

A vibrant rainbow arches across a bright blue sky. A white, fluffy cloud is positioned in the lower right quadrant of the image. The overall scene is cheerful and sunny.

# S.P.H.E/ WELLNESS

18<sup>th</sup>-22<sup>nd</sup>  
May 2020



Hi boys and girls.

We hope you are all still keeping well and staying safe. We hope that you are enjoying all the beautiful sunshine we've been having lately and having some fun at home. How did you get on with last week job of being a bucket filler? What things did you do?

This week's SPHE lesson is about staying safe in that lovely sunshine.



Did you fill a bucket last week?



Keep it up!!







[HTTPS://WWW.YOUTUBE.COM/WATCH  
?V=T7GHJSZUG60](https://www.youtube.com/watch?v=T7GHJSZUG60)

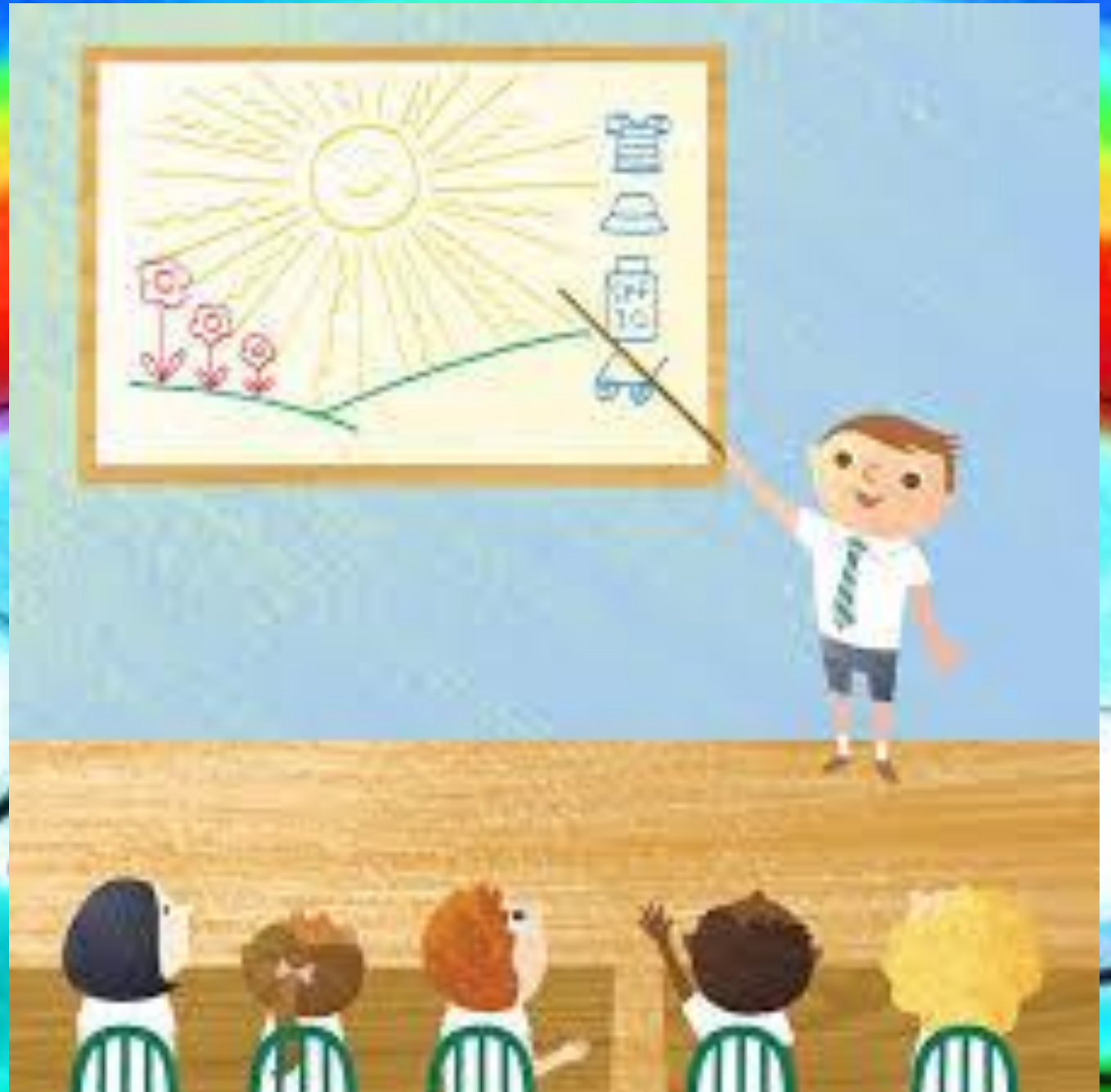
This weeks story for  
SUN SAFETY is

"George the Sun Safe  
Superstar".

Hope you enjoy it!

❖ Try to remember  
some of the things  
George does in the  
story to keep safe in  
the sun for the  
activities that come  
next.

