



DEVELOPING A BALANCED LIFESTYLE

- Objective:** To consider how I use my time.
Learning the days of the week
- Key Words:** glum, violin
- Materials needed:** Music for Silent Sitting and Song
Bell
Copy of the Activity Chart for each child

WARM UP GAME

Bell game

Sit in a circle facing inwards and choose a child 'A' to begin.
Now all close your eyes.
child 'A' tiptoes very softly around the outside of the circle and rings a small bell very gently near the ear of another child.
The two children then change places and the new child becomes child 'A'.
Repeat until all the children have changed places.
(The teacher may have to point out someone who has not changed places)
Everyone open your eyes. What do you notice about our circle now?

QUIET TIME

Sit down slowly and cross your legs. *(Children sitting where they were standing)*.
Sit up with your backs straight.
Hands on your knees.
Everyone take a deep breath in ... and out ...
This time let's try it quietly ...
Keep every part of your body still and hear how quiet the room is.
If you want to, close your eyes *(Pause for 5 seconds)*

Listen to the sounds outside the classroom ...

Slowly release your body and open your eyes and smile.
Now stand up quietly and come close together. Sit down.

Discussion:

What noises did you hear? Discuss.
What did you think of when you were sitting quietly?
How did you feel?
Put your hand up if you enjoyed quiet time.

STORY TELLING

THE DAY THE TV BROKE

by Louise Collins

It was the summer holidays and Reece, who lived with his mother and sister, watched TV on Monday. He watched TV on Tuesday. He watched TV on Wednesday. His mother said, "Reece, it is such a nice day. Go out in the garden and play." But Reece didn't want to. Instead he watched TV and videos all day. And he watched TV on Thursday, and on Friday too.

On Saturday morning, Reece came down and switched on the TV. Suddenly there was a click and the TV picture disappeared. Reece pressed all the buttons, but nothing happened. He called his Mum and she rang the repair man. He came and looked at it, then took it away to mend.

Reece stared at the empty space. What could he do? Then he went to find his older sister. She was upstairs practising the violin.

Reece looked glum. "I've got nothing to do," he explained sadly.

"Do you want to come in the garden and play football?" asked his sister kindly.

"Yes please," said Reece feeling better. They went outside to play in the small garden. As there was not much space they had to be careful with their kicks so as not to break anything. They had a lovely game and felt happy to share some time together. Usually Reece was so busy watching TV he didn't even speak to his sister. Soon it was lunch time. Mother was pleased to see Reece do something active in the garden. Reece felt good that he had shared a game with his sister. His sister was happy that she was able to cheer Reece up.

The next day was Sunday. Reece mother asked him to help weed the garden and water the plants. Usually Reece would watch TV instead. But as there was no TV he helped his mother instead. He had a lot of fun watering the flower pots. He could see how much the flowers needed water.

In the afternoon, his dad came to take him and his sister out. Reece was ready and waiting.

"Nice to see you ready, Reece," said his dad looking pleased. "I usually have to drag you away from the TV."

On Monday, Reece found some paper and coloured crayons and began to draw a picture and colour it in. He was so busy that he did not even miss the TV.

On Tuesday he did a jigsaw puzzle that he had got last birthday. On Wednesday, his mother said, "Reece, the TV is back."

"I'm too busy to watch TV," Reece replied. "The boy next door has asked me to take his dog for a walk with him and his mother. Can I go?"

"Yes Reece, and thank Mrs. Smith for letting you go with them."

On Thursday, Reece asked if his friend Ravi, could come and play in his garden. Ravi brought some toys to share and they had lots of fun together.

QUESTIONS:

1. What did Reece do every day?
2. Why did Reece suddenly start doing more things?
3. What did Reece's sister say when Reece had nothing to do?
4. What other things did Reece like doing in the end?
5. Why was his Dad pleased?
6. Is it good to watch TV as much as Reece did?
7. Can you say the days of the week?
8. Which day do you like best?
9. How did you feel when you heard the story?
10. Did the story remind you of anything in your own life?

GROUP SINGING

PEACE, LOVE, JOY

Peace, peace, peace
Peace on earth
Peace, peace, peace
In all the universe.

Love, love, love ...

Joy, joy, joy ...

GROUP ACTIVITY

Give each child a copy of the Activity Chart on the next page to fill in during the week.

You may wish to photocopy the chart so that the children can fill them in each week.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "We can keep healthy by having lots of exercise."

WEEKLY EXERCISE CHART

ACTIVITY Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Swimming

Walking to:

- school
 - shops
 - other
-

Running in:

- football
 - ball game
 - badminton
 - other game
 - tag
 - chase
 - other running
-

Dancing

Gymnastics

Jumping in:

- hopscotch
 - skipping
 - trampolining
 - bouncy castle
 - other
-

Ask your mum to write down the number of minutes you spend every day on any activity