

Week 6- staying healthy

We hope you are all well and staying safe.

This week we will focus on ways in which we can stay healthy both physically and mentally.

Here are some links to child friendly videos which support us in staying healthy:

Cosmic Yoga for children:

- The very hungry caterpillar - <https://www.youtube.com/watch?v=xhWDiQRrC1Y&list=PL8snGkhBF7njTT4a7uqDiUB1qPBI4ZOBL&index=25&t=0s>
- We're going on a bear hunt - <https://www.youtube.com/watch?v=KAT5NiWHFIU&list=PL8snGkhBF7njTT4a7uqDiUB1qPBI4ZOBL&index=14&t=31s>
- Arnold the ant - <https://www.youtube.com/watch?v=iWowDC3x0hE&list=PL8snGkhBF7njTT4a7uqDiUB1qPBI4ZOBL&index=19&t=0s>
- On the farm - <https://www.youtube.com/watch?v=YKmRB2Z3g2s>

Here are some recipes for healthy food options:

- <https://www.bbcgoodfood.com/recipes/lighter-chicken-tacos>
- <https://www.bbcgoodfood.com/recipes/barbecued-chicken-fajita-skewers>
- <https://www.bbcgoodfood.com/recipes/strawberry-smoothie>
- <https://www.bbcgoodfood.com/recipes/raspberry-and-apple-smoothie>

You could also go out for a walk around the neighbourhood and pick up some natural objects to create pictures

