

CHILDREN AND YOUNG PEOPLE

ACTIVITY PACK ONE

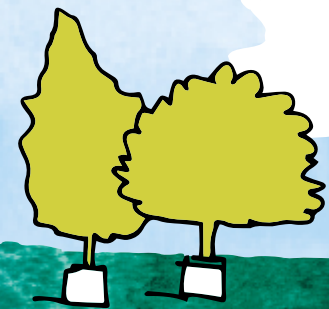
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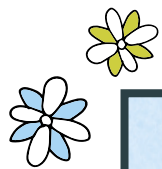


MORE *Life*

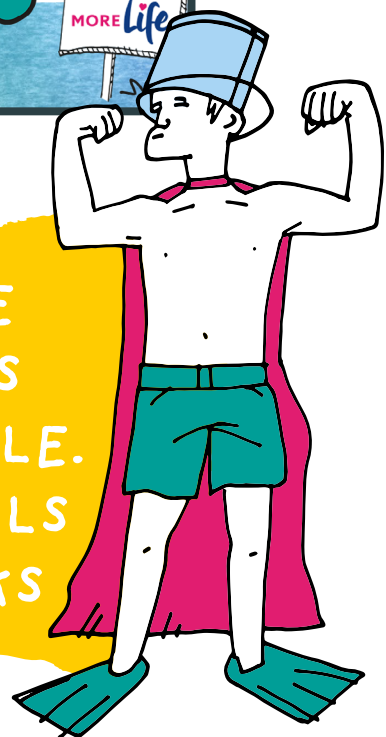
LOOKING AFTER OUR BODIES



Looking after our bodies can sometimes feel like an adventure. If you create a story to go along with your meals or when you play outside, then you can feel like a superhero.



IF YOU WANT TO GET MORE ACTIVE, CHOOSE ACTIVITIES THAT ARE FUN AND ENJOYABLE. WE'LL GIVE YOU MORE DETAILS ON THIS IN OUR LATER PACKS



POPPY'S PLANT POT

Just as plants need looking after in order to survive and flourish, so do our bodies. Keeping our bodies healthy enables us to live a longer, healthier, and happier life.

Poppy has always been fascinated by plants. She loves the way that plants can start so small and grow so big that they can be taller than a house!

Below is Poppy's story of her first plant pot and how she helped a small basil plant grow so big that she was able to use it as an ingredient in her food. Read about her journey and then try growing one of your own.

Day 1

Poppy went to buy a pot of basil from her local supermarket. She chose a small basil plant so she could look after it and help it grow nice and big.



Day 1

When Poppy got home, she placed her pot of basil on the windowsill in the kitchen. She put a tray underneath it to catch any water that might come out.





Day 3

Poppy watered her basil plant every two days when the soil became dry.



Day 5

Sometimes this was enough, other times she noticed that it wilted and needed a bit more water.



Day 7

Poppy was careful not to water the plant too much as this could also make the leaves turn brown and wilt.



Day 7

Poppy enjoyed watching as the water seeped into the tray and was slowly sucked up by the roots of the basil plant.



Day 14

Poppy watched her basil plant grow and grow over the weeks.



Day 20

With a lot of leaves on the basil plant, Poppy carefully picked some of the bigger leaves starting from the bottom. She added these to some of her meals, which made them taste delicious!

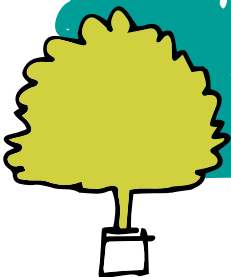


Day 30

Poppy's plant was starting to thrive, and she decided that it needed a bigger pot. Poppy was careful to transfer her plant to a larger pot, adding in some more soil (compost) so that it had more room to grow into.



YOU CAN GROW YOUR OWN HERBS JUST LIKE POPPY. THIS COULD BE ANY HERB THAT YOU LIKE E.G. THYME, CHIVES, PARSLEY. YOU MAY EVEN WANT TO TRY GROWING MORE THAN ONE!



