

## 1 WHAT SHOULD FRED SAY?

FRED's friends have shared their problems with him.  
Read each one and talk with your teacher and class  
mates about what FRED should advise his friends to do.



FRED's friend Ed is shy.  
When he goes to school  
he finds it difficult to talk  
to anyone. FRED should  
suggest that he...



FRED's friend Emma  
doesn't like school dinners.  
She wants to eat the same  
food every day. FRED  
should suggest that she...



FRED's friend Ellie doesn't like  
losing in games. She hates  
it when other people beat  
her at anything! FRED  
should suggest that she...

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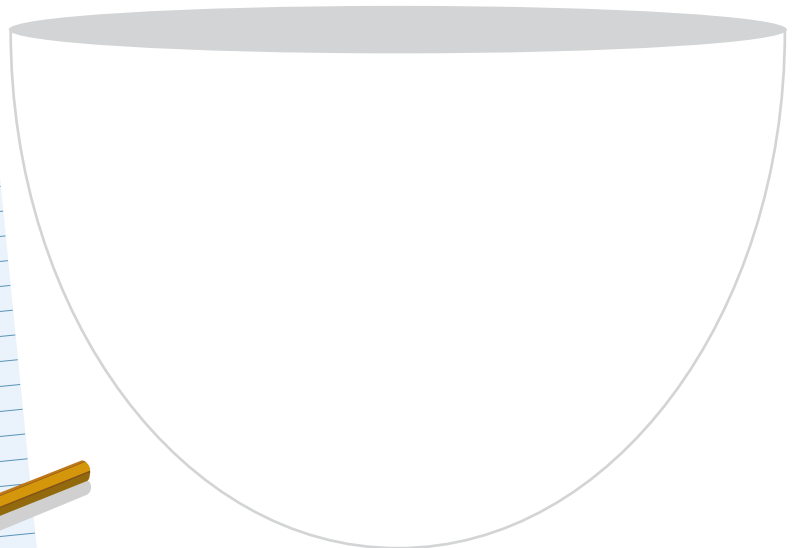
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## 2 FRED'S RECIPE FOR RELAXATION

FRED is making relaxation cookies.  
Write your favourite ingredients in the bowl.



### Relaxation cookies

#### Ingredients

- A hot drink
- Fluffy slippers
- Quiet
- A bedtime story
- A hot water bottle
- A bubbly bath
- Pyjamas and dressing gown
- A bedtime snack
- No bright lights
- Gentle music

#### Method

Stir it all up and sleep on it



3

## FRED'S CIRCUS SKILLS



Choose someone in your family to challenge.  
Who can do the most activities in one week from this list?  
You score **five points** for each activity.

	CHALLENGER 1	CHALLENGER 2
20 STAR JUMPS		
PLAY TAG		
RUN FOR 5 MINUTES		
DO 20 MINUTES OF GARDENING		
WALK ONE MILE OR MORE		
RIDE A BIKE/SCOOTER FOR 1 MILE OR MORE		
WALK UP A HILL		

4

## HEALTHY EATING PYRAMIDS

Fill in the pyramid with foods you should eat a lot, sometimes, and not very often.

