

Simple Steps to Health...

Why should families do things together?

Families teach us the most important things in life. By doing activities together, families can help children get more from school – from better grades to the confidence to answer questions in class. Adults can also benefit from doing things with kids – from surfing the internet to having fun playing outside.

Feeling healthy

Our health is linked to how we feel about ourselves, our relationships with other people as well as our physical wellbeing. These activities are designed to help you and your family take positive steps to better health and nourish the mind, body and soul.

Activities

1. Simple step one: Walking tall!

We could all do with extra confidence at times. This activity will help you and your family to feel more confident especially in new situations.

First, remember a time when you each felt really good about yourselves. It could be a time when a family member handled a situation really well, or when they completed a task successfully, or when they felt really happy. Everyone should then finish the sentence,

I felt brilliant when...

Next, everybody should imagine they are wearing a hat with B on the front and start to walk around remembering how they felt and what they did when they were brilliant. When we feel confident this is usually reflected in our body and the way we hold ourselves - our heads are usually lifted up, our shoulders back and we breathe more slowly. Can you make yourself feel even more brilliant by the way you walk?

Next time you are in a situation where you feel less confident, imagine you are wearing your 'brilliant hat' and you can feel brilliant again!

For younger children: Young children may want to make their own 'brilliant' hat to wear.

2. Simple step two: Natural foods for your body

We need to eat a range of different foods to keep our brains and bodies in tip top condition. A fun way of making sure we get the good bits we need in our diet is to be creative.

Below is a list of natural foods that can help us to stay healthy. Look at the list and if needed explain to younger children why each of the foods are good for us.

Then create cards that have one type of food on each e.g. bananas, fish, carrots, rice and yoghurt. Ask younger family members to draw their favourite healthy foods. Older children can cut pictures out of magazines as well. Foods are all the colours of the rainbow, so make sure they are as colourful as possible.

Using the cards create your own exciting family menus together. There are lots of different options. When you have found the perfect ingredients for your meal on the cards why not cook it and see.

For older children/teenagers: Ask them to present the menu they have chosen and explain why it is so healthy. You may wish to create teams to see who can cook up the most healthy or tastiest menu!

Example menu:

Salmon and tomato salad

Omelette with cheese and broccoli

Blueberries and strawberries with
yoghurt

Foods that can help us to stay healthy

Oily Fish	Oily fish such as mackerel, sardine and salmon contain omega 3 and 6 fats which help us to think and remember, and are a source of protein.
Vegetables	Vegetables are packed with vitamins especially leafy green ones such as watercress, spinach, broccoli and sprouts. Vitamin B affects how you think and feel. Vitamin C is needed to keep our body cells healthy.
Eggs	Eggs are a source of protein and also help our memory. They are also a good source of Vitamin D which is good for your bones and teeth.
Seeds	There are lots of types of seeds such as pumpkin, sesame, poppy and flax seeds. They have protein, fibre and vitamins and minerals, and carbohydrates.
Starchy foods	Foods such as brown rice, sweet potatoes, lentils and brown bread give us a steady supply of energy to our bodies. They are also a good source of fibre, vitamins and minerals such as calcium, as well as iron.
Fruit	Fruit is a good source of vitamins such as Vitamin C, which keeps our skin healthy. They are also low in fat. Some fruit such as blueberries may also help our memory.
Milk and Dairy	Cheese, yoghurt and milk give us protein and vitamins A, B12 and D. They also contain calcium, which is good for our bones.

3.

Simple step three: Use your gifts

Sharing what we are good at with other people, not only makes us feel better, but also is a good way of building relationships with others.

A great way of sharing your talents is to make your own gift vouchers. First of all, each family member needs to think about what they can offer to the others. It could be fashion tips, washing a car, helping with spelling or maths, how to text quickly or kick a ball so it bends. Sometimes, we may not realise what we are good at so you can always ask other people what they think.

Once you have a list of four or five things, each family member can create their own gift vouchers, with one talent per voucher. You can give them on special occasions or exchange vouchers with someone who has a skill you would like to learn or use.

What next?

If you've enjoyed this and want more, try these out...

Family Learning Festival organised by the **Campaign for Learning** offers families a chance to get involved in trying out fun activities together, from skipping to sailing. Thousands of events take place every October in different places all around the country. Find out more by ringing **0800 66 0800** or visit **www.welovelearning.co.uk**

learndirect is one of the best sources of information about what's going on in your area. Just call free on 0800 100 900 – who knows you could be training up as a beauty therapist next!

This activity sheet has been produced by the **Campaign for Learning**. They are written specially for organisers running **Family Learning Festival** activities and for families to try out at home.