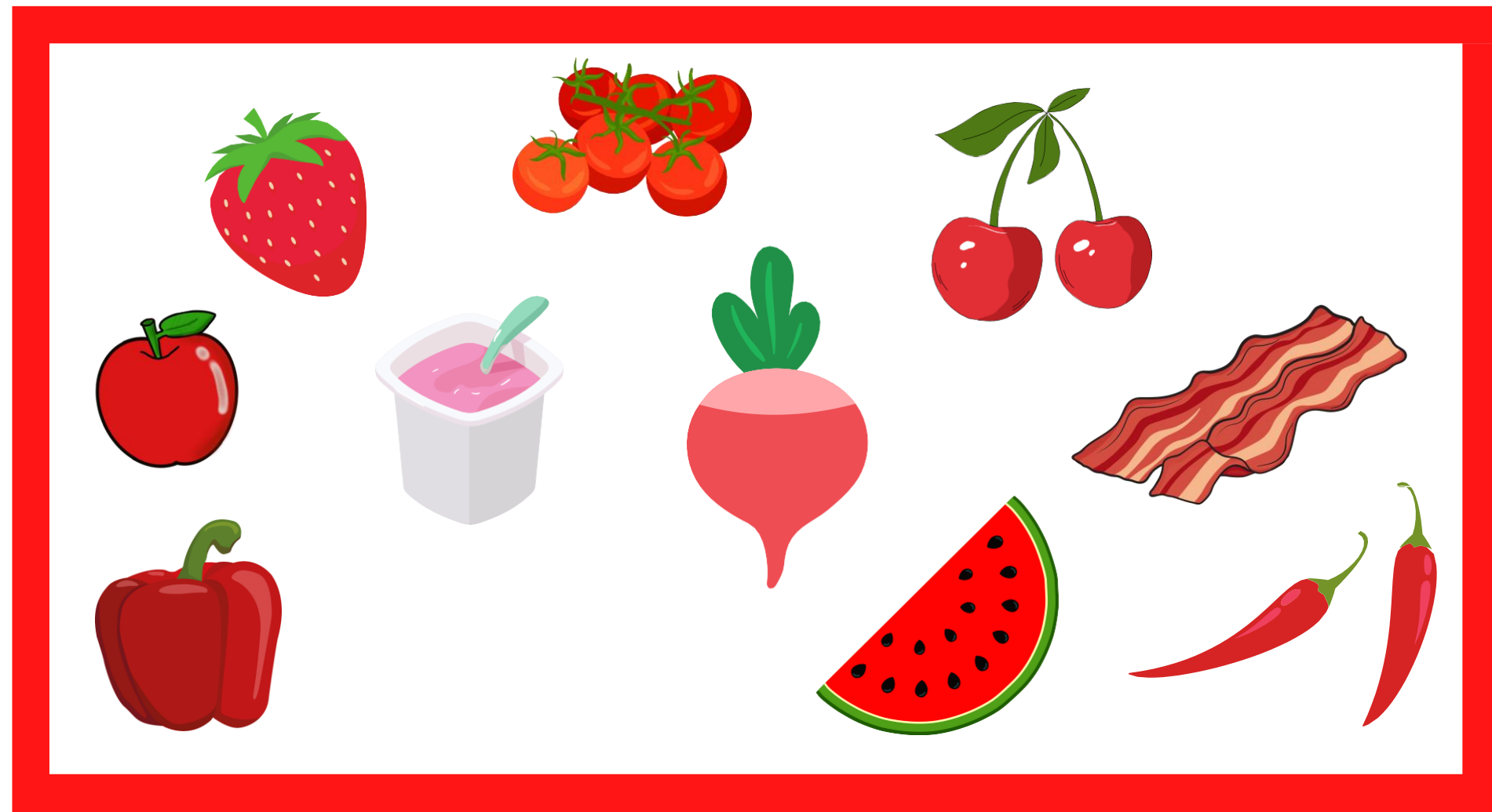
Take 15 minutes to put on some chilled music. There are four activities that pupils can spend sometimes carrying out. These are great to help relax children, giving them time to just help refocus.

