

Let's Get Active at Home

Week 4

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

Week 4

This week's theme:
Around the World



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

**60
MINUTES**



**Irish Heart
Foundation**

Welcome!

Week 4

All children and young people need at least **60 minutes of physical activity every day** to be healthy. 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. 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 **"Around the World"** so all the activities relate to people and places around the world.

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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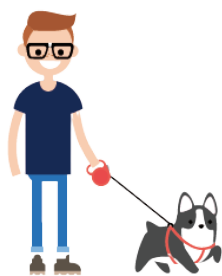


schools@irishheart.ie



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Get Active



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.



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Sports from Around The World

Get Active



Hawaii

Surfing

Surfing is a water sport that involves riding along breaking waves on a surfboard.



The world record for the longest surf on a single wave is 37 minutes.



Japan

Sumo

Sumo is a type of wrestling where competitors try to push each other to the ground or out of the ring.



The origins of sumo date back up to 2000 years, when dance rituals displaying strength were performed as a sign of respect to the gods.



Canada

Ice Hockey

Ice hockey is a team sport played on ice skates. Players use sticks to hit a flat puck along the ice into a goal.



In the 1800s the first hockey pucks were made from frozen cow dung!



Brazil

Capoeira

Capoeira is a martial art that combines self-defense, dance and acrobatics. Only the hands or feet can touch the floor and players are in constant motion.



The rhythm of the music in capoeira determines the speed and style, including distance between opponents and the amount of contact or acrobatics.



Thailand

Muay Thai

Muay Thai (thai boxing) is a martial art and combat sport that uses different parts of the arms and legs.



At the beginning of a Muay Thai match, fighters perform a traditional dance-like ritual that pays respect to their teachers and demonstrates their style and control.



Norway

Cross-country Skiing

This is a type of skiing to move across snow on flat ground.



Cross-country skiing originated as a method of travelling and hunting before evolving as a sport and recreational activity.

Let's try some of the movements from these sports!

Surfing - Balance on something wobbly (or walk along a line) with arms out.

Ice Hockey - Move a ball or jar lid along the ground with a stick.

Muay Thai - Shift your weight onto one leg, lean your body back and kick high with the other leg.

Sumo - Squat down with hands on thighs and walk your legs forward, staying low.

Capoeira - Touch the ground with one hand and swing the opposite leg around in a circle.

Cross-country skiing - Slide along the ground walking forward without lifting your feet and pump your arms (move opposite arm with opposite leg).

- Create an obstacle course that uses these, or similar, movements.
- Make up a dance that uses these sport moves.
- Perform other movements from different sports that you know.



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Get Active

Active Alphabet

In the below alphabet, each letter represents a different movement. Spell out words with your body using the movement for each letter.

Choose some of these challenges to spell:

- A country that you know somebody from.
- A country you have been to.
- The county that you live in.
- The name of your city, town or village.
- One (or all!) of the 7 continents.
- Your full name.
- The day of the week today.
- The names of people in your family.
- Some of your school spellings.

(Take a 30 second break between words)

- | | |
|---|---|
| A Lie on your back then stand up (5 times) | N Hop on right foot (10 times) |
| B Swing arms slowly in big circles (10 times) | O Take 10 long steps forward |
| C Touch the ground then jump up high (5 times) | P Jump up high (10 times) |
| D Lift knee and touch with opposite hand 20 times (alternating sides, 10 on each side) | Q Touch your toes and hold for 10 seconds |
| E Crawl on the floor for 10 seconds | R Hop on left foot (10 times) |
| F Touch your toes (10 times) | S Run on the spot for 10 seconds |
| G Lie on your back and pretend to pedal a bike with legs for 10 seconds | T Stretch arms and legs out wide like a star for 10 seconds |
| H Bounce side to side (10 times) | U 10 Jumping Jacks |
| I Punch the air 20 times (alternating arms, 10 on each side) | V Jump with an imaginary skipping rope for 10 seconds. |
| J Spin around (5 times) | W Kick left leg (10 times) |
| K Flap your arms like wings for 10 seconds | X Gallop like a horse for 10 seconds |
| L Kick right leg (10 times) | Y Slither like a snake for 10 seconds |
| M Jump like a frog (10 times) | Z Kick heels to bum 20 times (alternating legs, 10 on each side) |

With someone in your household, take turns spelling out the names of different places without saying out loud what it is. See if you can figure out what words each other have spelled.



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Match the Flag

*Get
matching*

Draw a line between the flags that are the same.



