



S.P.H.E/
WELLNESS

18th-22nd
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.

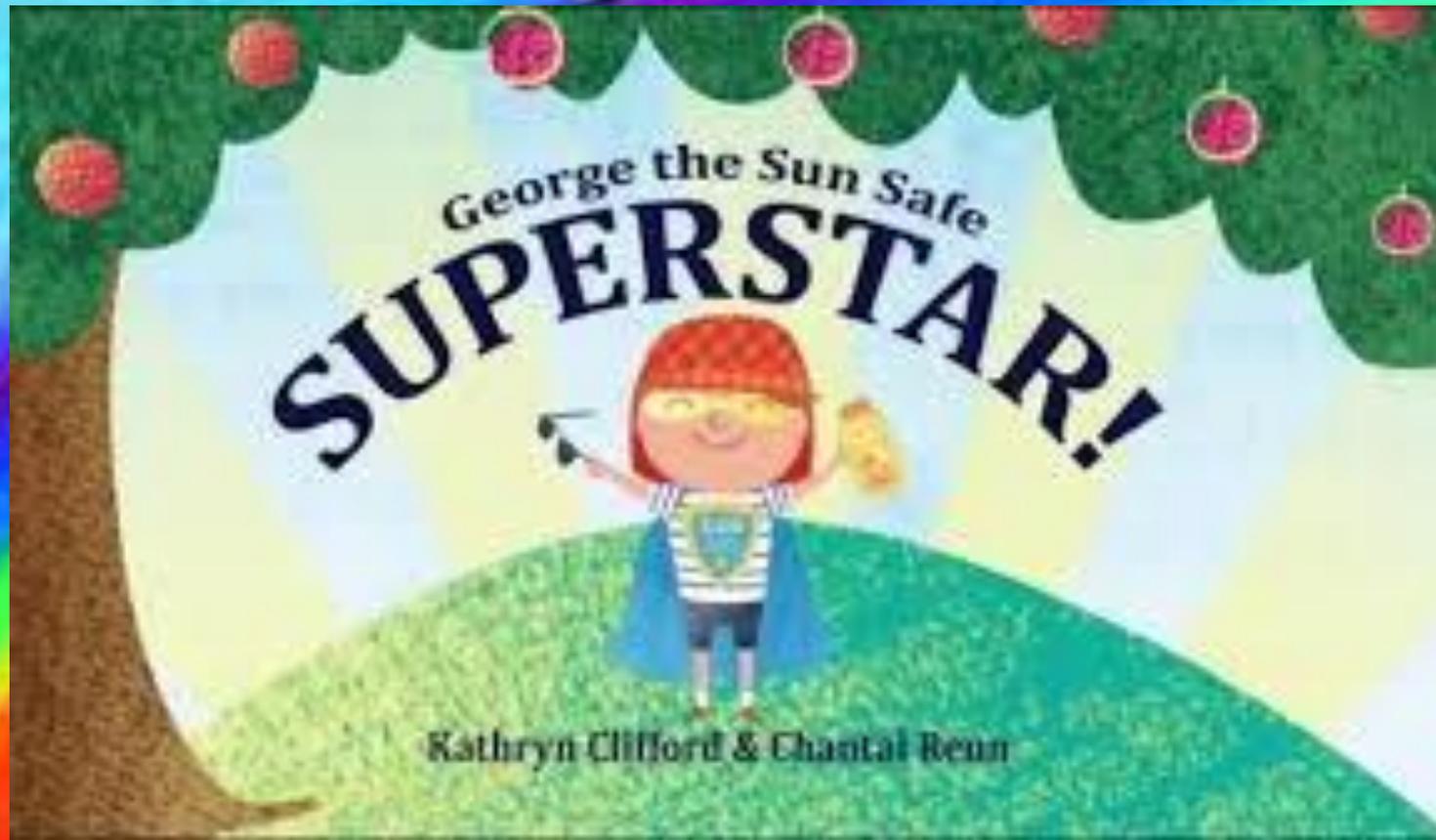


Did you fill a bucket last week?



