

THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Wow! This is my 9th newsletter. Some days go really fast and others really slow but every day I try to be thankful of something. So today, I'm thankful that I know each and every one of you and that we are all safe! Remember you can message me-Just to let me know what you've been up to. It's lovely when I receive your messages. It makes my day! Stay safe and have a great half term!

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9 Things You Should Say To Your Kids Every Day

- "I love you." Say it to them as often as you like. <3
- "I like it when you..." Talk about positive aspects of their behavior.
- "You make me happy." This makes them feel valuable.
- "I'm proud of you." They need to hear their doing a good job, even when it's hard.
- "You are special." Let them know their uniqueness is a strength.
- "I trust you." Building a foundation of trust raises an honest person.
- "I believe in you." Teach them how valuable they are.
- "I know you can do this!" Encourage them to never give up.
- "I am grateful for you." Be specific, this can really make their day!

I've added some fun ideas to have a go at this week, I hope you like them! I really like 'Pooh' quotes. Why not take a look at some yourself? Take care!
Mrs Ashworth xx



Robot Simon Says...

Bend your knees
Bow
Clap your hands
Clap your knees
Climb the stairs
Close your eyes
Cross your arms/legs
Dance
Freeze
Give yourself a hug
Hop on your left/right foot
Jump
Laugh
Make a funny face
Move forward/back one step
Move like a robot
Open your mouth
Play the air-guitar
Pretend to sit in a chair
Put your hands on your hips
Put your hands on your shoulders
Put your hands on your stomach
Put your thumbs up



7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST

- FROG JUMP**
Hop, hop hop! up and down like a frog
- BEAR WALK**
With your hands & feet on the floor, hips high, walk left & right
- GORILLA SHUFFLE**
In a low sumo squat, use your hands to balance and shuffle around the room.
- STARFISH JUMPS**
Jump up and down spreading your arms and legs wide (jumping jacks)
- CHEETAH RUN**
Run in place as fast as you can just like the fastest animal in the Sahara
- CRAB WALK**
Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet
- ELEPHANT STOMPS**
March in place, stomping your feet as hard as you can

what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME

- | | |
|-------------------------------------------------------|--------------------------------------------------------------------|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEWELLNESS.COM

all about me

My favourite word:

My birthday:

My self portrait:

My favourite animal:

My favourite School subject:

My favourite food:

I like ...

I don't like ...

I'd like to go to ...

In the future I will ...

My favourite thing in the world: