



**Premier**  
Education

**INSPIRING  
ACTIVITY**

# Building Healthy Habits

**Packed full of physical activities, nutritional  
tips and healthy food recipes**



# A HEALTHIER HAPPIER YOU!

Building better habits will make  
you feel good inside and out!

## WELCOME!

Healthy habits don't need to be boring or feel like a chore. This workbook is all about sneaky little things you can do every day to make a big difference to your mind and your body.

We've provided easy-to-follow physical activities to get you moving, habit trackers so you can see what amazing progress

you're making and yummy recipes to follow along with at home that won't break the bank.

So...what are you waiting for... let's get started!

## SPOTLIGHT ON...

### Habits

A habit is, by definition, a *settled or regular tendency or practice, especially one that is hard to give up.*

With the activities provided, you will build GOOD habits that are definitely hard to give up!

## DECLARATION

I, \_\_\_\_\_ declare that I will build good habits which will become part of my every day life and help me to become happier and healthier.

Signed \_\_\_\_\_

Healthy lunch!

## EGG MAYO SANDWICHES



### WHAT YOU WILL NEED\*

- 6 hard boiled eggs
- $\frac{1}{4}$  cup of mayonnaise
- salt and pepper
- bread

- 1.** Boil the eggs for apx 8-10 minutes. Rinse under cold water to help them cool after cooking and allow to cool properly before you peel the shell off.
- 2.** Peel the eggs and put into a large bowl. Use a fork or a potato masher to mash the eggs.
- 3.** Add in the mayonnaise and apx  $\frac{1}{4}$  teaspoon of salt and pepper. Mix it all together.
- 4.** Either lightly toast your bread or leave as it is, and add your egg filling.

**OPTIONAL.** You may have some dijon mustard hiding in the cupboard, adding 2 teaspoons will add some great flavour. You could also add some finely chopped red onion or celery (about  $\frac{1}{4}$  cup of either) to add some extra crunch.

\*Makes 4 servings. Use your Maths skills to work out quantities needed for half or double the amount of sandwiches!

SCAN HERE TO  
ACCESS STAY ACTIVE  
RESOURCES



## STAY ACTIVE RESOURCES

**STAY  
ACTIVE**

Grouped into physical, lifestyle, and health & wellbeing, these resources are free to download whenever you want them.

We have a great range of fun and engaging activities on our website if you're ever in need of something to read, do or make.

# EAT THE RAINBOW

Embrace the brightness of clean eating!

In a world where everything is so convenient, including food, it's a good idea to get back to basics.

By this we mean eating foods that are as close to their original state as possible.

Fresh fruits and vegetables are perfect examples of this and will do you the world of good.

Fill your plate with colour and brighten your bellies. If you eat a coloured food, mark it on the chart opposite. Can you fill the whole chart with colour?



## RED

TOMATOES

STRAWBERRIES

PEPPERS

CHERRIES

WATERMELON

## ORANGE

CARROTS

ORANGES

PUMPKIN

GRAPEFRUIT

SQUASH



	MON	TUES	WEDS	THURS	FRI	SAT	SUN
R							
O							
Y							
G							
B							

# YELLOW GREEN BLUE\*

BANANAS

CUCUMBER

BLUEBERRIES

CHEESE

BROCOLLI

BLACKBERRIES

LEMONS

PEPPERS

PLUMS

PINEAPPLES

PEAS

AUBERGINE

SWEETCORN

AVOCADOS

GRAPES

\* you may have noticed we missed two colours, but for simplicity, we grouped blue, indigo and violet into 'blue' foods!

# SALAD IN A JAR

An easy way to eat the rainbow and fill up on goodness

## MASON JAR SALADS

Mason jar salads are effectively just salad in a jar. They are not expensive to buy and can be used over and over again. So not only are you being good to you, but you're being good to the environment too. Win, win!

You can make just about any kind of salad mixture you like in your jar. Go exotic and add some chickpeas or quinoa or stick to the basics of tomato, cucumber, sweetcorn.

Be brave and try out new veggies in your mix. You might be surprised at how your taste buds develop!

