

A BETTER MEDWAY

Easier ways to be healthy



Now we're spending more time together as households lets look at some ideas, we can all do to maintain positive health and wellbeing. Below are the five ways to wellbeing with some suggested activities although nowhere near exhausted ideas, see if you can come up with your own ideas as a family! Stay healthy at home.

Connect:

- Enable children to enjoy both being read to and heard read. You can read anything i.e. magazines, comics, Newsround, recipes. The more children read (or are read to) the more words they know and the easier they learn. Take time to discuss the story/book, explain unknown words and try to use them in conversations in the week as a family
- Play board games, card games, talk to your children about strategy and logic. Any games that promote discussion, counting or other skills are a great way to identify and celebrate individual strengths in the family
- Watch a film as a family, have an agreement to put electronic devices away and take the time to be in the moment and enjoy the film as a family. At the end have a discussion around characters, why they done certain things, would you do the same if so why / not? Discuss the plot, what might happen next? Write the sequel!

Keep Learning:

- Counting, take every opportunity to count. Not just in ones (twos, fives, tens – any number)! You can do this in fun ways e.g. through movement (follow the leader game) cooking, tidying away.
- Food preparation is great for learning about healthy balanced diets, particularly measuring, weighing and portion sizes. This is also a good opportunity to promote new words. Practical skills, cutting, using a knife and fork. Perhaps attempt other skills like tying shoes laces, buttons, threading, sewing
- Drawing and writing: Take the opportunity for children to draw and/or write notes for others. They could write a story or a book for a younger sibling or relation. They could help you with a shopping list and/or write their own recipes. You could do some research on the internet and make a non-fiction book or presentation on something they are interested in.

Take Notice:

- If you have a garden can you name, plants or trees? are there any buds or blossom blooming? With social distancing in mind perhaps go for a walk and take notice of planting in parks and neighbours' gardens. You're able to go out once a day for physical activity
- Can you get the garden ready for spring? Pulling up weeds can be a gentle form of exercise too. Can you plant anything that you can enjoy nurturing in the coming weeks?

- When you have meals take notice of the textures, taste and aromas of the food. Try to taste all the ingredients and guess what's in the food before looking.

Be active:

- Set challenges e.g. how many star jumps can you do in a minute, how long can you balance on one foot for, can you plank?
- Can you design an assault course using nonfragile household items?
- Go Noodle is a good source for videos for children to keep active. Cosmic Yoga videos are available on You Tube, as well as Joe Wicks daily PE lessons

Give:

- Can you make a family tree? How was life different for ancestors? Perhaps write letters to family members to share what you have learned
- Where possible please support your family, take time to call others check in on how they're doing & feeling
- Do something nice for a friend perhaps write a list of all the qualities you value in your friendship or your favourite memories you have of them

Most importantly have fun as a family. Being mindful of how we all may be feeling whilst our normal routines are changing would be helpful for everyone in the family.

You can help keep each other well by asking family members what they done in their day to meet at least one of the ways to wellbeing and how it made them feel or what they gained from doing the action. Celebrate your successes as a family however small or simple it may seem it makes all the difference to the person that achieved it.

There is a spreadsheet of various websites and resources that link to the ways to wellbeing should you want some inspiration.

For any other information you would like on family health please email:
childhealth@medway.gov.uk