



# Primary 2 Health and Well-Being / Topic Wall 25/5/20

## Time for a brain break!



When you are working it's important to give yourself regular, short breaks. Here are some things you can do.

Do 15 star jumps.	Touch your toes on each foot 15 times.	Take 10 deep breaths.
Do 10 jumps over a pencil on the floor.	Sing a song and dance.	Circle your arms 10 times forwards and backwards.
Spin in a circle 5 times.	Do 15 twists.	Hop on each leg 15 times.

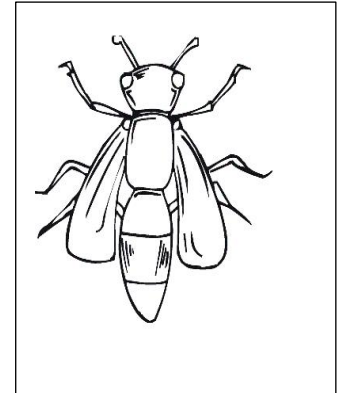
## Minibeast Topic What Makes an Insect?

Insects are a special group of minibeasts. If you can, watch the youtube clip below.

<https://www.youtube.com/watch?v=iJlFBNyBKQA>

Draw or make a picture of an insect and label it's body parts using these words.

head	abdomen
thorax	antennae
six legs	wings



## Role Play

Can you think of any more animal movements you could act out?

Ask your family to guess what you are pretending to be.

### Animal Antics

Use your body to pretend to be different animal:

**Snake:** slither across the floor

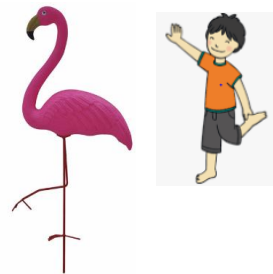
**Butterfly:** flutter around the room

**Elephant:** stomp with both feet

**Kangaroo:** bounce around

**Frog:** hop like a frog

**Flamingo:** stand still on one leg



## Minibeast Sorting

Can you sort the minibeasts below into two groups, **insects** and **not an insect**?