Scotland



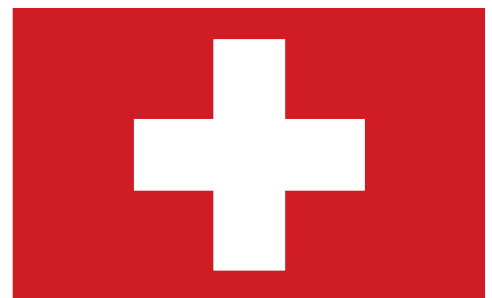
Switzerland



South Africa



Vietnam



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Continents of the World

Fun Facts

The world is made up of large areas of land called continents which are separated by water or other natural features.

Name and colour in the continents below.



1. North America
2. South America
3. Africa
4. Europe
5. Asia
6. Australia
7. Antarctica

Asia is the largest continent. It has the biggest land area and the world's biggest population. This means more people live on the Asian continent than any other.

Africa is the continent with the most countries. There are 54 countries on the African continent.

Antarctica is almost entirely covered in ice and is extremely cold. People don't really live here, but scientists spend time here carrying out experiments. It is also home to penguins and seals.

Australia is the smallest continent. It includes Australia, New Zealand, New Guinea and some smaller islands.

Europe consists of 50 countries. The largest countries in Europe are Russia, Ukraine and France. 27 of the countries in Europe are part of the European Union, most of which use the Euro as their currency (money).

North America consists of 23 countries including the USA, Canada and the Caribbean islands.

South America is divided into 12 countries and the largest of these is Brazil. The most widely spoken languages here are Spanish and Portuguese.



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Colouring the World

*Get
colouring*

Now it's your turn to colour the globe



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HELLO!
ALOHA
BONJOUR
HOLA

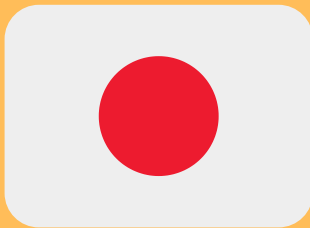
Guess the Flag!

Get guessing

Can you work out which country the flag belongs to using the list at the bottom of the page? Fill in the box with each country's name.
Practice saying hello in each different language.



Hola
(O-la)



Konnichiwa
(koh-nee-chee-wah)



Olá!
(O-la)



Ciao!
(Chow)

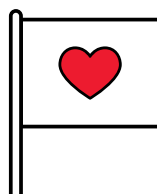


Bonjour!
(Bohn-jur)



Nǐ hǎo
(Nee-haow)

China
Brazil
Italy



Japan
Spain
Canada


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Folding Surprise

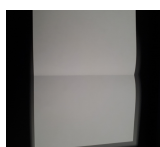
A card with a hidden picture inside. Start with a heart and turn it into a brand new picture. Try this simple folding surprise and see how easy it really is.

Share your creations on twitter using the hashtag **#showsomeheART**



You will need

- Paper
- Black marker
- Colours



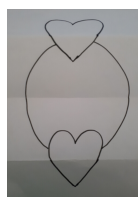
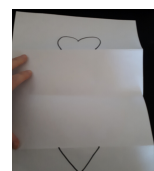
Step 1. Fold paper in half from top to bottom.



Step 2. With the paper folded, take the bottom corners of the top flap and fold them up to the middle crease.



Step 3. Draw a heart in the centre of the page.



Step 4. Open up and complete the two individual hearts. Draw two curved lines, linking the two hearts. This is your globe.



Step 5. Draw the continents - keep it simple. Follow the picture.



Step 6. Colour in your picture, use whatever colours you like.



Step 7. Add in any words that you want. Be careful - where you write will be either inside or outside of the folding surprise card.

Step 8. Fold up ready for the reveal. You could give it to someone you care about.





Dips and Veggies

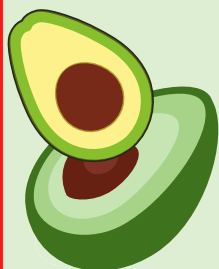
Get Cooking

These yummy dips from around the world are easy to make. Try them with fresh and crunchy veg sticks like carrots, peppers or cucumber.



Guacamole

Guacamole originated in Mexico, where avocados were first grown 10,000 years ago. In the 1900s, avocados were often called "*alligator pears*" because of their shape and skin.