Healthy lunch!



## MASON JAR SALAD

### WHAT YOU WILL NEED\*

- 1 cucumber
- 3 large tomatoes
- cooked chicken (optional)
- cheese and egg (optional)
- 2 carrots, grated
- 1 can sweetcorn
- favourite salad dressing
- lettuce

- 1.** Dice the cucumber and tomatoes. Grate the carrot.
- 2.** Drain the sweetcorn and slice your lettuce into smallish bits so they are easy to layer.
- 3.** Pour some of your favourite salad dressing into the bottom of the jar. Then start layering your ingredients. Do a layer of tomatoes, a layer of cucumber, a layer of carrot, and a layer of lettuce.
- 4.** If you have any chicken or eggs leftover from dinner the night before, they would make great additions, or maybe some of your favourite cheese. You could also add a layer of cooked/leftover rice or pasta if you wanted to make it more substantial.

\*Makes 4 mason jar salads. Use your Maths skills to work out quantities needed for half or double the amount of salads...or just one!







# MAKING HEALTHY HABITS

The tracker below allows you to keep a record of your good habits for six weeks. How you colour your grid is up to you... but the more squares you fill in, the more healthy habits you are making!

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
I DRANK 5 CUPS OF WATER																						
I ATE MY 5-A-DAY																						
I DID 60MINS OF PHYSICAL ACTIVITY																						
I WAS MINDFUL FOR 10 MINS																						
I HELPED WITH THE CHORES																						

## TIPS...

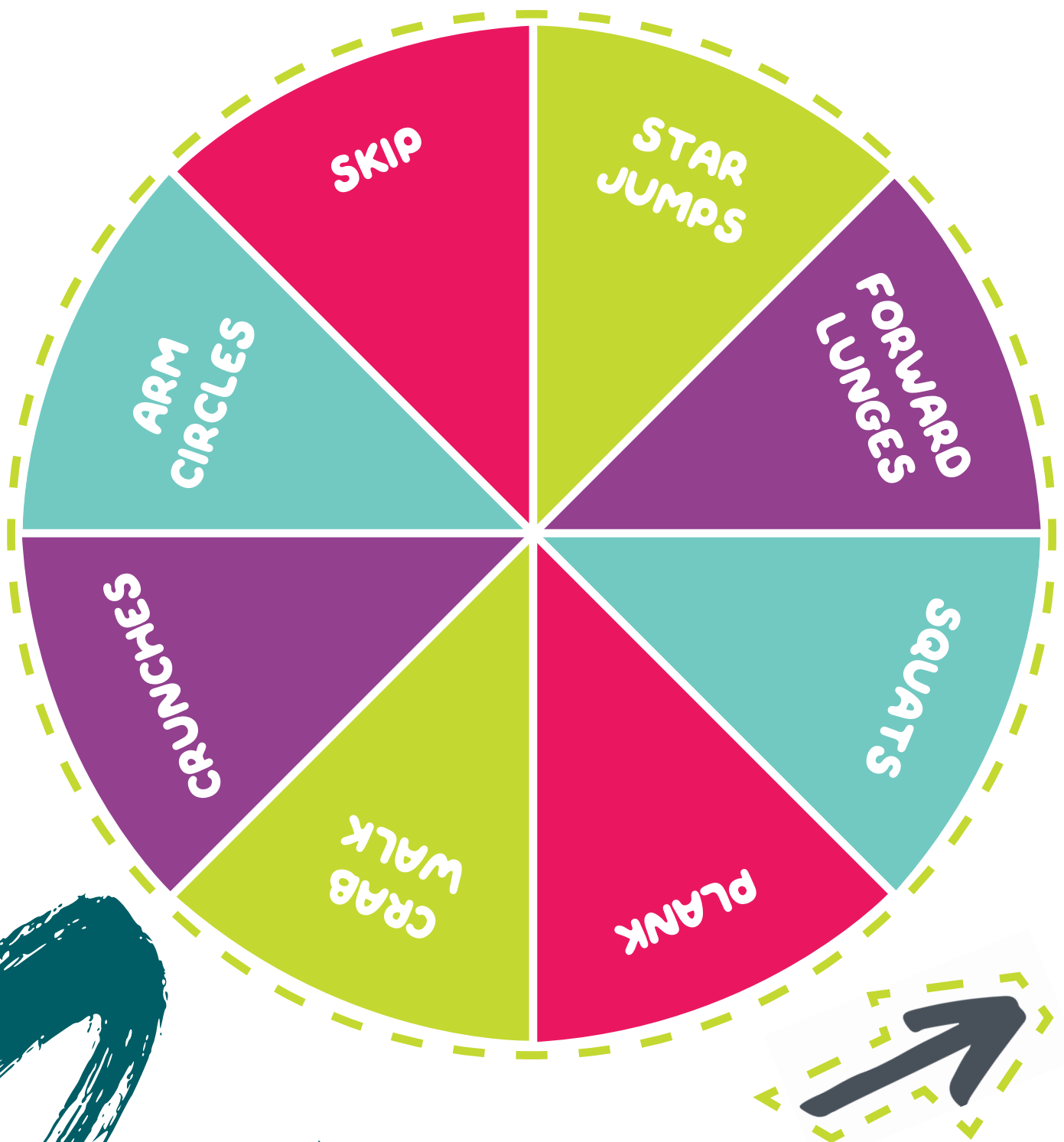
- Staying hydrated helps the body to keep functioning well and growing.
- Aim to eat five portions of fruit and vegetables every day. For guidance, a portion is roughly a handful.





