

Research the countries that are the most and least eco friendly.

Create a Powerpoint/leaflet on top tips to be eco friendly and keep the world healthy.

Present this to your family.

Create your own circuit using little or no equipment.

Try some calming yoga.

Find out what religions use meditation.

Find out facts on how people used to farm.

Help your family cook a healthy meal.

Write a letter to the local MP persuading them to give schools free fruit and veg.

Try out the ice experiment and record what happens.

Health and Wellbeing

Research how fruit and veg are grown and create an information text. Try to plant your own. Remember pips can be planted too.

Find out where different fruit and veg are grown across the world and create a map to show this.

Create a healthy eating song/poem.

Role play buying fruit and veg with your family - now try selling it too.

Create a graph to show times you eat different fruit and veg a week.

Choose and complete the fruity challenges.

Keep a food diary - example can be found in the PSHE resources.