Ingredients

- 2 ripe avocados
- 1 garlic clove, peeled
- Squeeze of lime
- Cherry tomatoes (optional)

Method

Remove the avocado from the skin and add this to a blender along with the garlic clove and squeeze of lime. Blitz to a chunky or smooth consistency, your choice! Add chopped cherry tomatoes or a little coriander at the end for extra flavour.

Hummus

Hummus was traditionally eaten in numerous Middle Eastern and Mediterranean countries and has gained popularity around the world. Try it as a dip for veggies or spread on toast or a wrap for a yummy sandwich

Ingredients

- 1 400g tin of chick peas (drained and rinsed)
- 1/2 cup low fat plain Greek yoghurt
- 2 tablespoons lemon juice
- 1 teaspoon cumin
- 1 garlic clove, peeled (optional)

Method

Add all the ingredients to a blender or food processor and blitz until combined, scraping down the sides as you go. Add a tablespoon of water or a drizzle of extra virgin olive oil if too thick.

To add fun colour to your hummus, try adding a handful of spinach or half a cooked beetroot!!



Tzatziki

Tzatziki comes from Greece and is a dip or sauce made from yogurt and cucumber.

Ingredients

- 2 cups plain low fat plain Greek yogurt
- 1+1/2 tablespoon dill, chopped
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1/2 cucumber, grated



Method

- Combine yogurt, dill, lemon juice, garlic, cucumber in bowl and mix well.
- Chill for 30 minutes before serving.

Did you know?

Slices of raw vegetables for dipping are sometimes known as **crudités**. This comes from French and means "*raw things*".



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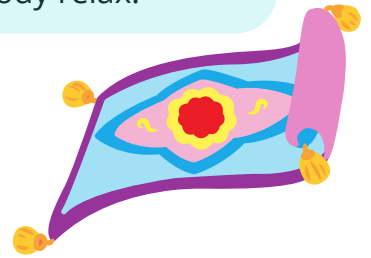
Magic Carpet Mindfulness

The idea of a magic carpet (a mythical carpet that can fly people through the air) comes from Middle Eastern folk tales as far back as the 10th century.

Sometimes when we are angry, stressed or feeling a lot of emotions our muscles 'tense up' without us noticing. For example, your hands might make fists, you might clench your jaw or your shoulders might be pushed up.

In this body scan, we will tense up (squeeze) then relax the muscles in different parts of our bodies from head to toe to help the whole body relax.

**Find a beach towel or mat to use as your magic carpet.
Lay it out on the floor and lie down on it.**



Instructions:

- Lie down on your back, facing the sky, with your arms flat beside you. Keep your arms and legs on the floor for the whole body scan.
- Close your eyes and take a few nice deep breaths.
- Make a funny face by using all the muscles in your face (pretend you are trying to make your face as small as possible or squeeze your eyes, nose and mouth together). Keep your face like this for about 5 seconds then take a deep breath out and release, relax your face muscles.
- Now move your attention to your shoulders. Squeeze the muscles in your shoulder by pushing your shoulders up towards your ears for 5 seconds, then take a deep breath out and release.
- Continue to squeeze and release your muscles like this for each part of the body making your way down the body (arms, hands, tummy, bum, legs, then feet). Hold for 5 seconds each time and breathe out as you release the squeeze.
- Now take a few deep breaths and notice how your body feels. Do you feel relaxed?

This is a great technique to use if you are feeling stressed, or in bed if you can't sleep.



If you could fly anywhere in the world on your magic carpet, where would you go and why?

Who would you bring with you on the journey?



My Place in the World

Flip-up
book

The world is a big place and sometimes it might feel like we're very small in it. There are lots of different communities that we belong to, both in our local area and beyond, and we are important in all of them.

Create this flip-up book to explore the different places we are part of from the smallest to the biggest. You can print the pages at the back of this booklet, or make each page yourself.

You will need:

- The 7 printed pages at the back of this booklet (or 7 blank sheets of paper of any colour)
- Scissors
- A pencil
- Colours
- Glue or a stapler

Safety: Be very careful when using a scissors or stapler and make sure to ask an adult if you need some help.

Instructions:

1. Cut out each of the pages along the marked lines.


If you do not have the pages printed:

- Write the label MY PLANET at the very bottom of the first page.
- Place a second blank page on top to cover the first page completely and fold the bottom end of the second page up until you can see the words that you wrote.
- Fold along this crease and cut along the creased line on the second page.
- Write the label MY CONTINENT on the bottom of the second page. Then place a third page on top of this. Fold until you see the label, cut and write the next label at the bottom.
- Repeat this process (new page, fold, cut, write) until you have cut and labelled all 7 pages (see picture on this page for the rest of the labels)

2. Fill out the information on each page and draw and decorate each one.

3. Arrange the pages from the largest (MY PLANET) at the bottom/back to the smallest (ME) at the top/front. Make sure you can see the labels for all 7 pages.

