

# Let's Get Active at Home

Week 3

This *Let's get active  
award* book belongs to:

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**Week 3**

**This week's theme:**  
**Reduce, Reuse, Recycle**

**Challenge yourself to do at  
least 60 minutes of physical  
activity every day this week**



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# Welcome!

Week 3

All children and young people need at least **60 minutes of physical activity every day** for health. This can be difficult without the things that usually add to these daily 60 minutes such as walking to school, PE, sports training or playing with friends.

It's more important now than ever to keep active and stay healthy, both for your body and your mind! That's why the Irish Heart Foundation have created the **Let's Get Active (at home) Challenge** to help and encourage you to achieve your daily recommended amount of physical activity at home.

Each week, we will challenge you to do at least 60 minutes of physical activity. Everyone who achieves their goal of 60 minutes every day will receive a printable **certificate of achievement**. Don't worry if you don't reach 60 minutes every day in your first week - there'll be 4 weeks of booklets in total with different themes to help you achieve your goal. Focus on building up your physical activity gradually and most importantly, have fun! 😊

### What is the Challenge?

- Get active for **60+** minutes every day (Why not break the 60 minutes into short bursts?)
- Move more, sit less
- Try new activities
- Have fun

### Try to include:



Muscle strengthening activities



Flexibility exercises



Bone strengthening activities



Aerobic activity

Ready?  
Let's get started!

This booklet contains tips and ideas for getting active, as well as bonus activities like games, crafts, mindfulness and recipes.

This week, our theme is **"Reduce, Reuse, Recycle"** so all the activities relate to household waste and creative reuse.

Don't forget to keep track of your physical activity every day using the **chart at the back of the booklet**. Why not stick this chart on the fridge or somewhere you will see it every day?

We'd love to hear how you're getting on with the Let's Get Active Challenge! Ask an adult to help you share your ideas for getting active and ways you've used this booklet.



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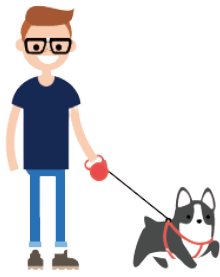
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WHAT IS PHYSICAL ACTIVITY?

Physical activity is **any** body movement



General Activity

- Walking
- Playing with pets
- Climbing the stairs
- Doing housework

Exercise

- Running
- Skipping
- Dancing
- Yoga

Sport

- Kicking a ball around the garden
- Practicing skills
- Playing a match with your family



WHY BE ACTIVE

BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Healthy heart
- Strong bones
- Improves mood
- Reduces stress
- Healthy weight



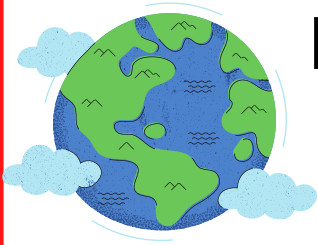
60 MINUTES



60 minutes doesn't need to be done all in one go. This can be broken down into smaller blocks of **10 minutes** of physical activity **throughout the day.**

Children and young people need at least **60 minutes** of physical activity **every day** for health benefits.





# Reduce, Reuse, Recycle

*Fun Facts*



## What is recycling?

Recycling is the process of taking organic material such as glass, plastic, metal or paper and processing it so that it can be used all over again.

## How can you help?

**Reduce** – only use things that you really need.

**Reuse** – use items more than once and in different ways. We'll give you loads of ideas of how to do this throughout this booklet.

**Recycle** – put things such as paper and plastic in the recycling bin and food in the compost bin. Ask your parents if you aren't sure what should be recycled.

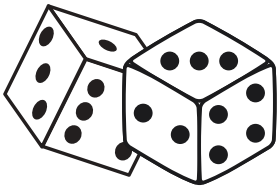
## Did you know...

- Recycling is good for the environment, saves energy and natural resources and reduces pollution.
- The average family uses 6 trees worth of paper every year.
- Each ton of recycled paper can save 17 trees.
- Plastic can take up to 500 years to full decompose.
- If you recycle one plastic bottle you can save enough energy to power a computer for almost half an hour.
- As much as 50% of waste in your general bin could be composted.
- It takes 670 recycled aluminum cans to make a bicycle.
- Glass, steel and aluminum cans are 100% recyclable which means they can be used again and again!
- Glass placed in landfill will never decompose. Archaeologists are still finding glass used in the Roman period.



