

Facts4Life Activity Mat

Check In Activity

Riding the Ups & Downs

How we feel changes all of the time. This is completely normal. Notice how you feel each day or even throughout the day.

Make a selection then explain your choice.

Pick an animal that reflects how you are feeling at the moment. Draw the animal or craft it (sculpt, build or model,) using what's available to you.

Brilliant Bodies

Covid-19 is a new and very nasty virus that we are learning to protect ourselves from. Some of these protective measures are the same for all viruses.

Watch the Facts4Life 'Colin the Cold Virus' video short and answer the questions below: <https://www.youtube.com/watch?v=wb9F-YAWCdY>

Key facts for life:

- How can viruses easily spread?
- Why do viruses hate a hand washer?
- What helps people to support their body's defences?
- How does the immune response help protect the body from viruses?

Further Facts4Life research:

Most of the time, **most** people get better from **most** illnesses **on their own** just with some time and rest. Find out why sleep is so important for a healthy body and mind and why we need good sleep to help us with 'keeping balanced'.



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

Puzzle Time!

- Coughs
- Sneezes
- Virus
- Defences
- Immune Response
- Protect
- Spread
- Washing
- Soap
- Smoothing the Path
- Ups and Downs
- Keeping Balanced

Get Active

Choose a cheerful song and create your own routine. Try to include these moves. For more ideas, see 'Be Active' <https://facts4life.org/for-parents-carers/>



Shoulder Shrug



Knees Up



Banana Banana

Teach your routine to someone else!