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: _____

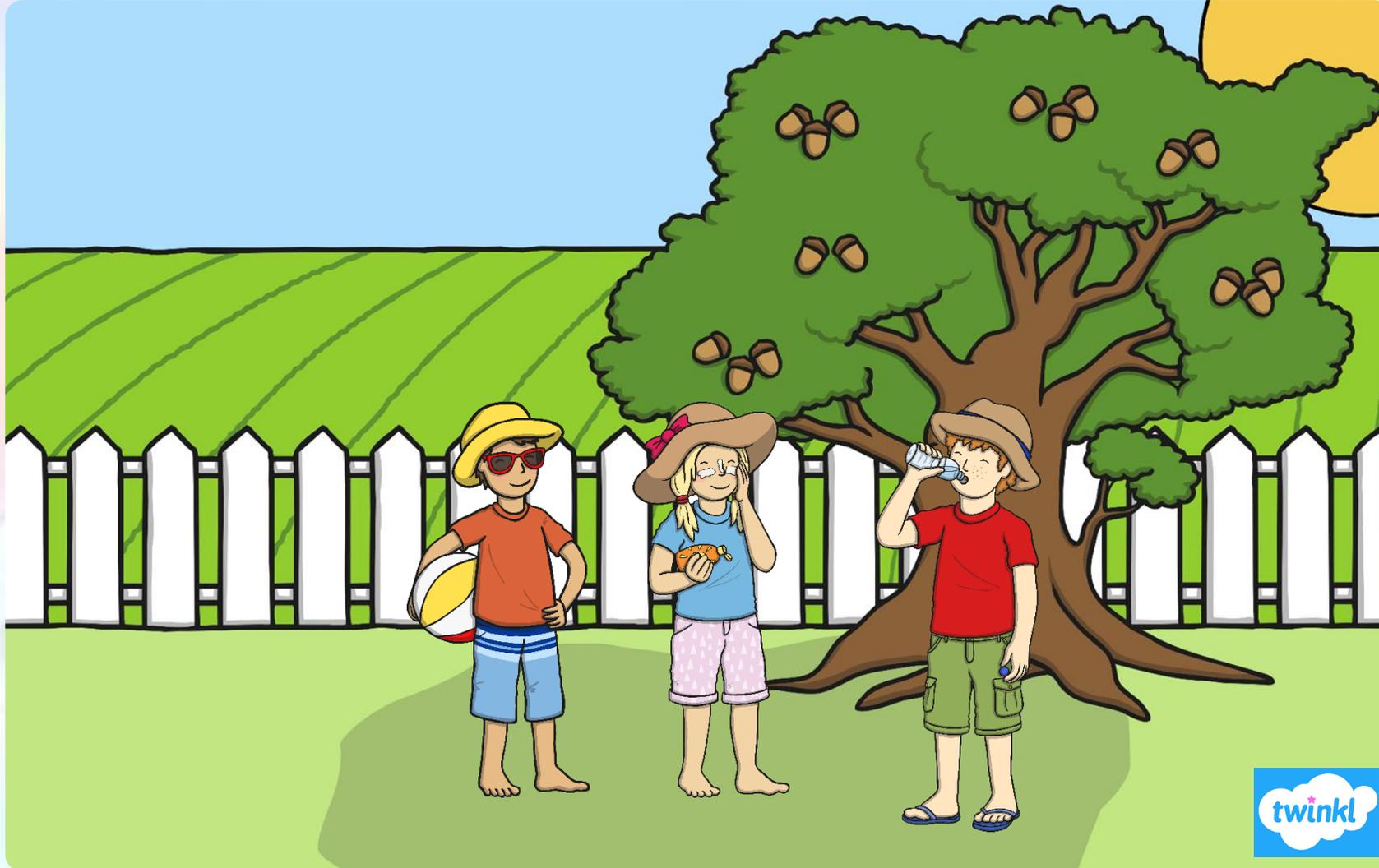
CLASS: _____

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.