4. Stick the top part together using glue or a stapler.

 ME
MY HOUSE
MY TOWN, CITY OR VILLAGE
MY COUNTY
MY COUNTRY
MY CONTINENT
MY PLANET



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Heart Symmetry

Get
Creative

Symmetry is when two parts of a whole are exactly the same. A heart shape is symmetrical. Here's a fun and easy way to explore symmetry with paint. 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**

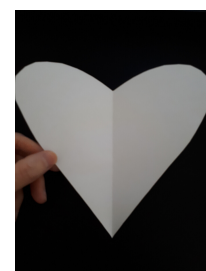
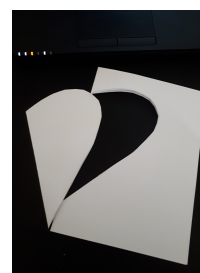
You will need

- Paper
- A scissors
- Paint (at least 2 colours)
- Paint brush or spoon (for blobbing)



Step 1: Make a paper heart

Fold your paper in half and cut out half a heart along the fold. If this is too difficult why not draw your heart first. Ask an adult for help with the cutting. Open up your full heart, ready for step 2.



Step 2: Paint

Add drops or blobs of paint to one side of the heart paper only. Use your paint brush or a spoon to help you if you need to.



Step 3: Squish

You may want to lay some paper underneath for this part. Fold over the heart and squish with your hands. Make sure you cover all of the heart.

Step 4: Reveal

Open up your heart and see how each side matches. Once dry hang it in your window for your neighbours to enjoy.



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Pen Pal

Get
Connected

As everyone is staying at home at the moment and finding new ways to connect, why not try one of the oldest ways – a letter. A pen pal is someone you write letters to, and get letters from. It's a really great way to stay in touch or to connect with someone new and learn all about them.

Who could you write to?

- Send a letter to someone on your street, you could deliver it on one of your walks
- Send a letter to someone in a nursing home
- Send a letter to a family member that you aren't able to see at the moment
- Send a letter to somebody who lives in another country

Getting Started

- Every letter starts with the date and a greeting. The greeting could be 'Dear' or 'Hi' and then the person's name. If you don't know their name leave it blank until you write again.
- Next you write the body (the main part) of the letter - write about things that the person may find interesting.
- For the first letter introduce yourself. Tell them who you are and why you are writing to them. Talk about what you have been doing lately.
- Ask them questions to find out what you would like to know about your new pen pal. This gives them something to write back to you.
- Finish the letter with your closing, such as 'Your friend', 'Until next time' or 'Your pen pal'.
- Signature - Finally sign your name at the end.
- Check out our template on the next page for some ideas. Use the template to start or write your own.

Date

Greeting

Body

Closing

Signature

Pen pal Checklist

- ☐ Did I include the date?
- ☐ Did I include a greeting?
- ☐ Did I tell my pen pal something about myself?
- ☐ Did I ask my pen pal a question?
- ☐ Did I answer my pen pal's question?
- ☐ Did I include a closing and signature?

Topics

- My family
- My community/neighbourhood
- Pets
- School
- Hobbies
- My favourites -books, colour, films, food.....
- What I am good at
- The weather
- What I did this week
- Games I like to play



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Pen Pal – Template

*Get
Connected*

Use this template to get started or follow the format and write your own letter using the topics and the pen pal checklist as your guide.

Date

Dear _____,

My name is _____.

I am _____ years old.

I am from _____.

I am writing to you because _____.

I like to _____.

This week I _____.

My favourite book is _____.

What is your favourite book? _____.

I want to learn how to _____.

I hope you _____.

I can't wait to hear more about you.