- a. Healthy Habits - use the trackers and activities below to help you build happy habits.
- b. Wellness Wordsearch - easier and harder options to help best fit the needs of your pupils.
- c. Colouring Sheet - feel free to use the one attached or any colouring options you have.
- d. Pinwheel Breathing - 3 different levels to best suit your pupils.

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

Eat The Rainbow

Circle the food every time you eat it. Count how many times you've eaten each food at the end of the day.



Eat The Rainbow

	M	T	W	T	F	S	S
Red Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yellow Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blue Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you eaten some of these foods every day of the week?

Red Food	Orange Food	Yellow Food	Green Food	Blue Food	Brown Food
Apple	Sweet Potato	Banana	Kiwi Spinach	Blueberry	Nuts
Tomato	Carrots	Lemon	Green Grapes	Blackberry	Wheat
Strawberry	Orange	Pineapple	Cucumber	Raisins	Rice
Red Grapes	Peach	Sweetcorn	Broccoli	Plums	Chocolate
Salsa	Mango	Potato	Lettuce	Purple Grapes	Bread
	Tangerine	Cheese		Fish	Pasta

Healthy habits like drinking enough water, spending time outside and getting enough sleep helps us look after both our physical and mental wellbeing. Use the trackers and activities below to help you build happy habits.

How much sleep did I get last night:



Colour in a Z for every hour of sleep you had.

How much water did I drink today:



Colour in a cup for every cup of water you drink.

How many times did I go outside today:



Colour in a leaf every time you spend time outside.

Relaxing breathing to help you sleep:

Lie down ready to go to sleep. Get all comfy and snuggled up. Take a deep breath in and feel your lungs fill up with air. Notice how your chest and belly rises up.

Now let your breath out. As you do imagine sad feelings and worries of the day flow out with the breath and disappear into the air.

Take another deep breath in. Now imagine breathing out all the way to the edge of the sky and then breathing from there back into your body.

As you lie feel your body sinking and growing heavier, right from your fingers to the tips of your toes. As if you're sinking into a soft cuddly cloud.

Drinking more water:

Drinking more water helps to keep us hydrated and stops us from getting headaches. Here are some tips to help you drink more water:

Add some fruit like strawberries or cucumber to a bottle of water to give it a different flavour.



Take a bottle of water with you when you are going out of the house or at school.





Add some ice cubes or put your bottle in the fridge to make your water nice and refreshing.




Spending time outside:

Spending time outside is good for us. Fresh air helps us to relax. Why not try some of these ideas to spend more time outside.

 Go on a natural scavenger hunt with your friends or family and see what animals and plants you can spot.

 Play hide and seek or tag in your local park. You could even take a ball or frisbee to play catch.

 Create a game with your friends on the playground during break or lunchtime. Set 4 rules and see who wins.



Wellness Wordsearch

Take some time to switch off and see if you can complete the word search below. All of the words are things that help with our wellness.

Vegetables

Fresh Air

Talking

Nature

Sleep

Active

Fruit

Teeth

Water

Fun

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

Wellness Wordsearch

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V_ _ _ t_ _ b_ _ s

F_e_h_ _ _ r

T_ _ _ k_ _ _ g

N_ _ _ u_ _ _

S_ _ _ _ p

A_t_ _ _ e

F_ _ _ _ t

T_ _ _ t_ _

W_ _ t_ _ _

F_ _ _

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

Pinwheel Breathing



You will need:

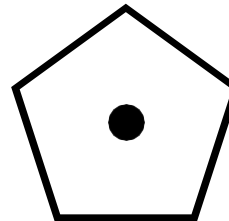
- Scissors
- Glue stick
- 1 x Rubber eraser
- 1 x paper straw
- 1 x Pin (a map pin or thumb tack)
- 1 x Stopper (A rubber earring back works well)

Making your pinwheel:

