

Regardless of ability or capacity, the need to stay as healthy as possible is important. There are a few things we need to do to keep healthy, especially when we are off school and out of our routine:

#### Eating Well

- Eating regular healthy meals at the usual times
- Having age-appropriate portion sizes
- Limiting energy-dense, nutrient poor foods and drinks
- Getting involved in cooking and learning new recipes (we could post the Aviva recipes perhaps)

#### Resources:

- Food Dudes <https://www.fooddudes.ie/>
- W82GO recipe book
- Portion size advice from safe food website <https://www.safefood.eu/START/Healthy-Living/Portion-sizes.aspx>

#### Drinking well

- Drinking 2 litres of water each day (age dependant)
- Milk for children and teens

#### Getting 60 mins (age dep) of fun activity per day

- Building on motor skills through fun games indoors
- Maintaining 2 m social distancing and kicking/throwing a ball/bean bag with family in the garden/park
- Playing regular active games at home (treasure hunts, hide and seek)
- Dancing each day with family to favourite music or making up shows at home

#### Resources:

- Coordination Booklet (See attached)
- Exercise for Teenagers (See attached)
- Animal Walks (See attached)
- GoNoodle App
- Just Dance Now App
- Ball skills (See attached)
- P.E lesson with The Body Coach (You tube) 9am every weekday morning. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

#### Sleeping routine

- Turning off all screens one hour before bedtime
- Trying to sleep 10-12 hours for primary school and 9-10 hours for secondary school
- Getting to bed at the usual time for school
- Getting up for the usual time

#### Relaxing

- Getting outside for fresh air and sunshine (even through clouds!) to do some gardening or plant some beans on the window sill
- Reading comics/ books/
- Colouring, painting, making crafts
- Singing, telling jokes and laughing
- Breathing from our tummy (some of the activities here are good <https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/>)

- Chatting to family if you're worried
- Practicing meditation:

Resources:

- Draw with Rob- Daily tutorials on how to draw book characters  
<http://www.robbiddulph.com/draw-with-rob>
- Stop Breath Think Kids App. -meditation/mindfulness for younger children
- Bear Grylls and the Scouts have come up with 100 fun indoor activities  
<https://www.scouts.org.uk/the-great-indoors/>
- <https://www.headspace.com/meditation/kids> or
- Download the Take 5 app – meditation for kids

### Goal setting

- Try to continue to set weekly goals with your family to help you to stay on track. Use the Top 10 tip sheet to help you to identify areas that you can work on as a family.