Can you  
remember any  
of Georges  
rules for being  
safe in the  
sun?







## EYE SPY

🔍 Can you find all the things you would need for going out in the sun?



### SUN SAFE SCHOOLS WORKSHEET 1a: EYE SPY SUN SAFETY

NAME: \_\_\_\_\_

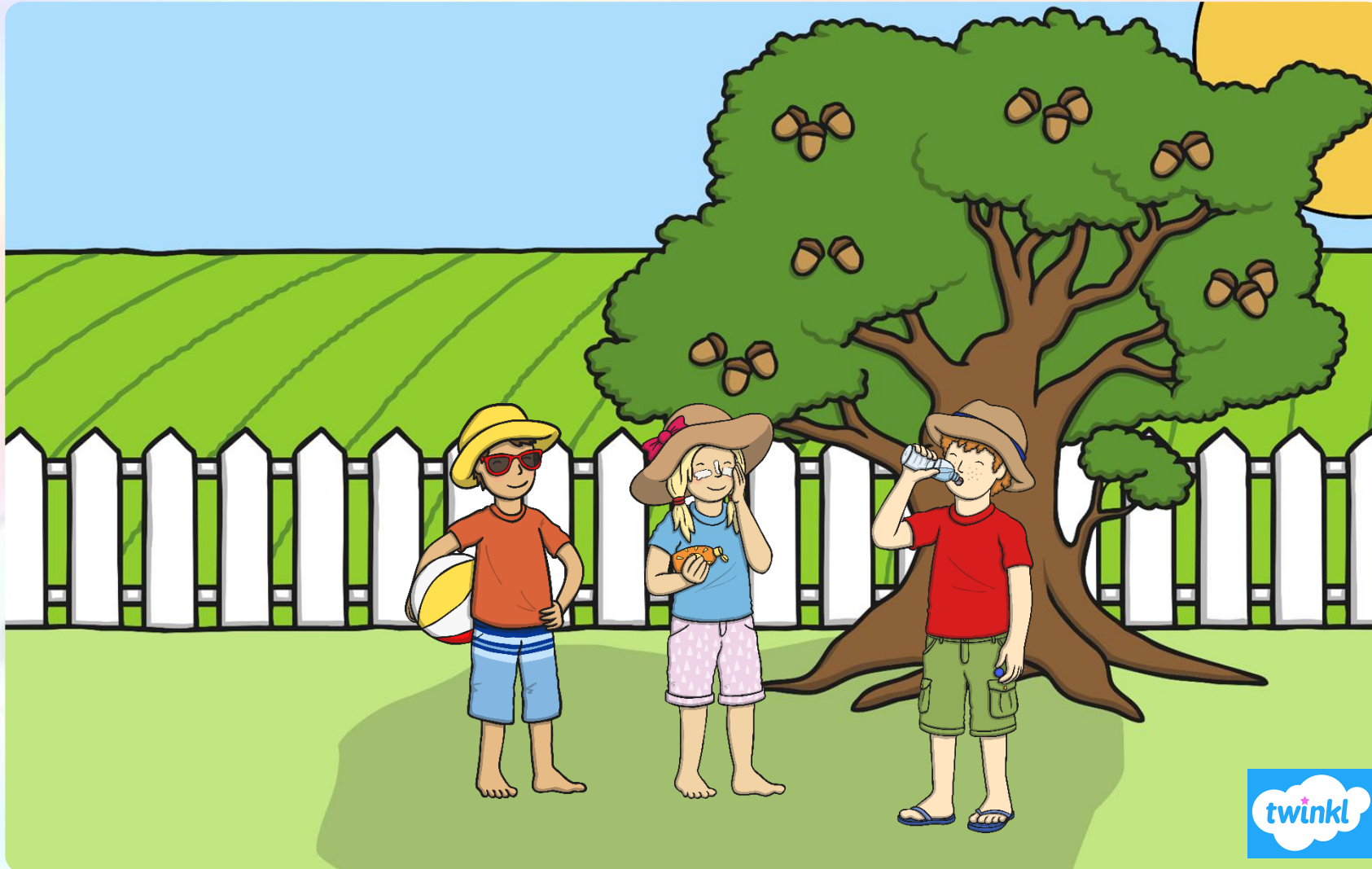
CLASS: \_\_\_\_\_

You are going outside to play on a hot, sunny day. What 4 items can you find in the picture that you need to remember to put on to help protect your skin from burning in the sun? Circle each item and colour the picture in.