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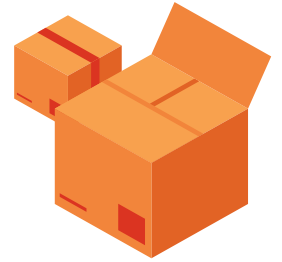
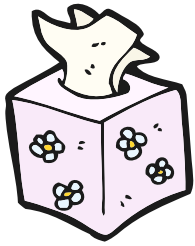




# Movement Dice

Get Active

Use empty cube-shaped tissue boxes to make movement dice (or use a cardboard box for giant dice!)



## Instructions:

- Print and stick each of the 6 moves below onto each side of the box (printables are included at the back of this booklet). You could also write or draw the words or pictures onto the box to save paper.
- Throw the dice and do the move that lands facing up for 20 seconds.

## Moves



Kick



Crawl



Hop



Jump



Punch



Run

If you have another box, add the following describing words to its 6 sides and play with 2 dice.

## Describing words

Forward

Backwards

Sideways / side-to-side

Slow

Fast

Around in a circle

- Throw both dice.
- Do the move on the move dice in the style of the word on the describing dice (e.g. 'Crawl around in a circle' or 'hop backwards')



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# Recycling Bin Challenge

Get Active

Most recycling bins are filled with objects that could be used for keeping active. With a little creativity and imagination you can find loads of fun uses for these everyday things! We've included some ideas below, but there's no limit to what you could create.

**Make sure anything you use is clean and dry and that an adult has checked that it's safe.**

## Toilet/kitchen roll tubes



Hold the tube upright and balance a ball on top. Have a race or do an obstacle course without dropping the ball.

Use as targets for a ring toss game.\* (make holes in a cardboard box and place the bottom part of the tubes in the holes to keep them upright).

## Plastic milk jugs



Image: Lakeshore Learning

Cut the bottom off plastic milk jugs to make a catching game.

Or use the instructions on the following page to make a solo catching cup!

## Newspapers



Squash sheets up into balls to throw at or into targets.

Roll into lengths to make a bat or a stick for rounders, hockey or golf games



Wrap around bottles or cans to colour and decorate them (for the other games suggested on this page)

## Cardboard

Flatten out and draw lines of different distances (like rungs of a ladder). Jump as far as you can and see what line you can get to.



Cut holes of different sizes in boxes as a target for throwing games or a hole for mini golf.

Use boxes as hurdles to jump over



## Plastic bottles

Arrange like pins for bowling games. Partially fill with water, stones or sand for added challenge.



Fill with water to make weights.

Use as targets for a ring toss game.\*

## Tin cans

Place sideways on the floor for mini golf holes (make sure to shake ball out, don't put fingers inside in case of sharp edges).



Place on a stick in the ground to make a tee to place a ball on for batting/striking.



Stack up in a triangle and knock down with a ball or beanbag.



### \*For ring toss games, make rings from:

- Cardboard cut into circles (or paper plates) with holes cut inside.
- Short lengths of rope (or rolled up newspaper) bent into a ring and fastened with tape.
- Cardboard from used sticky tape

Decorate your targets with colours or write a different number on each for points, then have fun trying to throw the rings onto the targets.



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# Make a Catch Cup

## You will need:

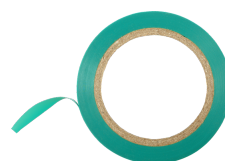
- Empty plastic milk container with a handle
- Scissors
- Wool or string
- Electrical tape
- A small ball with holes or a bobble/pompom

**SAFETY: Ask an adult to cut the bottle and make a hole in the lid**

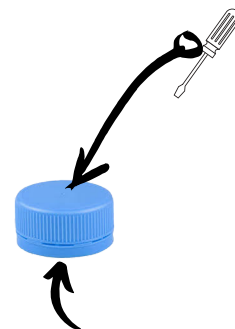


**1.** Cut the bottom off the container.

Use electrical tape to cover the newly cut edge and add some extra colour to your catch cup



**2.** Make a hole in the lid of the jug using a screwdriver, pen or scissor.



**3.** Thread some wool or string through the hole and tie a thick knot in the end.



**4.** Decide how long you want your wool to be. Longer will be more challenging and shorter will be easier. You can always leave it longer than you need and adjust the length by pulling it through the lid and tying another loose knot. Allow enough extra length for tying the ball on, then cut the wool.



**5.** Tie the ball onto the wool.

Hold by the handle and have fun flicking the ball into the cup!





# Bottle Bubble Blower

Make and Do

Blow the best bubbles with this blower made from recycled materials.

## You will need:

- Empty plastic drink bottle\*
- Scissors
- Clean old sock or plastic net bag from fruit or vegetables
- Tape
- Elastic band (or hair bobbin)
- Bubble solution (1 part washing up liquid to 6 parts water)



\*The bottle can be large or small but if using a sock, this will fit better on a small bottle.