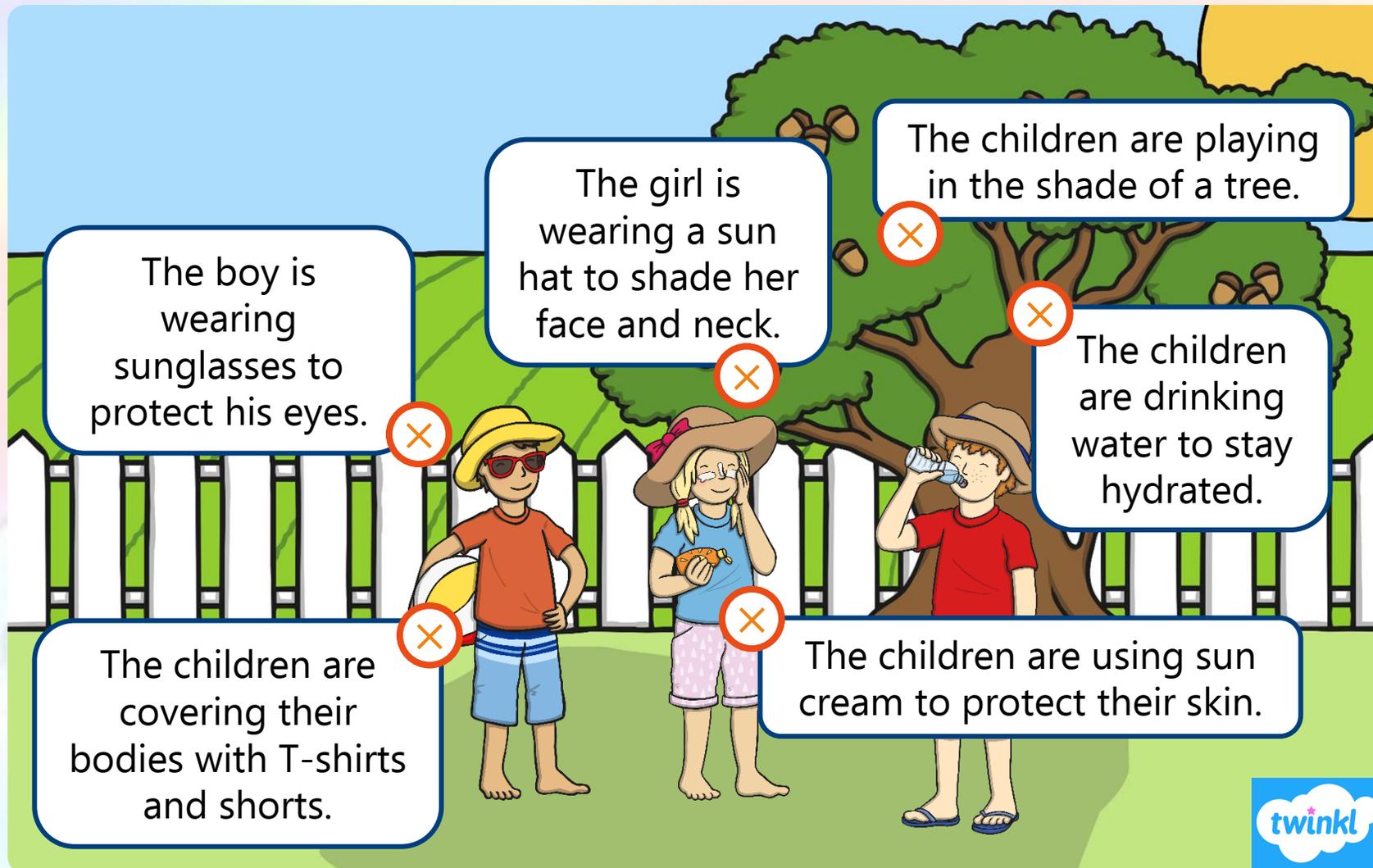
After listening to the story, look at this picture.

➤ 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

Walking on sunshine

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

Can't stop the feeling

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



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!**