

Facts4Life Activity Mat

Check In Activity

Make a selection then explain your choice

Think of something that made you smile last week. Draw or craft the happy thing (sculpt, build or model,) using what's available to you.

Riding the Ups & Downs

We all 'ride the ups and downs' in our lives – this is normal. What are the best strategies you use to cope with your downs?



Brilliant Bodies

Watch this video clip on human life cycles then answer the questions below.

<https://m.youtube.com/watch?v=FfBfk4bTUhY>

1. What can you do now that you couldn't do as a baby?
2. How do bodies change as we get older? Compare babies, children, teenagers and adults.

Challenge

A human life cycle starts with an egg inside a female. Those eggs are there inside a girl's body, even before the girl is born, ready for when she grows up into an adult when she might have a baby of her own. The egg will need to be fertilised by a male cell called a sperm that comes from an adult man if it is to grow into a foetus. This foetus grows into a baby.

Make a human life cycle picture. You might want to draw pictures, find some online or use some family photos.

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

Puzzle Time!

Foetus

Baby

Toddler

Child

Teenager

Adult

Old

Young

Grow

Bigger

Stronger

Hairy

Take Notice

Look around you and notice all of the different colours and textures.

Pick a colour and see how many different shades and textures you can collect. Some colours might be easier to collect for than others, try a few.

For more ideas of activities to do at home, see <https://facts4life.org/for-parents-carers/>



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