

# laya Super troopers

## Family Activity Wall Chart

### Start Here

Scratch and reveal your challenge every Monday evening and get stuck in!

Family Name: \_\_\_\_\_

Good habits that you practise in the home, like eating well, exercising and looking after your wellbeing, can stay with you for life. So, let's get started!

Remember to warm up and stretch it out before you get active!

Leafy greens like spinach and lettuce are filled with vitamins A, C, K and iron which promote good health and strong bones and teeth!

### Week 1

#### Get Snap Happy

Where's your happy place? Create a digital album with photos and videos of areas you find calm or relaxing. Get outside and explore locations to display in your digital art gallery. You can involve all your family members in this, or include some friends or relatives.

### Week 2

#### Chef It Up!

What makes a snack healthy? Make a home-made, nutritious snack with an adult at home. Try to include at least two different vegetables or fruits.

### Week 4

#### Running Wild and Free

This week, you're going to get your heart pumping and complete a running challenge. Can you complete a daily jog, trying to improve your time or distance each day? Your teacher will share Daily Tasks from their Teacher's Booklet to build up your endurance!

### Week 3

#### PT - ME!

PTs are personal trainers. They help people to stay motivated to keep fit and healthy! PTs live healthy lives so they can help their clients do the same. This week, you're becoming a PT - come up with a fun exercise plan to train yourself or some of your family at home!

Check in with a parent or guardian for support with challenges.

### Week 5

#### Cool, Calm and Collected

This week, your challenge is to build a class showcase of activities that keep you calm. Try a different activity every day to show how you relax and stay cool, calm and collected. Share your favourite technique with your class!

### Week 6

#### Lunchbox Leaders

Time to take charge of your lunchbox contents! Make sure you do your research and plan each day to ensure every item and snack you choose is both nutritious and balanced. Your choices will shape a day of wholesome nourishment.

Did you know mindfulness can increase focus, improve academic performance and decrease stress levels?

### Week 8

#### Journal Eternal

This week's challenge is to start journaling. Journaling is one of the best ways to help us process our thoughts and feelings. You can choose what works best for you! Some people draw, paint, take photos, sketch, or write in their journals. It's all up to you!

### Week 7

#### Champion Training

Imagine you are in training for the U12 Sports Championship. There are all sorts of different sports you could try. Plan a training day, including your exercise schedule, what you would eat, and how you would spend your down time. Now, put it into action!

Don't forget to keep hydrated. Make sure to drink some water.

### Week 9

#### Smoothie Operator!

Invent your own healthy smoothie recipe. 1-part fruit, 1-part liquid, 1-part mystery ingredient. Be careful to stick to just fresh fruit and vegetables, or seeds if you're feeling brave. Avoid extra sweeteners such as sugar or honey.

### Week 10

#### Get Movin' and Groovin'

Time to get moving and create some epic dance moves! Dance is a great way of loosening up and moving our bodies. Be the dance leader in your family - create your own dance using the moves and music of your choice.

Did you know Kiwis contain all the vitamin C you need for a whole day!

## Congratulations!



hi  
Healthy  
Ireland