Caring for the Body

Charades:

- Charade cards saying different things such as:
  - Running, swimming, playing football etc. (different types of exercise).
  - Fruit and veg, carbohydrates, dairy, meat etc. (different food groups).
  - Reading, alone time etc. (different ways to rest)
- Pick one student and allow them to pick a card.
- This student will then act out without speaking what it says on the card.
- The other students will guess the act.
- The student who guesses the act first will act out the next card.

Quiet Time

Swim

Fish

Walk

Yoga

Tennis

Talk

Read

Sleep