Your pen pal,



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Week 4

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
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
TUESDAY	Extra Minutes	Total Minutes
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
WEDNESDAY	Extra Minutes	Total Minutes
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
THURSDAY	Extra Minutes	Total Minutes
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
FRIDAY	Extra Minutes	Total Minutes
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
SATURDAY	Extra Minutes	Total Minutes
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
SUNDAY	Extra Minutes	Total Minutes
<div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div>10</div> <div></div>	<div></div>	<div></div>
Well done!	WEEKLY TOTAL	<div>Minutes</div>



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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 4



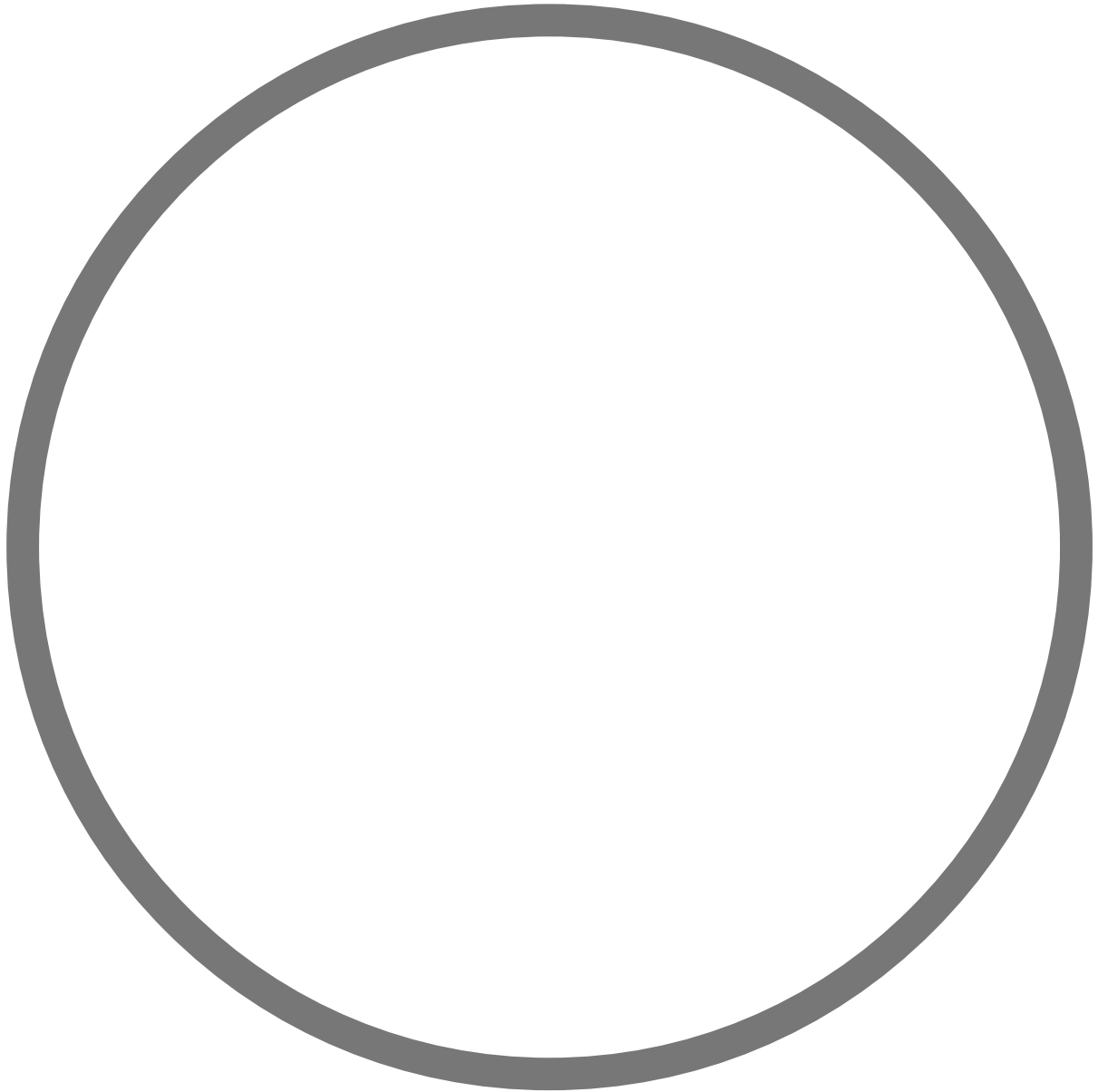
Let's get active
Let's stay active

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What colours are the Earth? Use a picture as a guide to help you draw and colour the planet.



I live on planet E _ _ _ h

MY PLANET

Circle the continent that you live in:

AFRICA

EUROPE

ANTARCTICA

NORTH AMERICA

ASIA

SOUTH AMERICA

AUSTRALIA

Can you find out the names of any 3 other countries that are also part of this continent?