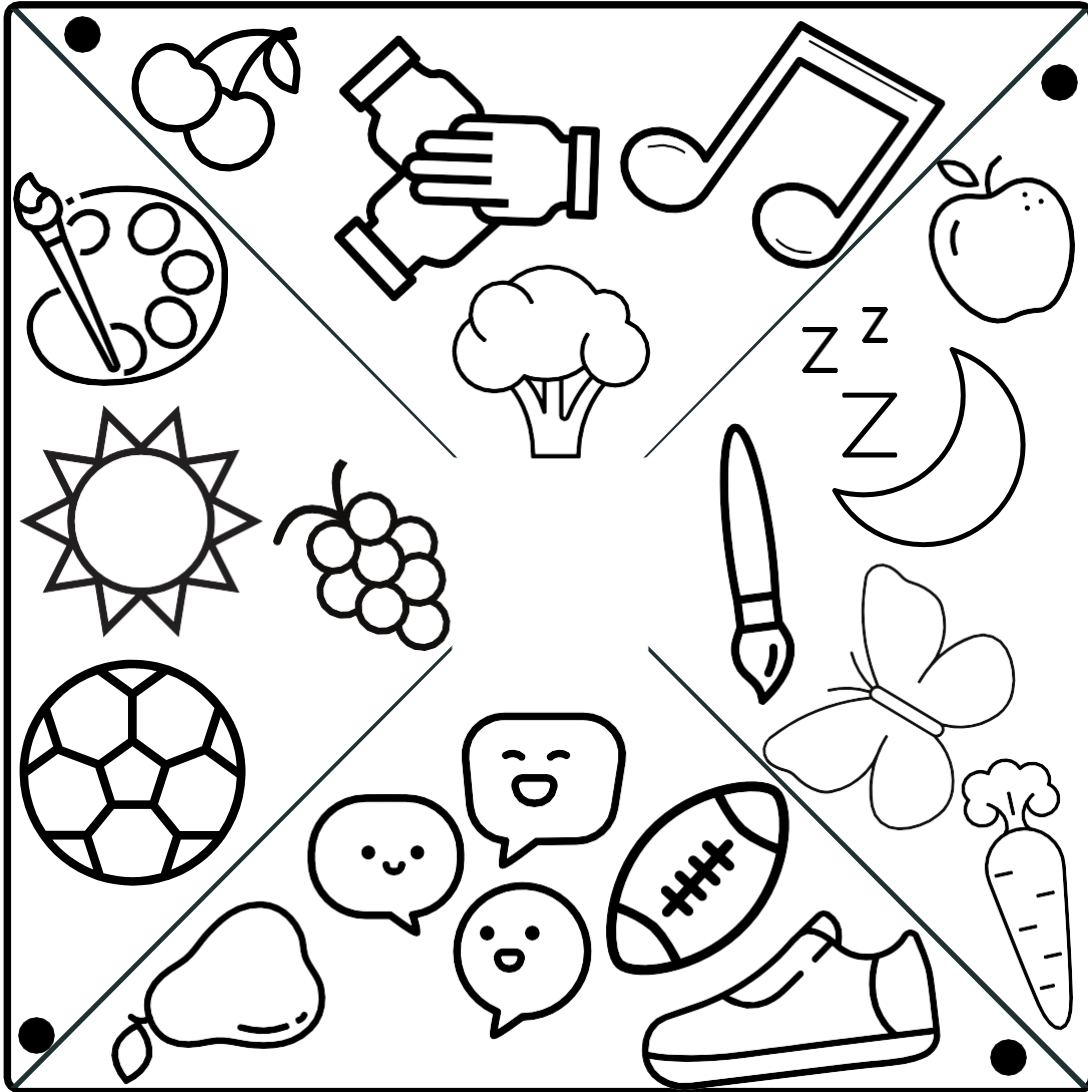
1. Colour in the design in the box opposite as well as the small pentagon.
2. Cut out the pinwheel and pentagon by cutting along the black lines.
3. Glue each of the black dots to the centre of the pinwheel.
4. Lay the straw over the rubber and with the pinwheel on top.
5. Carefully push the pin through the pinwheel and the straw.
6. Pull the rubber off and replace it with the stopper.

