

Facts4Life Activity Mat

Check In Activity

Ups and Downs reflection – the times that were good and the times that weren't.



Draw your own line showing your ups and downs of the last few weeks. Mark in what caused you to feel up or what caused you to feel down. You might want to show this as a drawing or collage using craft materials or you might want to create a model using what's available to you.

Brilliant Bodies

Watch this Facts4Life video short about 'The Sun' and answer the questions below:

<https://www.youtube.com/watch?v=BMx5BEQbbrl>

Key facts for life:

- Why is sunlight good for our bodies?
- What does a body need vitamin D for?
- Where else can a body get vitamin D from?
- Why shouldn't you spend lots of time in the sun without sun protection?

Further Facts4Life research:

The sun is important for all life on earth, not just people. See what else you can discover about how the sun helps to keep life on earth healthy and 'in balance'.

COLOUR MY PATTERNS

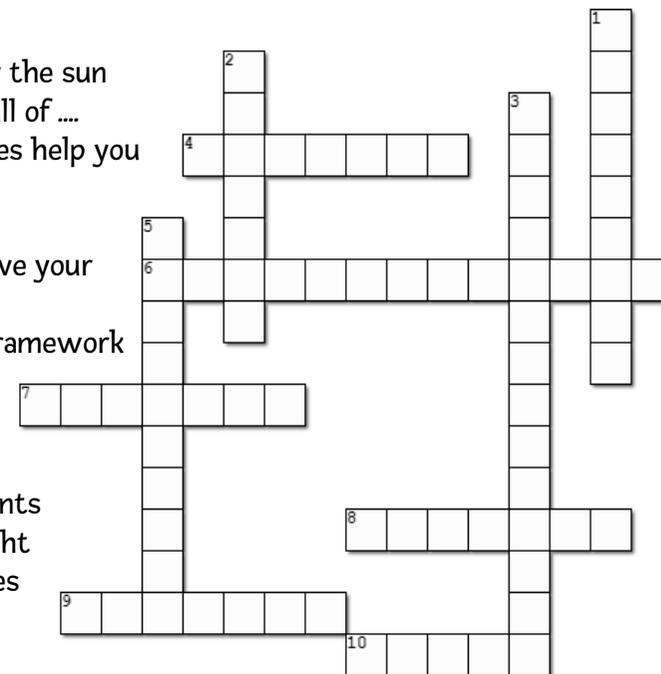
Puzzle Time!

Across

- skin damage caused by the sun
- like a see saw, life is full of ...
- positive lifestyle choices help you to be...
- to keep safe
- these allow you to move your bones
- your body's support framework

Down

- 'food' from the sun
- to feed and give nutrients
- feeding plants with light
- protection for your eyes



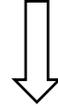
Connect



Even when we are not physically close, we can still let the people we care about know that we are thinking of them and tell them what we've been up to.

Look back at the positives that you identified in the Check In Activity. Use these to help you write a postcard to someone you haven't seen for a while. Find out their address, add a stamp and post it to them

Fold here and stick the two halves of the postcard together



You can
draw or add
your own
picture to
the front of
the
postcard.