1. Cut off any labels or fasteners from the net.
2. Ask an adult to cut the bottom off the bottle (it will be easier to cut if they make a hole in the plastic with a pen first and cut from here. Make sure to cut off any uneven edges).
3. **Sock:** Put the sock over the bottom of the bottle and fasten in place with an elastic band or hair bobbin.  
**Net:** Place the net over the opening and tape in place.
4. Dip the net or sock end into bubble solution, then blow through the mouth of the bottle for fantastic bubbles!

The **net** makes a big cluster of bubbles, like a flower

The **sock** makes a long tube of bubbles, like a snake



Make sure not to inhale the bubble solution through the bottle; the bubbles will work equally well whether you blow into it from a centimetre away or put your mouth around it.



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# Food Waste

*Get Cooking*

It's easy to forget that food is something that can be wasted and that by doing so this can hurt the environment and cost money! There are lots of ways to be careful about not wasting food.

Why not try one of the tasty recipes below using what's left in the fridge and cupboards.

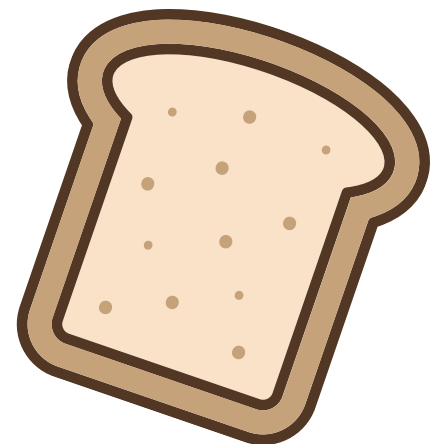


## Did you Know?

- In Ireland, over one million tonnes of food is wasted every year
- Half of all salad we buy does not get eaten
- Bananas, berries and other fruit can be chopped and frozen to use later in smoothies or as ice cubes.
- Bread that's a little stale can be used as croutons for soup, or warmed up in the oven to give it some freshness
- Using fruit and veg that is in season means our food doesn't have to travel so far. Can you find out what's in season now?

## Remember the 5 R's to avoid Food Waste....

- **Refuse** - Say No, take only what you know you can eat.
- **Reduce** - Help plan meals ahead and only buy what is necessary.
- **Reuse** - Save leftovers for the next day rather than throwing them away.
- **Recycle** - Turn leftovers into something new - can you come up with your own recipe idea for what's in the fridge?
- **Rot** - Use the brown bin or compost where possible.



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# Recipes: Use your leftovers

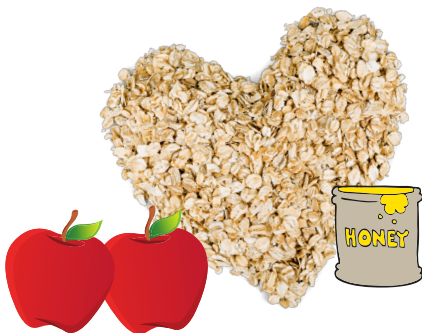
*Safety: Make sure to ask an adult to help when using a grater, knife or cooker.*

## Banana Oat Cookies

Don't throw out your brown bananas! The riper (brownier) the bananas are, the more sweetness they will add to baking or smoothies thanks to their natural sugars. These yummy oat cookies are made with apples, bananas and honey instead of sugar and are fun to make and eat.

### Ingredients

2 apples  
2 ripe bananas  
130g porridge oats  
1 tablespoon of honey  
1 teaspoon of cinnamon  
75g of raisins (optional)



### Method

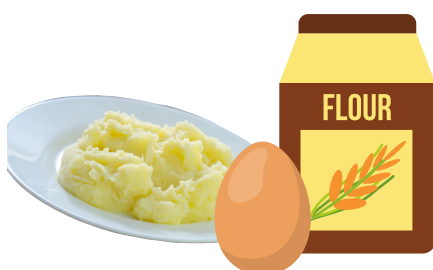
- Preheat the oven to 180°C (Gas mark 4) and spread some greaseproof paper on a baking tray.
- Carefully grate the apples using a cheese grater.
- Place a sieve on a large bowl and put the grated apple in the sieve. Use your hands to squish the apple against the sieve so that as much of the juice as possible drains into the bowl. (You won't need this juice for the cookies so drain it into a glass to drink!)
- Mash the bananas with a fork and mix in all the rest of the ingredients until combined.
- Place tablespoons (or dessert spoons) of the mixture onto the prepared baking tray and press with the back of the spoon to flatten. If using raisins, press them down into the mixture to make sure they don't burn at the top of the cookies.
- Bake for about 30 minutes until golden brown.