Try pinwheel breathing:

1. Hold your made pinwheel in front of your face, about 10cm away.
2. Take a deep breathe in, pause and then slowly breathe out whilst counting 1, 2, 3.
3. Watch as your pinwheel spins. Think about how it moves. Is it fast or slow? Can you hear it moving?
4. Repeat taking more breaths, focusing on the pinwheel as you do so. Can you feel yourself relaxing?



Pinwheel Breathing



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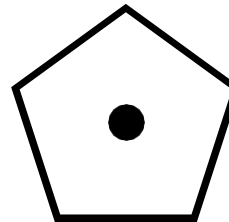
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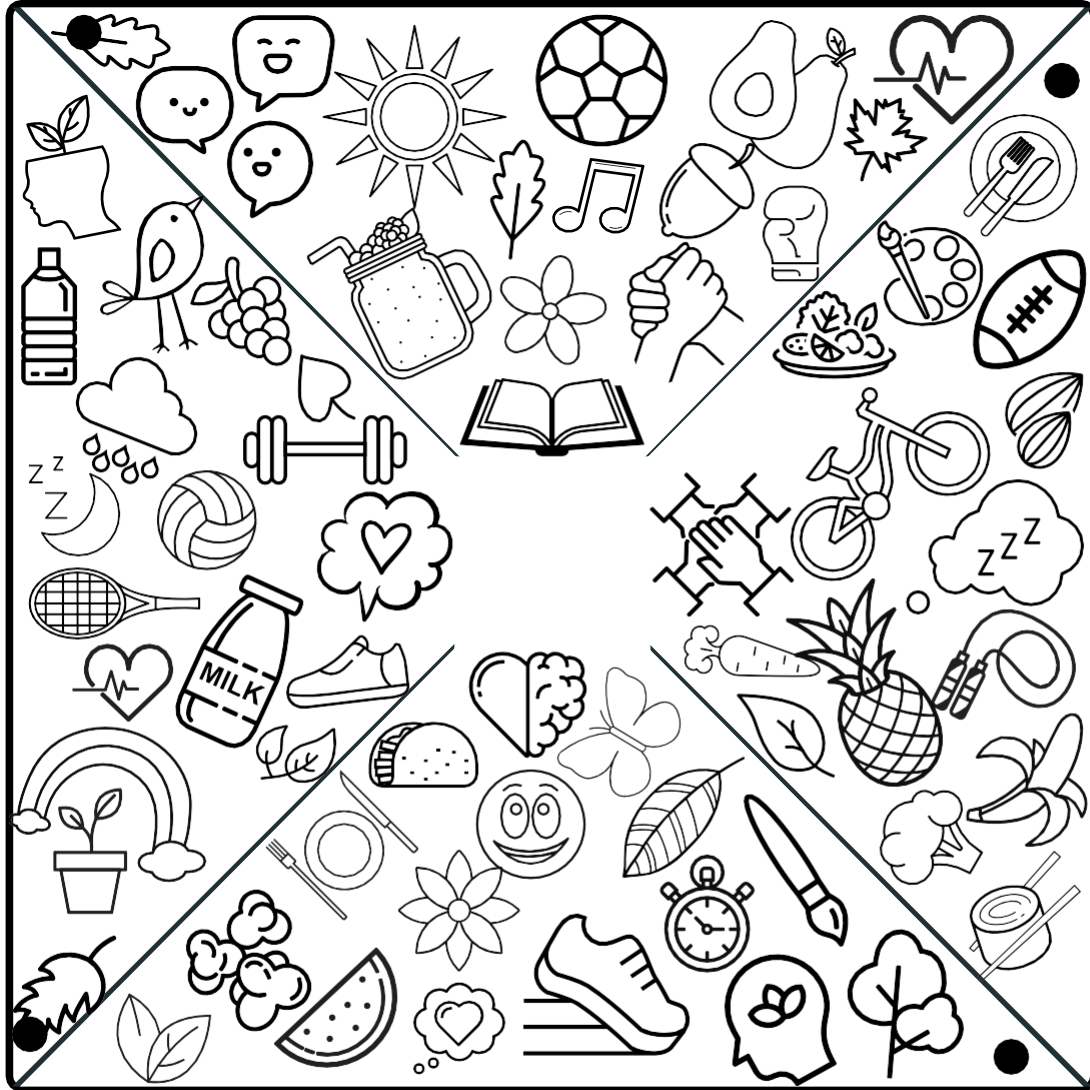
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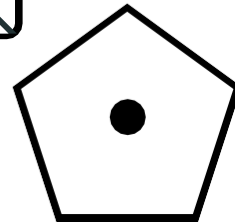
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Healthier Swap Snap