1. _____
2. _____
3. _____

Write the name of your continent in the box and decorate it

MY CONTINENT



Cut along the dotted line

My country's flag



Draw your country or things that you know about it below

What are the best things about living in your country?

I live in _____

MY COUNTRY



Cut along the dotted line

Draw your county's flag (or county colours)



Describe your county with a picture or sentences below.

Is your county known for specific things? Can you find some fun facts about it?

My county is called _____

MY COUNTY



Cut along the dotted line

Draw a map of your area or some local landmarks

Is your school nearby? Where are your favourite places to go in your area?

The place I live is called _____

MY TOWN, CITY OR VILLAGE



Cut along the dotted line



Draw your house

What are your favourite places in your house?

I have lived here since _____

MY HOUSE

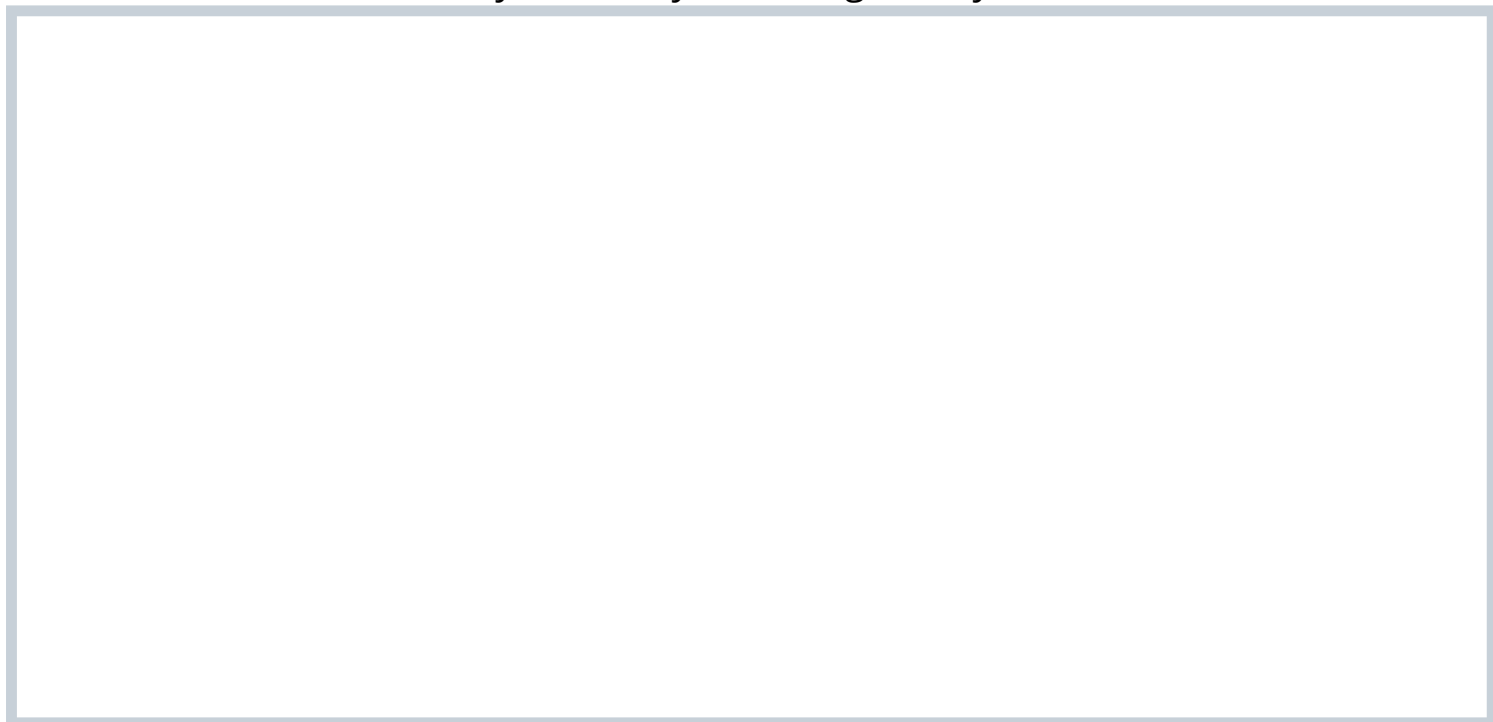


Cut along the dotted line

My place in the World

Draw yourself

Include your family and things that you love



ME



Cut along the dotted line

Page 7 of 7
(this will be the front page)