# HIIT THE WHEEL

Get moving with this fun, unpredictable activity...  
Where will it land?



## WHAT TO DO...

1. Cut out the wheel and the arrow opposite along the dashed lines.
2. Stick onto a piece of cardboard, such as an old cereal box, for extra strength. Trim the excess cardboard.
3. Stick the fidget spinner to the centre of the wheel with some blu-tac.
4. Stick the arrow to the top of the fidget spinner.
5. Spin the wheel...
6. Do each activity for 30 seconds every time you spin!

**NOTE:** Remember to keep water nearby, especially on a hot summer's day. Afterwards, replenish your energy by eating foods rich in protein, magnesium (great for muscles!) and antioxidants. Eggs, blueberries, avocados and bananas are all great post-HIIT snacks!

## NOTE HOW YOU FEEL AFTER YOUR HIIT SESSION...



## WHAT YOU WILL NEED

- scissors
- blu-tac
- cardboard/old cereal box
- fidget spinner
- timer/stopwatch
- lots of energy

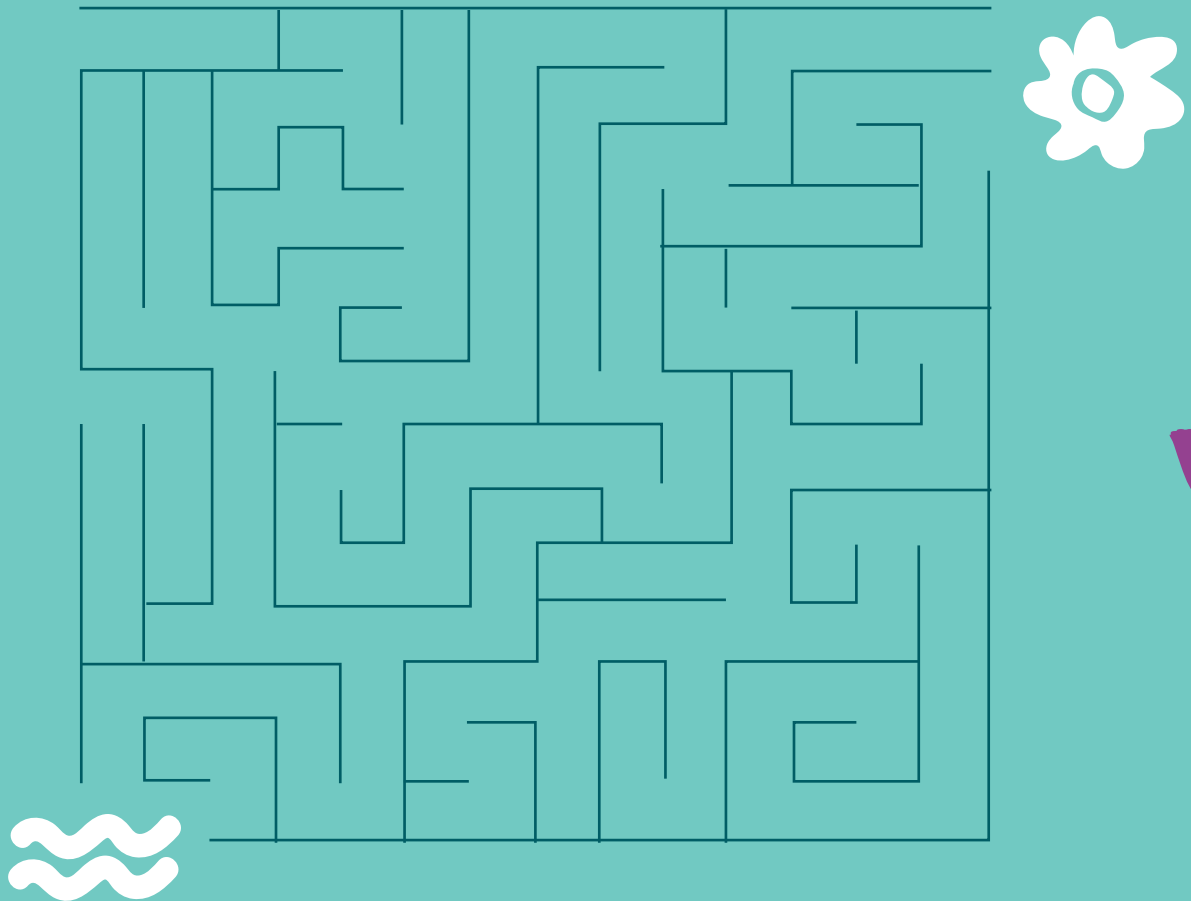
