

Assembly 27th April – Healthy Living

Good morning! I hope this email finds you all well.

For those who may be reading the Monday assembly for the first time - the information and activities provided here and in other communications are there to support during this tricky time. Please do not feel pressured to complete or even share any of these ideas if it is not right for your children and family. But if you enjoy it or are looking for something to focus on, I hope this assembly helps...

Welcome to the beginning of our sixth week of home learning and our fourth Monday virtual assembly. I hope you enjoyed the last assembly on Beatrix Potter. Please remember my questions and discussion points within this assembly are designed for children from age 5 -11 so not all will be ideal for your children.

We start assembly with the greeting good morning, we say it and sign it. In addition to signing good morning we also try to sign the initials of the name of the person leading the assembly.

This week my theme is **healthy living**. I always begin my assembly with some music. This week I have selected the following:

<https://www.youtube.com/watch?v=9HDEHj2yzew>

Please watch with caution as it is on YouTube and may contain adverts at the beginning.

Questions to ask linked to the music:

- This is different from my usual assembly music choices but when I heard it on the radio in my car I really enjoyed it and made me want to move. What song makes you want to move and dance about?
 - What do you notice about the use of colour in the video?
 - In the video, I like the way the producer has mixed media with live film of the performers, 2d animation and 3d animation? Can you think of any other creative work (art or film) that mixes media?
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- What do you think of when we think about healthy living?
 - Nutrition –
 - Are you drinking enough water especially on hot days?
 - Are you managing to eat five fruit or vegetables a day?
 - Fitness –
 - Are you getting your daily exercise?
 - Hygiene –
 - Are you brushing your teeth for two minutes twice a day?
 - Are you remembering to wash your hands for twenty seconds each time?
- Often when we are thinking about healthy living we forget to think about our mental health.

Mental health is very important because it's a vital part of our life and impacts our thoughts, behaviours and emotions. Being **healthy** mentally can help your effectiveness in activities like learning or relationships with friends or family.

At this time of social distancing it is super important to be taking care of all elements of our health including our mental health. I am by no means an expert however I have put together a few ideas you may want to discuss or try as part your current lockdown lifestyle. 😊

Mind:

- Try some of your home learning, sharing it with an adult when you have completed it
- Reading; independent reading, listening to someone else read, audiobooks.
- Puzzles or word searches
- Write a story or a diary
- Draw a map
- Build with construction (even if you haven't touched your lego for a long time – now is a good time to get it out again!)
- Watch a documentary

Body:

- Take a walk
- Dance
- Stretch or do yoga
- If you are lucky enough to have a garden practise some sporty skills (e.g. dribbling, throwing and catching, bat and ball skills)

Spirit:

- PLAY!
- Listen to music
- Get crafty and make something
- Colouring an drawing
- Build a den or fort
- Do something you have been avoiding and putting off

Environment & Family:

- Tidy and clean your bedroom
- Do chores that are appropriate for your age
- Take care of pets or plants
- Cook or bake
- Write a letter to someone
- Play a board game
- Offer to help someone

Thank you for taking the time to read my assembly. Please remember this is not to add stress to your day, pick and choose what you take from it.

Take care and stay safe,

Mrs Young