WORD SEARCH



Wendy enjoys RUNNING around and playing different sports, such as NETBALL and SWIMMING but she finds that she needs other activities too that are more relaxing to help her stay CALM. This might include listening to relaxing music before she goes to bed. Wendy knows that getting enough SLEEP helps her to feel great the next day so she sticks to a bedtime routine each night.

Can you find the words that are important for Wendy's health and other health-related words in the word search?

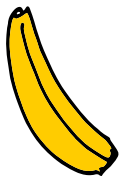
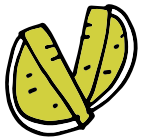


BREAD
TOMATO
GREEN
CHERRY
CALM

WALK
SPINACH
WATER
NATURE
SLEEP

PEAS
LUNCH
JUMP
SWIMMING
FOOTBALL

HOCKEY
RUNNING
NETBALL
WALKING
GYMNASTICS



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



PICTURE WALK

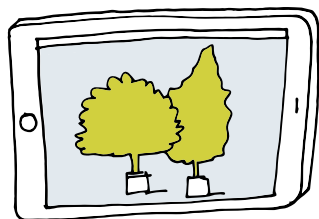


There are a lot of ways to make walking more fun and exciting. One of our favourite ways is to make an activity out of it. Why not explore a walking trail around your neighbourhood, at your local park or wooded area and try this MoreLife family task?

The idea is to take pictures along the way of the items in the list below and then use the pictures to fill in the gaps in the MoreLife story. Get walking' get snapping!

- An animal or insect
- A plant
- A car
- A building
- Something interesting you saw or found on your walk

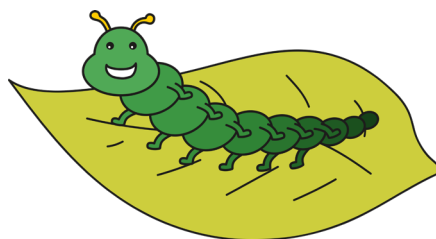
For older children, try using different filters and effects to make the pictures more interesting, and capture the beautiful colours.



Reflection Task

Before you complete the MoreLife story. Discuss with your family details about your walk, without looking at your pictures. Can you write down as many details you can remember about each picture you took?

For example, what is the name of the animal/insect? What colour is it? Where did you find it? What was in the background?



Ira loves going outside. She puts on her shoes and extra layers if it's chilly. She steps outside and takes a big breath of fresh air. One day, she goes on a walk with her family and meets a magic animal. 'What kind of animal are you?' asked Ira.



A duck said the animal. 'Well, it is very nice to meet you, do you want to come on a walk with us?' asked Ira.

The duck agreed and told Ira they could show her a cool trick (can you think of a trick the magic animal can do?)

Ira and the magic animal continue their walk when they come across an interesting looking plant.

Do you know the name of this plant?
If not, can you find out?



On their walk, Ira and her magic animal friend pass lots of different cars. Yellow cars are Ira's favourite and blue cars are the animal's favourite colour.



What is your favourite colour car?

Do you know the make of the car in your picture?

What make of car would you like to have when you get older?

Ira and her friend pass lots of different buildings through their walk. Put a tick in the box if you pass any of the same buildings as Ira and her friend.



School



Church



Restaurant/Cafe



Shop



Office



Please complete a quick survey on this pack at
smartsurvey.co.uk/s/Pweek1



What is the name of the building
you took a picture of?



To end their walk, Ira and her friend wanted to find something interesting or unusual, so they had an exploring competition to see who could find the most interesting or unusual object/item. Ira found a bright red leaf in the shape of a love heart and her magical animal friend dug up a fossil that was buried in the mud.



What did you see or find that was
interesting or unusual on your walk?



Create your own story: When you go on
another walk to take pictures of different
objects and write your own story in the box
below or on your own piece of paper.

A large, empty rectangular box with a colorful, multi-colored border (purple, pink, orange, yellow, red) intended for writing a story.

