**How I feel**

Think about three good things that made you happy today.

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**How I move**

Make up an exercise or dance routine to your favourite song and teach it to friends by making a video. Challenge Mum and Dad to join in... can they keep up!?  

Which song did you choose and what was your favourite exercise or move you included?

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**How I sleep**

Create a reading list and set aside 30 minutes before bedtime to replace screens and phones with a book. How many books can you read this week?

List the books you read below and write a summary or draw a picture of your favourite story.

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**How I eat**

Make sure you eat vitamin-packed fruit and veg to boost your immune system and stay healthy – aim for a variety of colours each day. On the plate, draw your food rainbow.

Did you eat a full rainbow of colours today? Did you miss any colours out and can you include these tomorrow?
How I move
Take part in an online exercise video and encourage friends to do the same – compare notes afterwards to share your favourite and least favourite exercise.
Here’s one to get you started

How I eat
Think of new ways to drink enough water every day by adding ingredients which are low in sugar but high in vitamin C and other nutrients. Examples could include lemon slices, fresh mint, ginger.

What other ingredients did you come up with? What was your favourite flavour? How would you rate your hydration effort today out of 10?

How I sleep
Keep your routine and go to bed at a similar time to a school night so you can get up and enjoy outdoor activity. Morning sunlight helps you to produce your sleep hormones for later in the evening.

Here are some common facts relating to your sleep. Can you identify which are true and which are false by ticking the boxes below?

Young people who get enough sleep are more likely to do well academically at school.

Sunlight during the daytime disturbs the quality of our sleep.

The ideal temperature for a good night’s sleep is room temperature (20-22°C).

Using phones, iPads or other digital or electrical devices in the bedroom will interfere with our ability to fall asleep.
How I move
Support family members by completing three tasks that use your muscles – carrying shopping bags, mowing the garden, walking the dog. These should involve movements such as standing, lifting, carrying, pushing, pulling.

What activities did you complete and which muscles did you use to complete them?

How I sleep
Aim for 10-11 hours of QUALITY sleep every night to stay healthy and to support your immunity cells to fight germs.

Was your sleep good quality? Rate it on the scale of 1-10 below by ticking a box. Why did you give yourself this score?

How I eat
Invent a delicious smoothie using your rainbow foods as a guide to keep your body healthy. Write down your ingredients and share with friends to give them a boost!

Give your smoothie a name and draw the ingredients in the blender above.

My smoothie is called:
How I move
Complete at least one hour of physical activity each day that makes you breathless to keep your heart and lungs healthy. Do you have a garden to play games in? E.g. football, skipping, stuck in the mud with parents or siblings.

How I eat
Learn about an anti-oxidant rich ‘super food’ you can include in your diet that contains a vitamin or mineral to protect your cells and body against damage and keep you healthy.

How I sleep
Try three new ways to help you relax and recommend them to others. This could be meditation, mindfulness, yoga, progressive muscular relaxation (tense a muscle and hold for five seconds, work through the body from head to toe), tai chi or deep breathing for example. Find an app to learn a relaxation exercise but remember not to use your phone in bed!
### How I feel

Can you reflect on yourself today – how mindful were you of your own emotional wellbeing and those of others?

### How I move

Set time limits for sitting down with an alarm to remind you to move for 10 minutes every hour.

**What activities did you do to move? Can you create your own gym using things in your home or garden?**

### How I sleep

Spend time to rearrange your bedroom to de-clutter and make the best environment you can in order to play, exercise and sleep well.

**Which items did you tidy up or what did you change in your room? Did you sleep better after doing this?**

### How I eat

Come up with an immunity boosting meal recipe that uses rainbow colours for different nutrients and covers the main food groups. Try a new combination of foods you haven’t tried before. Make this with your family in the evening.

**How I move**

<table>
<thead>
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<th>Action</th>
<th>How I move</th>
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<tr>
<td>Set time limits for sitting down with an alarm to remind you to move</td>
<td>for 10 minutes every hour.</td>
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**What nutrients did you include in your recipe?**

**My recipe ingredients:**

- [Image of a bowl with vegetable salad]
My Weekly Record Sheets
How I eat

Water is important to help keep our bodies working properly. It helps with our concentration, energy and prevents us getting headaches. Remember to drink more water when you are more active and first thing in the morning.

Which ways can you explore to make your water more interesting? Which fun ingredients can you add for flavour? Do you notice any difference to how you feel when you manage to drink your 7 glasses for the day?

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<thead>
<tr>
<th>Day</th>
<th>Glasses of water drunk</th>
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The recommended daily amount of water your body needs each day is 7 glasses (1.5 litres) for 9 to 12 year olds. How many glasses of water can you drink each day this week? Colour in the empty glasses below each time you take a drink.

Did you know...

Up to 65% of the human body is made up of water.
Moving is essential to our health. Not only can exercise keep us fit and boost our immune system, it helps us to feel happy and positive. Aim for one hour of physical activity each day that gets you breathless. Try to include exercises that involve impact (like running, jumping, skipping).

What new ways did you come up with to be more active? Aim for different movements to make this fun. Can you share your ideas with friends? Try to move regularly throughout the day – not sitting still for longer than an hour at a time.

### How I move

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<th>Finish time</th>
<th>Total time of activity</th>
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**Did you know...**

**Yoga is good for stress relief, as well as strength, balance and flexibility.**

Total time exercised this week:
How we feel has an effect on our mood, our thoughts, our bodies and our behaviours. It is important to recognise our emotions and when / why they are happening. There are things you can do to lift your emotions to more positive ones. Exercise and sleep make a big difference to how we feel.

What changed when you felt better compared to when you weren’t feeling as good? What did you do to lift your emotions to more positive ones?

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Did you know...

Laughter can improve your memory because it reduces the stress hormone cortisol which can limit our brain power.
Sleep is vital for our overall wellbeing, on average we should sleep for over a third of our lifetime! It helps with growth, brain function and mood and you should aim for 10-11 hours of sleep every night.

Think about the quality of your sleep and ways you could improve this. Was there a reason you didn’t sleep as well as you could have? Are there things you could do like reading, turning off screens earlier, relaxation exercises or writing down your thoughts or ‘to do’ list on a notepad next to your bed?

### Did you know...

Good sleep can help us grow and become stronger as it increases the release of important growth hormones.

Complete this sleep diary for a whole week. How many hours of sleep did you get this week? How can you improve on the quality of your sleep for next week?

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<th>Day</th>
<th>Time I went to bed</th>
<th>Time I woke up</th>
<th>Total hours slept</th>
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Total hours slept this week: