

Facts4Life Activity Mat

F4L Pri Mat 8a

Check In Activity

Riding the Ups & Downs

How we feel changes all of the time. This is completely normal.
Notice how you are feeling today.

Design a pizza topping that reflects how you are feeling at the moment.
You might include some sunny sweet pineapple or maybe some spicy red peppers, maybe some floppy grey mushrooms....

Draw or craft the pizza (sculpt, build or model,) using what's available to you. You might want to make your own pizza using real ingredients to share with your family!

Why do we need water?

Watch this video:

<https://www.youtube.com/watch?v=EmNieKLjmH4&list=PLzK2iz-OLi2PWQcnFq06h2seKvkWeLvRy>

Key Facts for Life

On average, what percentage of the human body is made up of water in
(a) a newborn baby (b) an adult (c) an elderly person?

On average, how much water/fluid should an adult drink each day?

How much water do we lose per day – and how do we lose it?

Name at least three symptoms of dehydration that you have experienced.

Which of the four tips for drinking enough water/fluid would work best for you. Why?

Further Facts4Life task:

Choose one of the tips for drinking enough water/fluid and design a campaign to promote it e.g. poster, TV or radio advert, PowerPoint presentation etc.

Puzzle Time – Boggle



How many words of 3 letters or more can you make using the letters in the puzzle?

You can only use each letter tile once per word.

Challenge: You can only make words if the letters are touching one another in the correct spelling order but you can move in any direction.



Take Notice



Breathing Buddy

Find a comfy place and a soft toy and lie down.

Lie the toy on your tummy.

Take a deep breath in and notice the toy rise up.

Slowly blow the breath away and notice the toy go down again.

See how you can raise and lower the toy just by using slow steady breaths.

Try using this technique if you are feeling sad, angry or scared.



For more focusing ideas, see <https://facts4life.org/for-parents-carers/>