



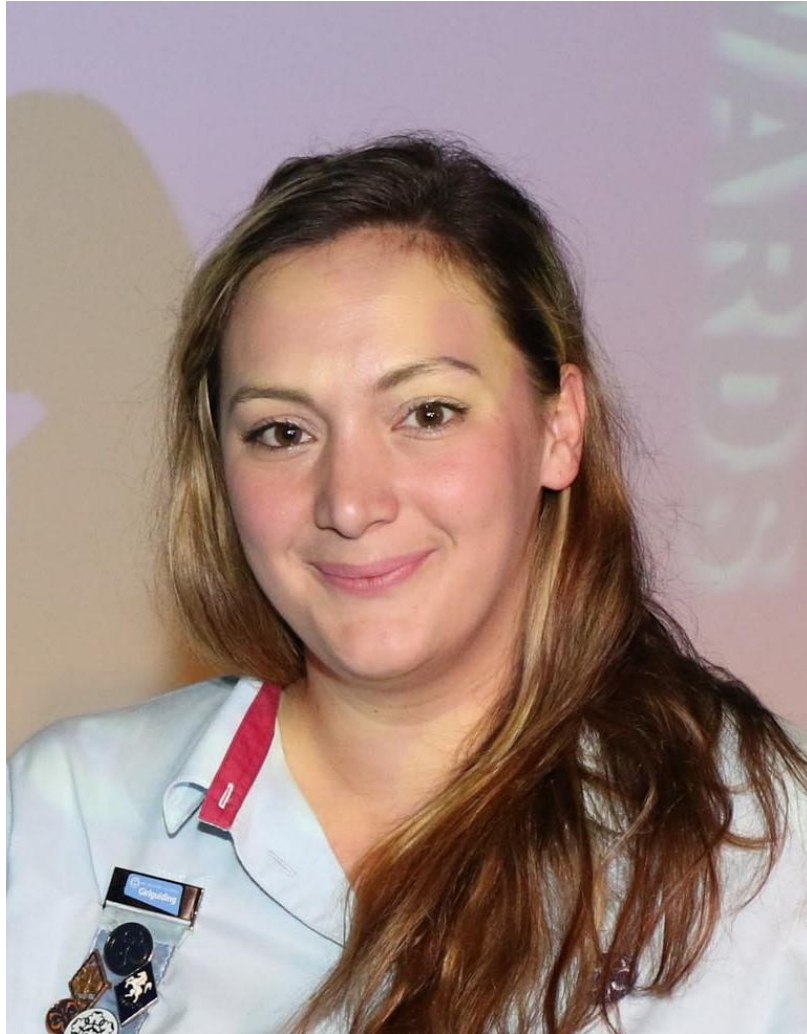
4th North Heath Rainbows goes virtual

Feel Good Stage 1

This is me, Sing a song of slumber, Play time!



What makes me special?



I love Harry Potter

Roast Dinner is my favourite meal

Pink is my favourite colour

My birthday is in August

Unicorns are awesome



This is me

- Think about what makes you special
- Draw around both hands and cut them out
- Write your name on both hands
- Write something that makes you special on each of them
- Decorate them
- Keep them safe, we're going to make a hedgehog when we're back at Rainbows





Sing a song of slumber

Have a go at home (tune of Sing a Song of Sixpence)

1) Sing a song of slumber
Tucked up in your bed
Lots of happy memories
Floating round your head

2) Sleeping is important
and helps in lots of ways
and here is why we need our sleep
to help us through the day

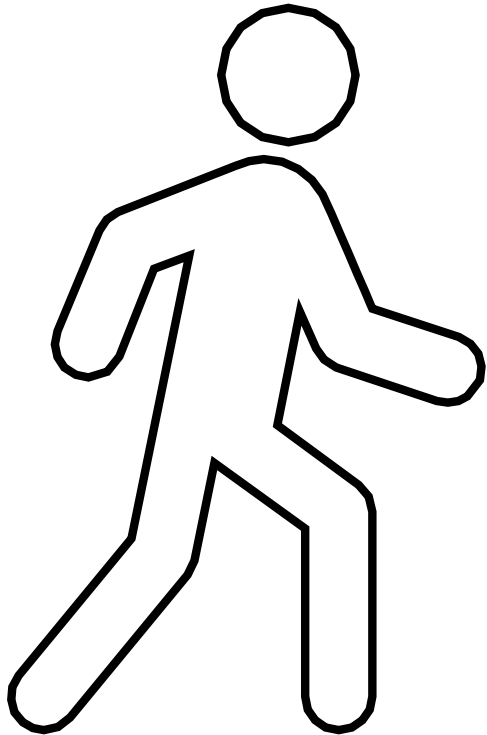
3) It helps to keep us healthy
so we can play with friends
and when we're hurt or poorly
it helps our bodies mend

4) It helps us pay attention
to learn and concentrate
And that is why a good night's sleep
is always really great



Play Time!

1. Do 10 Star Jumps
2. Clap your hands for 1 minute



Which muscles and parts of your body did you use? Colour in that part on the person

Choose an activity that will work a different muscle