## Potato Cakes

Leftover mash makes yummy potato cakes for breakfast or a snack.

### Ingredients

500g cold mashed potato  
100g plain flour  
1 egg, beaten  
1/2 teaspoon dried mixed herbs  
2 teaspoons vegetable oil



### Method

- In a big bowl, mash the egg into the banana using a potato masher. Add the mixed herbs.
- Mix half the flour into the potato mixture using a wooden spoon. Then add a little bit at a time while using your hands to mix it together until the mixture comes together into one smooth piece (you might not need to use all of the flour). Form into small balls and flatten, using your hands.
- Fry gently in a pan with vegetable oil over a medium heat 5-10 minutes until lightly browned, then turn with a spatula and fry on the other side.

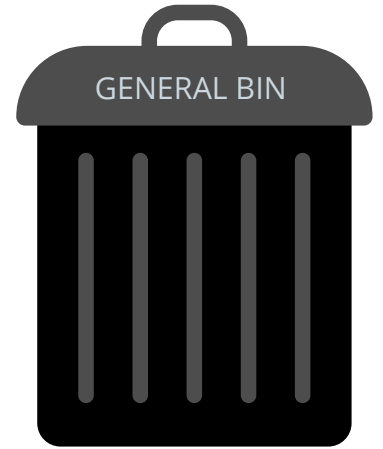
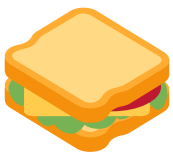




# Which Bin?

Matching

Draw a line to place an item in the correct bin



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# Quiz and Wordsearch

Quiz Time

Answer the questions on recycling and the environment below, can you find the answers in the word search?



Before you put items in the recycle bin they must be **C \_ \_ \_ \_**

Recycling bins are sometimes what colours? **G \_ \_ \_ N** or **B \_ U \_**

Food waste goes in which colour bin? **B \_ \_ \_ \_**

The symbol for an item that can be recycled usually has three **A \_ R \_ W \_**

Using less of this type of packaging is better for the environment: **P L \_ \_ \_ \_ C**

In nature, these are tall and leafy and help the earth to breathe. **\_ R \_ E \_**

This is the place where we all live and should look after. **E \_ \_ T H**

Where possible, instead of using the car, you and your family could travel on the **B \_ \_** or the **T \_ \_ \_ N**

Glass can be recycled at the Bottle **B \_ \_ \_** which are usually found at supermarkets and other places.

When we recycle, reduce and reuse this reduces the amount of **P \_ L \_ \_ \_ \_ N** on the planet

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



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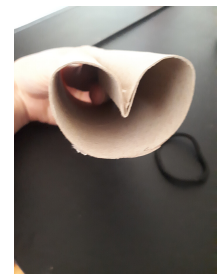
# Heart Stamps

Get  
Creative

Use cardboard rolls to make heart stampers, easy to do and lots of fun! Why not hang in your front window to show your friends and neighbours you are thinking of them? Ask an adult to share a photo of your artwork or check out other creations on Twitter using the hashtag **#showsomeheART**

## You will need

- Cardboard rolls (kitchen roll or toilet roll tubes)
- Elastic bands or hair bobbins
- Paint
- Plate to put paint on - make sure this is big enough for your stamp
- Something to stamp on, you can use anything you have in the house to stamp on, cardboard, paper, paper bag



**Step 1:** Making the cardboard roll - create a crease along the top. Pinch the inside to form the point of the heart. Once happy with the shape place an elastic band or bobbin on it to hold in place.

**Step 2:** Place your paint on the plate. You will need enough room to cover your stamp. Rolling the cardboard back and forth will make sure that you cover it.

**Step 3:** Stamp - Cover your stamp in paint and do as many hearts and colours as you want. You could use both ends of your cardboard roll for different colours. Make enough stamps for the colours that you need.



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# Mindful Glitter Jar

## You will need:

- A glass jar and lid, or plastic bottle for younger children
- Mixture of glitter (if you don't have glitter, mix food colouring, baby oil & colour beads)
- Hot water \* ask an adult to help you
- Clear glue & something to stir with
- Superglue \*ask an adult to superglue



## Instructions

1. Put the hot water into the jar, fill the jar but leave a little room at the top of the jar
2. Add 2-3 tablespoons of clear glue into the water
3. Mix the glue and water until you can't see the glue anymore, the more glue you put in, the slower the glitter will move.
4. Leave the water to cool down until it's lukewarm
5. Add each type of glitter into the jar. Start with the smaller finer types of glitter. Stir as you add the glitter into the jar, shake the jar with the lid on. Add each of the larger types of glitter, stir again and shake with the lid on. Repeat until you've added your glitter.