**After listening to the story, look at this picture.**

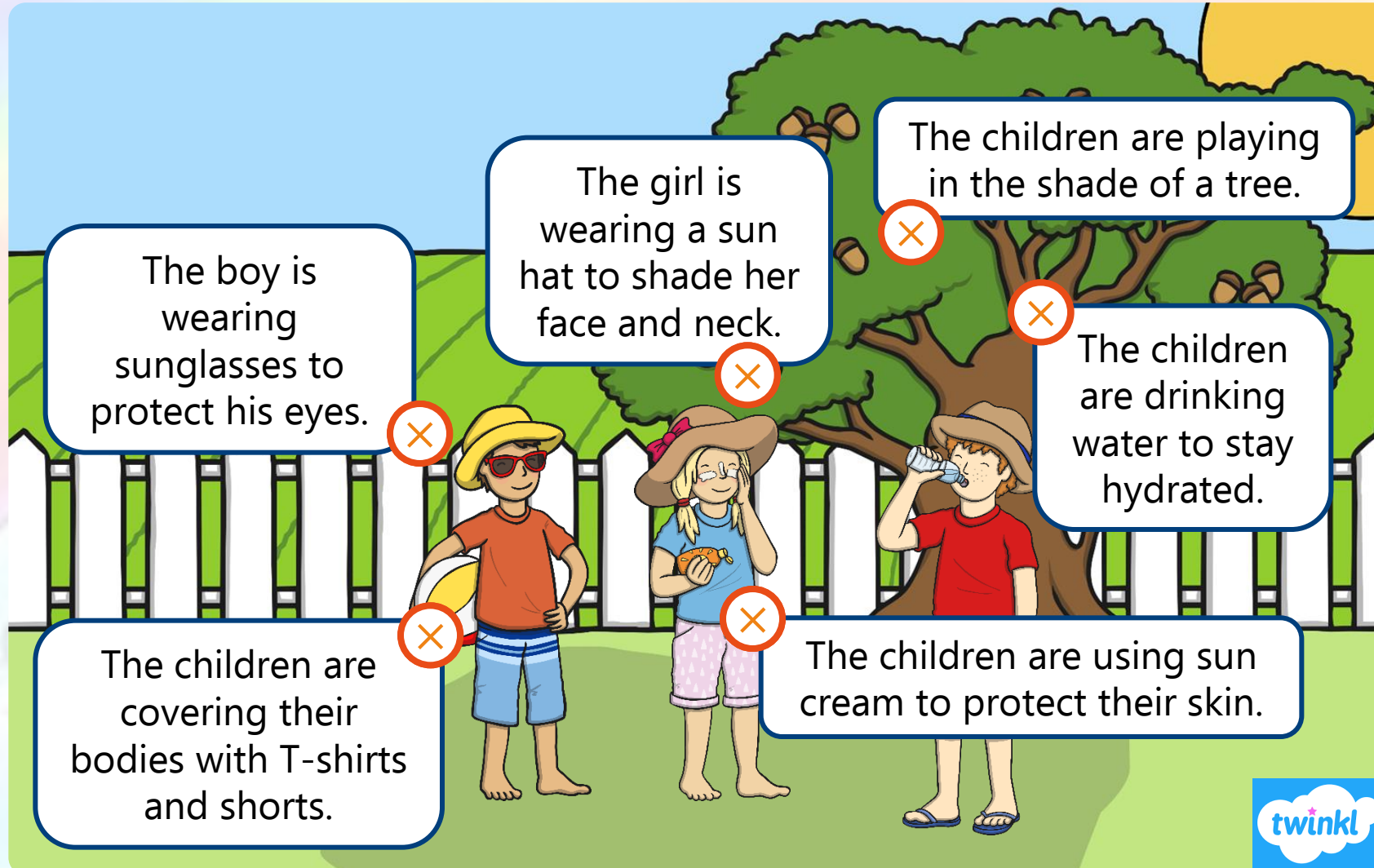
➤ Can you name some things the children are doing to keep safe in the sun?





# Check your answers here.

➤ How many did you get right?



# The Sun Cream Song

*(Sing to the tune of '1, 2, 3, 4, 5, Once I Caught a Fish Alive')*

5, 4, 3, 2, 1, out we go into the sun.

1, 2, 3, 4, 5, make sure sun cream is applied.

Why do we rub it in?

It's protection for our skin.

Which children need it on?

Everyone who's in the sun!





# KEEP ACTIVE

Stay on the sunny side

[https://www.youtube.com/watch?v=f\\_oGxlt4PRA](https://www.youtube.com/watch?v=f_oGxlt4PRA)

Walking on sunshine

<https://www.youtube.com/watch?v=41SkJVsm7Os>

Can't stop the feeling

<https://www.youtube.com/watch?v=KhfkYzUwYFk>



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## Elephant Breathing



### Elephant Breathing Technique

**Stand** with your feet wide apart. Interlace your fingers in front of you. Inhale through your nose, raising your arms high above your head, like an elephant lifting up its trunk. Exhale through your mouth as you bend forward, swinging your hands down through your legs.

## Sun Breathing



### Sun Breathing Technique

**Sit** in a comfortable position with your hands placed gently on your lap. Inhale, reaching one arm up high to grab the sunshine. Exhale through your mouth with a strong 'hah' sound as you pull this sunshine down towards your heart. Inhale and reach up with the opposite arm. Exhale with a 'hah' sound, drawing the sunshine towards your chest.





**HAVE A GREAT  
WEEK EVERYONE!**

