

Fun with **Ages 4-7** The Four Elements

Eat

Why do we eat? We need food to keep us alive and healthy and to help us grow and become strong. Food is also fun; you can grow your own food; and enjoy trying new delicious things with your family and friends.

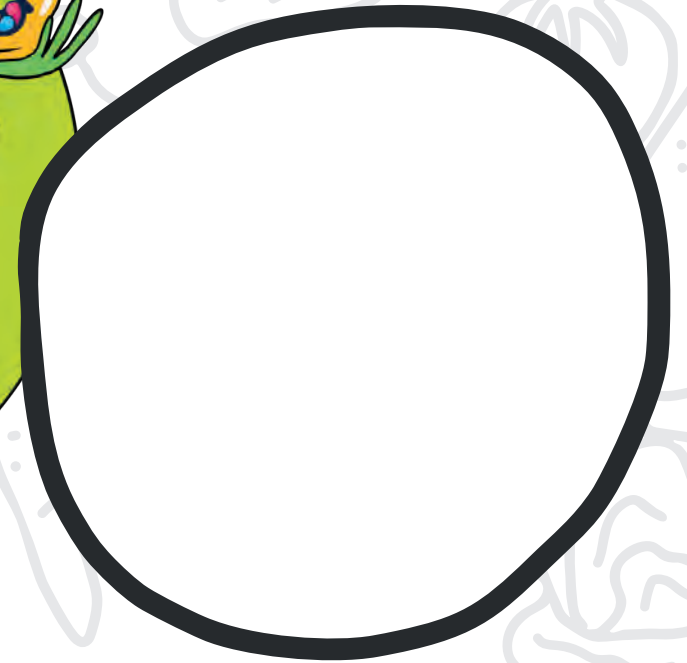
Did you know?

- Chocolate comes from a bean that grows as a fruit on a tree.
- Eating bananas can make you happy.



1

Draw a picture of the foods that you would like to eat for your next lunch or dinner. Remember to try and include some pictures of fruit and/or vegetables!



2

Grow something you can eat so you can learn how food is produced. If you aren't able to grow something, see if you can find out how the food you eat is grown or made with an adult helping you.

Fun with **Ages 4-7** The Four Elements **Sweat**

Doing exercise is good for us; it helps keep all parts of your body strong and helps us to be healthy. It is also lots of fun, so get up and try and do something that gets you moving every day.

Did you know?

- Did you know dancing can make you happy? Dance to your favourite songs on the radio and see how that makes you feel.

pavelka 



1

Pick your favourite song, put on your dancing shoes and make up a dance to perform to your family.

2

Ready, Get set, Go!

Take on the Pavelka Kids Sweat challenge. Every hour, aim to do something active for one minute. Make sure to keep count all the way to 60 seconds. You can do anything active for that minute; bunny hops, skipping, running on the spot, dancing, football etc.



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Think

It is important that we look after our whole body, from the top of your head to the bottom of your toes. How we think about ourselves and others can really help us to feel happy and healthy.

tips

1. Think about things that make you happy everyday.
2. Close your eyes and take time to take some deep breaths when you first wake up and just before you go to sleep.

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1

What makes you happy?
Write down or draw 5 things that you have enjoyed doing or that have made you happy in the last few days. Think about people you have been playing with; maybe your family, friends or even toys or pets?

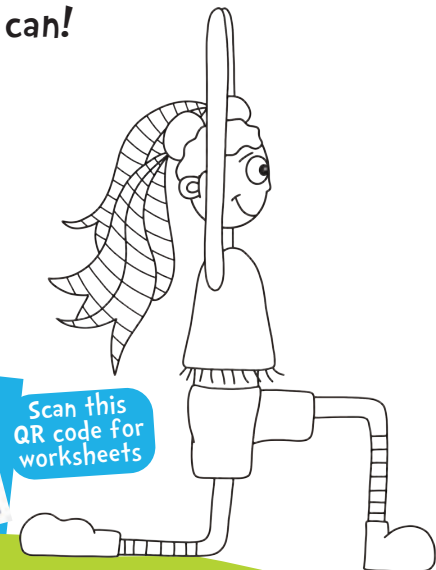
Book or Toy _____
Food _____
Place _____
Animal _____
Game _____

2

Colouring can make you feel calm.
Colour in these yoga moves and try to make them as colourful as you possibly can!



Scan this QR code for worksheets



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Connect

Our family and friends are like a big team to help us be the best people we can be. By spending time with the people who love us it can help us to enjoy every day and make each other feel happy.

tips

1. Do something fun with someone in your family every week.
2. Make sure to always be a good friend by listening to others.



1

Pick an activity to do with each member of your family this week that you will enjoy doing together.



2

Make a time capsule

1. Collect things that can be put in a time capsule (box) to help you remember the things that you have done this week. You may want to draw some pictures to help remind you too.
2. Make sure everyone in your family joins in and adds something into the capsule.
3. When you are finished, find a container to keep all of your memories in and bury in the garden or hide in your house.
4. Enjoy looking through these memories again when you find the capsule again.