

Facts4Life Activity Mat

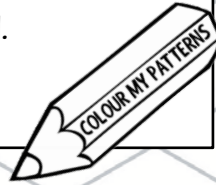
Check In Activity

Make a selection then explain your choice.

Pick an emoji that reflects how you are feeling at the moment. Draw it or craft it using what's available at home. You could draw and colour or you may wish to sculpt, build or model.

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:

Body Parts - Healthy Mucus

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

Key facts for life:

What is mucus?

Why do we have it?

Where in the body is it?

How does mucus protect the body?

Can you think of other ways that the body protects itself?

Further Facts4Life research: Mucus helps to protect us when we get a cold.

Find out what a cold is and how it is passed on from person to person.

What will help someone to 'smooth the path' when they have a cold?

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

Puzzle Time!

Sneeze
Mucus
Snot
Bacteria
Protect
Cold
Lungs
Flypaper
Pollen
Smoothing the
Path
Ups and Downs
Keeping Balanced

Get Active

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



Funky Chicken



Knees Up



Bunny Hop

You could share your routine with your school!

