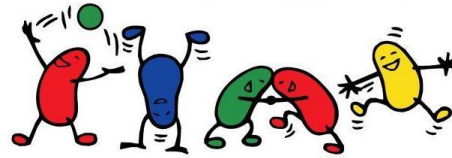


Feel Fab Feb Half-term



Name _____

How many



did you collect?

Find your Happy Beans

Physical literacy is our relationship with movement and physical activity throughout life. These activities are a positive way of helping us stay active, benefiting our health and wellbeing. Activities can be done in any order. Tick off 3 to earn your gold certificate from your teacher at school. Always get permission from your parents or a responsible adult before doing any of the activities and if you can get any of your family involved, even better!

We would love to see some of your attempts on X using #FeelFabFeb and tagging:

@AshtonSSP

@CSETSports1

@NSSPEA1

Fun – improve your physical literacy! Play a new game or sport with your friends or family every day.



Eat healthily - can you eat some more fruit and vegetables or reduce your sugary snacks?



Be active! 60 minutes of activity each day is amazing for your mental health.



Relax - try yoga, gardening, bird watching or listening to music. Quality sleep is really important to your wider well-being.



Use your time to think about others. Perform an act of kindness every day.



Artistic - do something creative! Draw, paint or dance every day. Like acting? Create a play, can you get others to join in?



Read – try and make time to read every day. Do you have a local library? Why not visit with your parents or carers?



Yourself - think about YOU! Do something you enjoy every day.



British Heart Foundation

Parents and Carers, the British Heart Foundation is offering a free online 15-minute CPR course – will you take up the challenge?

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>

