

1 FRED'S FOOD WORD SEARCH

Circle healthy foods you should eat often in green. Circle foods that you should only eat sometimes in red.

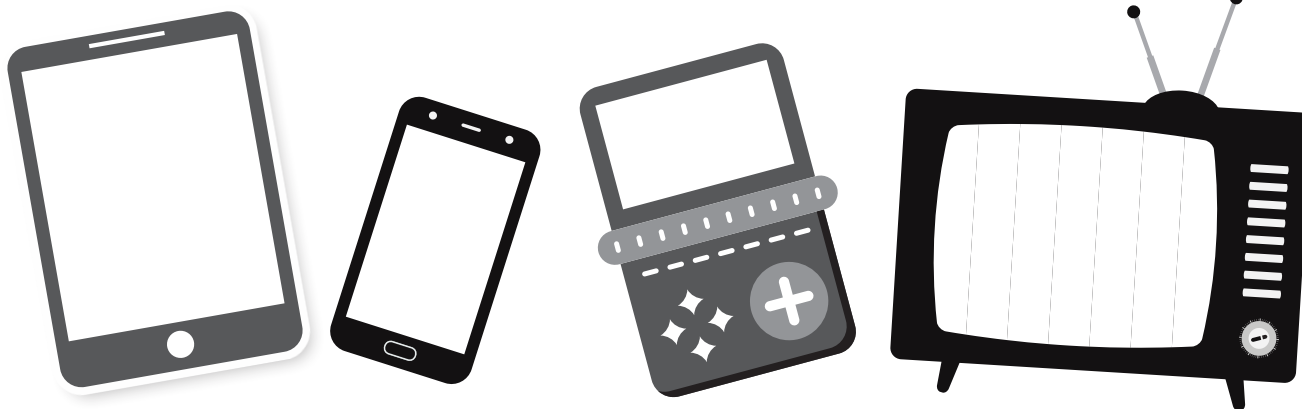
The words go forwards, backwards, and down.

- | | |
|-----------------------------------|---------------------------------|
| <input type="checkbox"/> SWEETS | <input type="checkbox"/> OATS |
| <input type="checkbox"/> HAM | <input type="checkbox"/> JUICE |
| <input type="checkbox"/> WATER | <input type="checkbox"/> TUNA |
| <input type="checkbox"/> TOAST | <input type="checkbox"/> CHIPS |
| <input type="checkbox"/> ORANGE | <input type="checkbox"/> RICE |
| <input type="checkbox"/> GRAPES | <input type="checkbox"/> PIZZA |
| <input type="checkbox"/> PEA | <input type="checkbox"/> BUN |
| <input type="checkbox"/> PANCAKES | <input type="checkbox"/> JAM |
| <input type="checkbox"/> SUGAR | <input type="checkbox"/> SALAMI |
| <input type="checkbox"/> BEETROOT | |



2 LET'S GET DIGITAL

Which devices do you use? Colour in each one. What do you use the most?



Write down four things you could do instead?
e.g. cycling, trampolining, drawing, reading, making.

1. 2. 3. 4.

3

FRED'S CIRCUS SKILLS

Give yourself a tick for each activity you can do.

STAND ON ONE LEG	10 SECONDS	
	30 SECONDS	
TWIRL A HULA HOOP AROUND YOUR WAIST	10 SECONDS	
	30 SECONDS	
DO A SHOULDER STAND AND CYCLE YOUR FEET IN THE AIR	10 SECONDS	
	30 SECONDS	
BOUNCE A BALL ON YOUR HEAD	3 TIMES	
	10 TIMES	
LIMBO UNDER A POLE WITHOUT KNOCKING IT OFF	5 TIMES	
	10 TIMES	

4

HOW DO YOU RELAX?

Before you go to bed at night, it's good to take time to relax.

Which of these things do you think is the most relaxing for you?

Talk to your friend about it. Do they have the same ideas?