## ...AND TRACK YOUR ACTIVITY

On the previous page, we provided a healthy habits tracker for you to see how much wonderful progress you are making. This activity will count towards your 60minutes of physical activity each day!



# BRAIN GAMES!

Can you get the water to the flower to help it grow?



## SCRUMMY SCRAMBLE

STOCARR = \_\_\_\_\_

GABBACE = \_\_\_\_\_

TRUFI = \_\_\_\_\_

PLEAP = \_\_\_\_\_

VOOCADA = \_\_\_\_\_

# WORDSEARCH

N F S C M E R E T A W  
O S M I L E J H X V P  
U H P N M O G A N I C  
R Y B A M U Q W H T T  
I H S G R T O G B A L  
S S Z R D D R D F M K  
H E D O H O S U U I Z  
X R E S T O T A H N W  
Y F H Y D R A T E S D

ORGANIC  
WATER  
OUTDOOR

FRESH  
VITAMINS  
HYDRATE

NOURISH  
REST  
SMILE

# JUST KIDDING!

What is long, green and slowly turning red?

A cucumber holding it's breath!

Why did the fridge call the plumber?


It had a leak!

What kind of table can you eat?

A vegetable!







# MINDFUL MOMENTS

Mindful breathing is a simple but powerful act that works well on its own or as an introduction to calmer activities.