Optional: add a little bit of food colouring to change the colour of the water (1-2 drops)

6. When you're finished, ask an adult to help you superglue the lid. It helps avoid any leaks.

## Mindful exercise

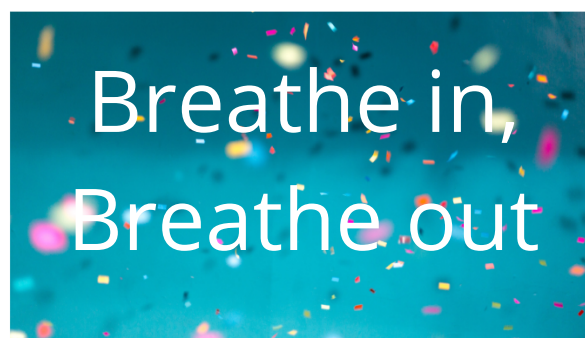
- Shaking our glitter jar helps to calm our busy minds.
- Our jars are like our minds and the glitter is like our thoughts and feelings.
- Watching the glitter fall can make us feel calm inside.



## Busy minds

- Shake the jar - inside your jar is like a busy mind with all of our thoughts and feelings.
- Let's try mindful breathing
- After shaking the glitter jar take deep breaths in and out
- Take a deep breath in ....1,2,3,4 and out 1,2,3,4,5,6,7

As you breathe in and out your mind begins to settle just like the glitter jar





# Make a Time Capsule

Family  
Time

(Time Capsule: Page 1 of 4)

A time capsule is a box that you place memories inside. You pick a date in the future to open the capsule, then hide it away until you are ready to open it again. Some people bury it in the garden or hide it in their homes.

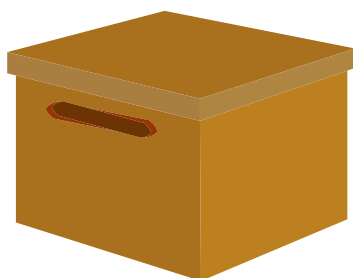
You could make a family time capsule, or each person could make their own. Make sure you write your name on the time capsule, the date you seal it and the date you want to open it up.

## You will need

- A box – you could use a shoe box, a plastic box, a cardboard box. If you are going to bury it outside make sure its weather proof.
- Memories – think about what you can include in the box that captures this moment in time.
- Decorating materials – you can wrap the box and decorate it whatever way you like. This will work if you are hiding it inside.

## What you could include

- A letter to your future self
- A day in the life – a diary entry of what a typical day is at the moment
- Newspapers/magazines
- Photographs
- Heart art or any art work you create
- Empty wrappers
- Handprints - trace your hand or use paint. Make sure to write your name and age on it. Why not do one for all the family?
- Anything you want - think of things that represent right now



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# All About Me

(Time Capsule: Page 2 of 4)

*Family  
Time*

My name is

My age is

My best friends are

When I grow up I  
want to be

Ways I am keeping myself  
busy

- 1.
- 2.
- 3.

My Favourite

Colour

Food

TV Programme

Book

Toy/game

Movie

Youtuber



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# My Family

(Time Capsule: Page 4 of 4)

Family  
Time

Draw a picture of your family, don't forget to include your pets



How many people are in your family ?

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Can you describe them? Write their names, what they do & a fact about each member.

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Track your  
progress

# Let's Get Active at Home



1

Every day, cross off or shade in a circle each time you do 10 minutes of activity.

2

If you do more than 60 minutes on a day, write your extra minutes in the big yellow box.

3

At the end of the week, add up your total minutes of activity.

4

Write down all the activity you do during the week in the boxes.

5

Try to improve on your weekly totals each week by spending more time on your favourite activities.



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Week 3

# Let's Get Active at Home

Track your  
progress

- Use this chart to keep track of your daily physical activity.
- Each day, colour in a circle for every 10 minutes of physical activity that you complete.
- Make sure to write in any extra minutes that you achieve and calculate your total each day.

MONDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
TUESDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
WEDNESDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
THURSDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
FRIDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
SATURDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
SUNDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>

Well done!

WEEKLY TOTAL

<input type="text"/> Minutes
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# How have you been active this week?

Track your progress

Activities I did this week:

Something new I tried:

A challenge I overcame this week:

Parent Signature:

Week 3



Let's get active  
Let's stay active

[irishheart.ie](http://irishheart.ie)



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Kick



Crawl



Hop



Jump





Punch



Run

Forward

Backwards

slow

Sideways

or

side-to-side

Around in  
a circle

Fast