

OC

All sitting Pillows in a pile in the corner

JADE Hello everyone – we are the Healthybods!

SHAUNA We will be spending time with you today thinking about how we keep our minds and bodies healthy

CHARLIE First of all we need to prepare by warming up as this will make us feel focussed
Come on Healthybods

LIAM Warming up means it is safe to move around without causing injury

WARM UP DANCE *after warm up dance healthy bods gravitate to pile of pillows* (rdb)

Next dialogue happens ldf

SHAUNA Our bodies and minds are focussed now so we are ready to get started

THROW AND PICK ANOTHER ONE UP (FROM THE CORNER)

ELLIE Today we are going to be thinking about choices we make each day

THROW AND PICK ANOTHER ONE UP

DAISY And the consequences

THROW AND PICK ANOTHER ONE UP

ALL Consequences??

THROW AND PICK ANOTHER ONE UP

WILLOW Yes – a consequence is the thing that might happen as a result of making that choice

THROW AND PICK ANOTHER ONE UP

EAMON Ah – so do you mean if I choose to eat loads of ice cream crisps and chocolate I will have a poorly tummy

THROW AND PICK ANOTHER ONE UP

CORAL Exactly

TRANSITION INTO SLEEP POSITIONS

CLIODHNA Most of the healthybods had a great night sleep

Sleep is important as it allows the body and mind to rest
and be prepared for the next day

CORAL Lets have a look at that

SLEEP MOVEMENT

SUMMER Oh dear – some people did not have good night sleep, did anybody notice what was wrong

LIAM we were playing games under the covers and went to sleep really late

ERIN What will the consequence be?

SUMMER They will be tired and they wont have good focus

JADE tonight we should put our ipads away

and read in bed instead

CHARLIE come on lets get ready for the day

TRANSITION INTO POSITIONS FOR BREAKFAST POEM

LUCY Breakfast is an important meal as it sets you up for the day.

MOLLY I usually skip breakfast as I am in a hurry

ELLIE But breakfast is the fuel to get you ready for the day

ERIN Lets think about healthy breakfast choices

Interactions about breakfast - SPOKEN BY JADE SHAUNA DAISY AND WILLOW

First we wash our hands before touching any food

Make sure the table is clean

Find a clean plate bowl knife and spoon and fork

Now we've set the breakfast scene

Fibre is a good choice it makes you feel full

It's usually in cereal and bread

Milk is good for healthy bones and teeth

Its hidden in low fat spread

Sugar is in lots of things you might not even know

But too much sugars bad for health

Your energy increases but you soon feel very tired

So try to choose some fruit or something else

Protein equals vitamins which keep your body strong

You find them hidden in your food

They turn into your much needed energy

And generally make you feel good

Performers put t shirt on – clean uniform

CHARLIE The healthybods are full of energy now

LIAM So the consequence of having a good breakfast is having energy and feeling prepared

KAS Yes – ready for the day ahead

TRANSITION INTO CLASSROOM

CORAL The healthybods are ready in their clean uniforms

ERIN In the classroom everyone looks ready to work

CHARLIE Hang on a minute , I can see that people are doing the same job – but they are all acting different

SUMMER Lets see how people are feeling – why – and what we might do about that

CLIODHNA First of all lets think about different types of feelings

Basic Emotion movement

LUCY – Lets see different emotions we might have in a classroom

CLIODHNA I don't understand the question

All confused

DAISY Put your hand up and ask for help

LIAM I am good at doing this

All Happy

LUCY You can help your friends to complete the task

ERIN He has got the pencils I like to use

All Angry

EAMON Don't worry – we can share

MOLLY My tummy feels funny because my parents have been arguing

All Worried

WILLOW Talk to the teacher at playtime

ELLIE I cant concentrate

All Tired

SUMMER Tonight read a book instead of looking at a screen

SHAUNA I have scabby toenails

All Embarrassed

KAS Tell your dad and he can make you a doctors appointment

LUCY My friend didn't play with me at playtime

All Sad

JADE I didn't realise you were alone – next time lets all play together

CORAL Its my grans birthday party later

All Excited

CLODHNA I bet you will have a great time with your family

FREEZE

JADE We have learned that in the same classroom everyone feels different

SHAUNA Sometimes its hard to describe a feeling

SUMMER But it is good to try because sharing a feeling can make you feel better

KAS You can talk to a friend

WILLOW or an adult like a family member or teacher , who are other trusted adults?

ERIN A policemen, the doctor, a nurse.

MOLLY You can share good feelings too and make other people happy

TRANSITION IN TO BENCH AT THE BACK

WILLOW The healthybods have a PE lesson now

KAS first they are choosing teams

CHARLIE you you you and you can be on my team, I am the leader and I will make all of the rules just copy me and you'd better be good at it.

COMPLEX COPYING ROUTINE

CHARLIE You are rubbish I don't want you in my team.

EAMON gosh hes is a bit bossy,

JADE the game did not look fun and no one looked like they were having a good time

LUCY Teams work better when everyone is allowed to put their ideas in

CORAL In my game I only want people who are good at balancing.

BALANCING ROUTINE

CORAL You were rubbish you fell over

LIAM That was unfriendly as not everyone is good at balancing, but I bet they would've liked to try and practice

LUCY Anyone can join in my game – lets decide on the rules together. Boys and Girls can you stand up and lets all join in. Lets put it all together.

ROUTINE SHOWING TEAMWORK AND CARE

MOLLY Well done everyone you can all take a seat again

DAISY That was the best teamwork – everyone looked happy and included

ERIN We have learned that being kind and considerate will mean you have good relationships

TRANSITION INTO LUNCH – GRAB PROPS

ELLIE It is lunchtime now

EAMON Wow look at all the different things to eat

LUNCH DANCE

we are very healthy food you can eat us as much as you like
we are the ok foods you can eat us sometimes
we can be unhealthy if you eat too much of us, so just have us in small portions and not too often

JADE We have learned that some foods are better for us than others

MOLLY so we should think about making good choices

TRANSITION PUTTING PROPS AWAY AND INTO PLACES FOR FAMILY DANCE

SUMMER It's the afternoon now and the healthybods are thinking about families and relationships

ELLIE We will see that families are all different

SHAUNA LEAD - Interaction with the children – eg put your hand up if 5 people live in your house / put your hand up if you have a sister etc

FAMILY DANCE

KAS Today has been an example of a busy day

WILLOW Its home time now lets finish with a games of sunshines on!

EAMON

I love this game – we will learn about similarities and differences – children - and teachers you can join in. Stand up if we say something that is about you.

lead on this

Everyone who has wiggly fingers

Everyone who likes doing sums

Everyone who likes drawing pictures

Everyone who doesn't like sprouts

Everyone who doesn't like chocolate

Everyone who likes football

Everyone who likes watching TV

Everyone who enjoys playing outside

Everyone who likes playing on an ipad

Everyone who is a healthybod!

EAMON
minds

Today we have learned so much about having healthy bodies and

CHARLIE

Enjoy the rest of your day everyone