**Time:** 5-10 minutes.

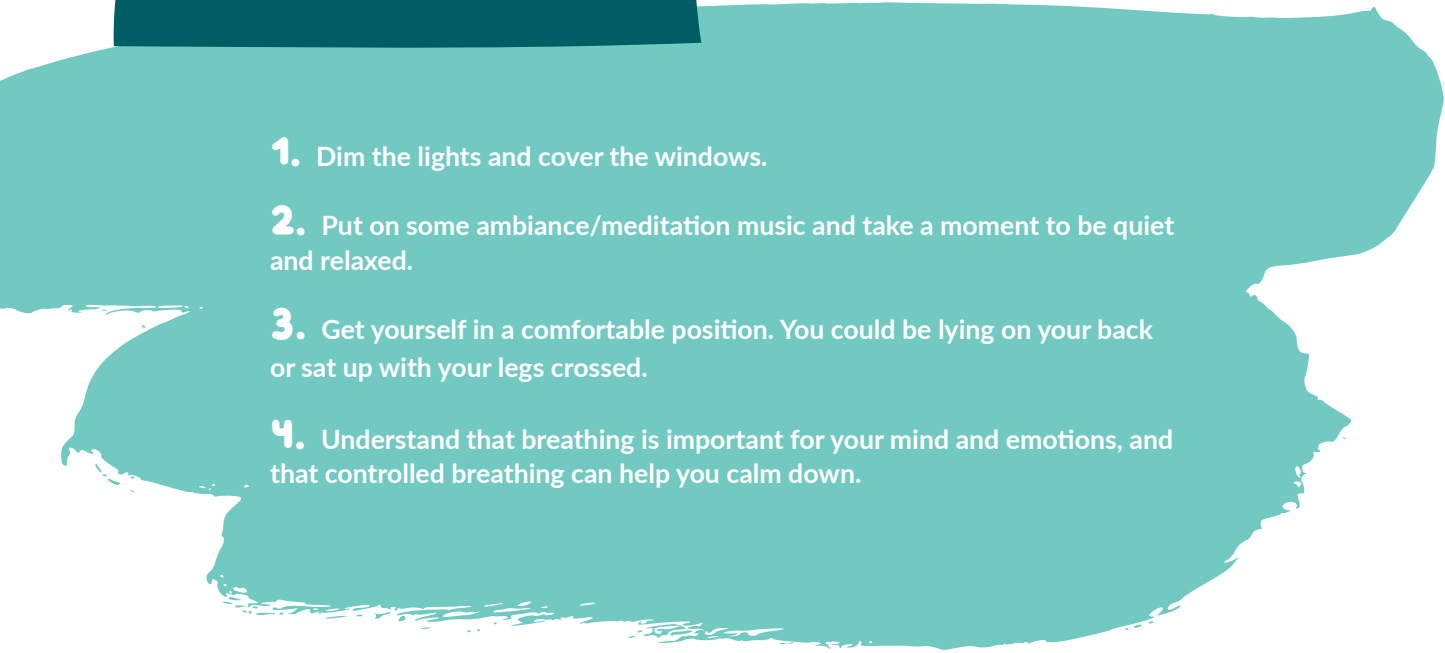
**Equipment required:** An open space, mats or cushions, meditation music.

**Benefits:**

- Promotes relaxation for the body as well as rest for the mind.
- Enhances cognitive functioning (including memory, concentration and performance).
- Improves emotional regulation.



## PREPARATION

- 
1. Dim the lights and cover the windows.
  2. Put on some ambiance/meditation music and take a moment to be quiet and relaxed.
  3. Get yourself in a comfortable position. You could be lying on your back or sat up with your legs crossed.
  4. Understand that breathing is important for your mind and emotions, and that controlled breathing can help you calm down.

## THE EXERCISE

1. Begin by breathing slowly and deeply. Deep breath in, slow breath out.
2. Put a hand on your belly. You will be able to feel the rise and the fall of your breath.
3. After five breaths, guide yourself to any thoughts and feelings you may have.
4. Imagine that the thoughts and feelings are bubbles, floating away with each breath.
5. Stay like this for as long as is right, repeating the cues to feel each breath and let go of your thoughts.

**NOTE HOW YOU  
FEEL AFTER  
BEING MINDFUL...**



**...AND TRACK  
YOUR ACTIVITY**

On the centre pages we provided a healthy habits tracker for you to see how much wonderful progress you are making. This activity will count towards your 10minutes of mindfulness each day!





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**SHARE THE  
JOY**



We'd love to know how you get on with these activities! Ask a parent or guardian to tag us on socials with your summer of fun!



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Apple Store, Shropham,  
NR17 1EJ



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