

Facts4Life Activity Mat

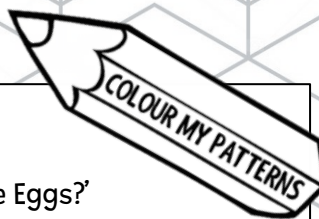
Check In Activity

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 'Operation Ouch' video clip on 'Humans Have Eggs?'

<https://www.youtube.com/watch?v=rFeSRrJ6slg>

The questions below are based on the part from 3:53 minutes in.

1. How is the size of the human egg different to the size of the human sperm?
2. What is DNA?
3. What does a baby inherit from the egg and the sperm?
4. What are chromosomes and what do they do?

Challenge

See what else you can discover about the genes that are inherited from our parents and how they might affect the way we 'smooth the path' with our own health choices.

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

Puzzle Time!

Molecule
 Sperm
 Egg
 Genes
 Instructions
 Human Chromosome
 Inherit
 Dominant
 Smoothing the Path
 Ups and Downs
 Keeping Balanced

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 for you to collect than others, try a few.

For more ideas of activities to do at home, see

<https://facts4life.org/for-parents-carers/>



 Facts4Life