These simple food swap ideas can help cut down on sugar, salt and fat in your and your family's diet. Even just 1 or 2 everyday swaps can really make a difference and go a long way to making each day healthier – but the more you make, the better!

How to Play:

- Shuffle the cards.
- Divide the cards equally between players.
- Players take it in turn to lay down one card at a time.
- If a player places down the same colour card as on the top of the pile then everyone should place their hand on top of the pile and call out 'Snap!'
- The last player to place their hand on the pile has to pick up the cards.
- The winner of the game is the first to get rid of all their cards.



Croissant



Cereal Bars



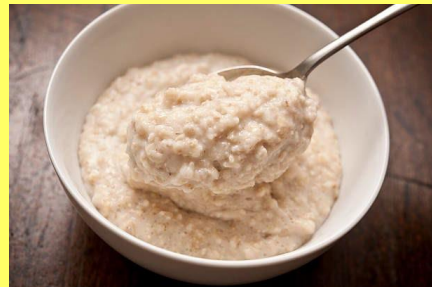
Playing Video Games



Watching TV



Wholemeal Toast



Porridge



Playing with Friends



Trip to the Park



Sausages



Chocolate Cereal



Frosted Flakes



Honey Crunch Cereal



Low Fat Mince



Wheat Biscuit Cereal



Shredded Wholegrain Cereal



No Added Sugar Muesli



Crumpets



Malt Loaf



Sugar Free Jelly



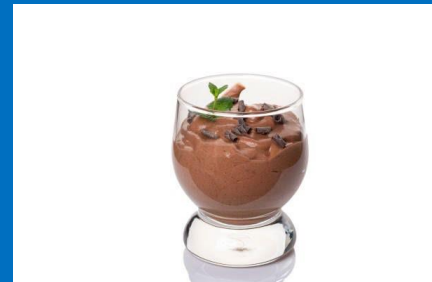
Popcorn



Chocolate Chip Muffin



Doughnuts



Chocolate Mousse



Crisps



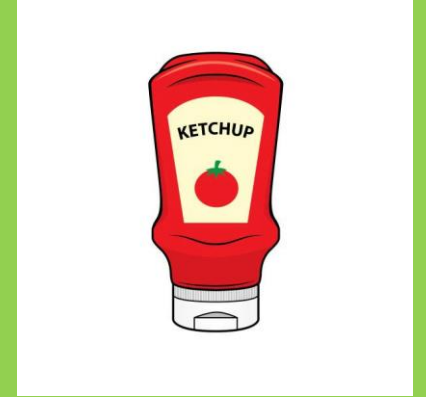
Fizzy Drinks



Fruit Juice



Milkshake



Ketchup



Sugar Free Fizzy Drinks



Water with added



Water



Low Sugar Ketchup



**We're so glad that you've decided to get involved with
Hampshire School Games Week 2023.**

**If you want to share photos and updates to show us how much
fun you've had on Health and Wellbeing Wednesday, add your
own comments to this padlet:**

[https://padlet.com/Energise Me/hampshire-school-games-week-2023-health-well-being-wsg9mh6l86yudzm0](https://padlet.com/Energise_Me/hampshire-school-games-week-2023-health-well-being-wsg9mh6l86yudzm0)