

Facts4Life Activity Mat

Check In Activity

Make a selection then explain your choice.

Pick a weather forecast that reflects how you are feeling at the moment. Draw the weather forecast or craft it (sculpt, build or model) using what's available to you. Remember, the weather can be very mixed up sometimes, just like our feelings!

Riding the Ups & Downs

How we feel changes all of the time. This is completely normal.

Try recording your feelings weather forecast for a week or over a full day noticing how it changes.



Brilliant Bodies

Watch this 'Operation Ouch' video clip on 'Exercise = Brainpower?' and answer the questions below:

<https://www.youtube.com/watch?v=oEPf6kDrYuM>

Key facts for life:

How does being active help you to learn?

What happens to your heart when you exercise?

How does pumping more blood to your brain help you?

Why might it make learning harder if you are not active?

Further Facts4Life research:

What do you do to help wake your body and mind up for learning?

See what else you can discover about how being active helps us to 'smooth the path'.

If you want to try something a little harder – conduct your own experiment like the children did in the video!

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

Puzzle Time!

Activity
Heart
Blood
Oxygen
Nutrients
Brainpower
Exercise
Supermovers
Healthy
Smoothing the Path
Ups and Downs
Keeping Balanced

Keep Learning



Being at home so much gives us lots of time to learn new skills.

Have a go at learning something new, maybe a TikTok dance or a song.

You might learn to tie your laces or to ride a bike.

You might learn a new focusing technique to help you to relax.

For more activity ideas, visit

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

