

Facts4Life Activity Mat

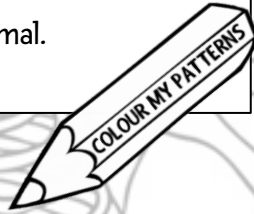
Check In Activity

Make a selection then explain your choice.

Show a number with your fingers that reflects how you are feeling at the moment with 1 being low and 10 being great. Draw the number or craft it (sculpt, build or model) using what's available to you.

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.



Brilliant Bodies

Watch this clip from 'Operation Ouch' and answer the questions below:

Breaking Bones

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

Key facts for life:

- How do doctors help the body to heal a broken leg?
- How much does the average adult skeleton weigh?
- What words can describe our amazing bones?
- What famous landmark was based upon the structure inside a bone?

Further Facts4Life research: See what else you can discover about the human skeleton and how we can help it to be strong and healthy by **smoothing the path.**

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

Puzzle Time!

- x-ray
- plaster
- tibia
- fibula
- broken
- bone
- strong
- fibres
- calcium
- ups and downs
- smoothing the path
- keeping balanced

Take Notice

When we take notice, we tune into our senses and calm our thoughts

Take a slow deep breath and listen. What can you hear?

Make a collection - see if you can collect 10 different sounds.

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

