

## UNIT 7 Get Active



GET ACTIVE

### Home Activity

When we feel 'down', being active is sometimes the last thing on our mind. However, in order to help us feel better, we need to live a well balanced and healthy life. When we adopt an active lifestyle, fuel our body with proper nutrition and respect our bodies by allowing time to rest and relax, it can help to lead a longer, healthier and more fulfilling life.

We have learned that:

- Being active is not only good for the body but also for the mind.
- I have a range of hobbies and interests that I enjoy doing.
- Doing anything new involves taking a risk.

#### **Take the 30 Day Challenge (P1–P7 Task)**

As a family, set yourselves a challenge to improve your health and wellbeing for the next 30 days.

It is said that 30 days is enough time to create a new habit that you want to incorporate into your daily routine, or even to subtract a habit that hasn't been good for your health or wellbeing. The best part of the '30 Day Challenge' is that making small changes one at a time is much more sustainable over the long-term than trying to overhaul all of your habits and routines at once.

Here is a list of some '30 Day Challenge' ideas that might get you started in thinking about what you are going to do.

- Quit a bad habit that bothers you, eg nail biting
- Spend more time outside
- Give up television or social media
- Complete an act of kindness everyday
- Exercise for 30 minutes every day
- Give up an unhealthy habit, eg sweets
- Try a new club, activity or sport

*Please return your home activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.*