

Robin's Create Enquiry – How do we stay happy and healthy?

Sticky Knowledge

This term, we will be learning lots of skills in art, music and design technology as we discover how to stay happy and healthy. We will learn about how to eat a balanced diet, the importance of exercise and good hygiene and how we different things can change our mood. This will be done through creating healthy dishes, learning new dances, listening to music, exploring new materials and artistic media and creating musical instruments.

Answer these questions to help you keep your knowledge sticky:

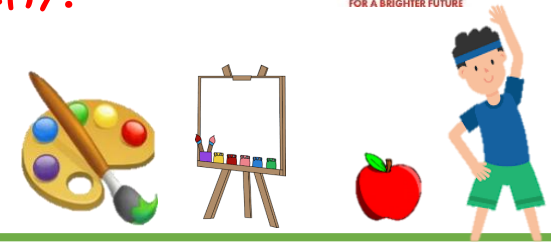
What makes you happy? What is a balanced diet? Why do we need to exercise? Which materials are soft/hard/rough/smooth? What is a collage?

Vocabulary	Definition
Collage	A piece of art made by sticking different materials together to create a picture.
Design	A plan or drawing produced to show the look and function of something.
Create	To make or produce something.

How to help at home:

Talk to your child about why eating a balanced diet is important. Try drawing something from observation. This could be a plant, some fruit or a flower. Make sure your child doesn't push too hard when drawing using a pencil.

Talk about how different types of music you hear makes you feel. Have a go at a new physical activity together. You could try yoga, going for a long walk, running, swimming or dancing.



Crucial Connections

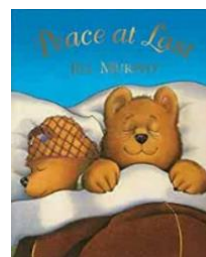
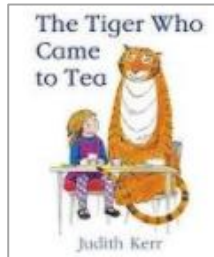
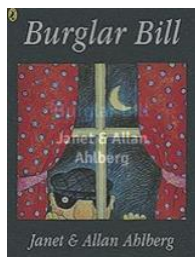
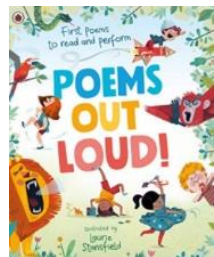
Have a go at drawing some fruit together:
<https://www.youtube.com/watch?v=zfDF-gy66DQ>

Try making one of these delicious smoothies:
<https://www.bbcgoodfood.com/recipes/collection/kids-smoothie-recipes>

Have a go at some yoga poses:
<https://www.youtube.com/watch?v=uYvAExtUUcY>

Have a dance with this 'Just Dance' game:
<https://www.youtube.com/watch?v=ziLHZ>

Reading Recommendations



Values

Commitment & Empathy