

healthy
kidz



Halloween Activity Pack

supported by





Registration Information	Page 03
Frequently Asked Questions	Page 04
Halloween Timetable for P1-4	Page 05
App Directions	Page 06
Daily Journey Halloween Map	Page 07
App Directions	Page 08
Literacy Lesson 1	Page 09/10
Numeracy Lesson 1	Page 11
World Around Us Lesson 1	Page 12
Art Lesson 1	Page 13
Literacy Lesson 2	Page 14
Numeracy Lesson 2	Page 15
World Around Us Lesson 2	Page 16
Art Lesson 2	Page 17
App Directions	Page 18
Mindful Journal	Page 19

Index



Helping Kidz Stay Lean This Halloween

10 Miles for P1-4!! 26 Miles for P5-7!!

Sign up
ANYTIME

Ensure you are registered and ready to take part
Sign up at
<https://healthy-kidz.com>

Tick



Prizes on offer for registering and logging into the App

For pupils that enter -

All pupils completing their miles will receive:-

- A certificate of completion
- A special teacher and principal acknowledgement on return to school
- Entry to our **Rewardz Fund** containing loads of wonderful prizes.



Sign up today @ **www.healthy-kidz.com** and stay fit and well during the break.



Healthy Kidz



@healthy_kidz1



Healthy Kidz



@healthykidz1

* Terms & Conditions available @ www.healthy-kidz.com





Frequently Asked Questions

Do I have to follow the timetable you provided?

- No – we have included a proposed timetable to use as a guide for all the activities you can do throughout the two weeks. You can complete them at your leisure!

How do I download the app?

- The Healthy Kidz App can be downloaded from the Apple App Store or the Google Play Store. We currently don't support the app on Amazon devices.
- Please ensure that your device has been fully updated.

How do I log in?

- Once registered via our website (<https://healthy-kidz.com>), use the username/login and password that was emailed to you to log in to the app.
- If you can't find your email with your details, please check your junk/spam folder as it can sometimes be sent there by mistake.
- Make sure to include the entire username i.e. user98765 and not just the number.
- The password can be typed in whatever format you want; with spaces, without spaces, with caps or without caps.

How do I use the App?

- The app is very simple to use. Firstly, you must physically complete an activity. This could be anything from going for a walk to washing your hands. Once completed, find the activity within the app.
- You'll see a box within that activity where you can add a description of that activity i.e. how long you did the activity for or what distance you completed. You can also leave this area blank!
- For every activity you add to the app, you gain Coins and Points. Coins can be used to purchase new avatars from the shop. You can access the shop by simple clicking on your avatar or by clicking the coins in the top right hand corner.

I have multiple children and only one device; how do I log out?

- To the left of your child's name, you'll see a log out button. Click on this button and you can then log in using your other child's username and password.



Halloween Proposed Timetable For P1-4

Try to complete all the activities before you go back to school!

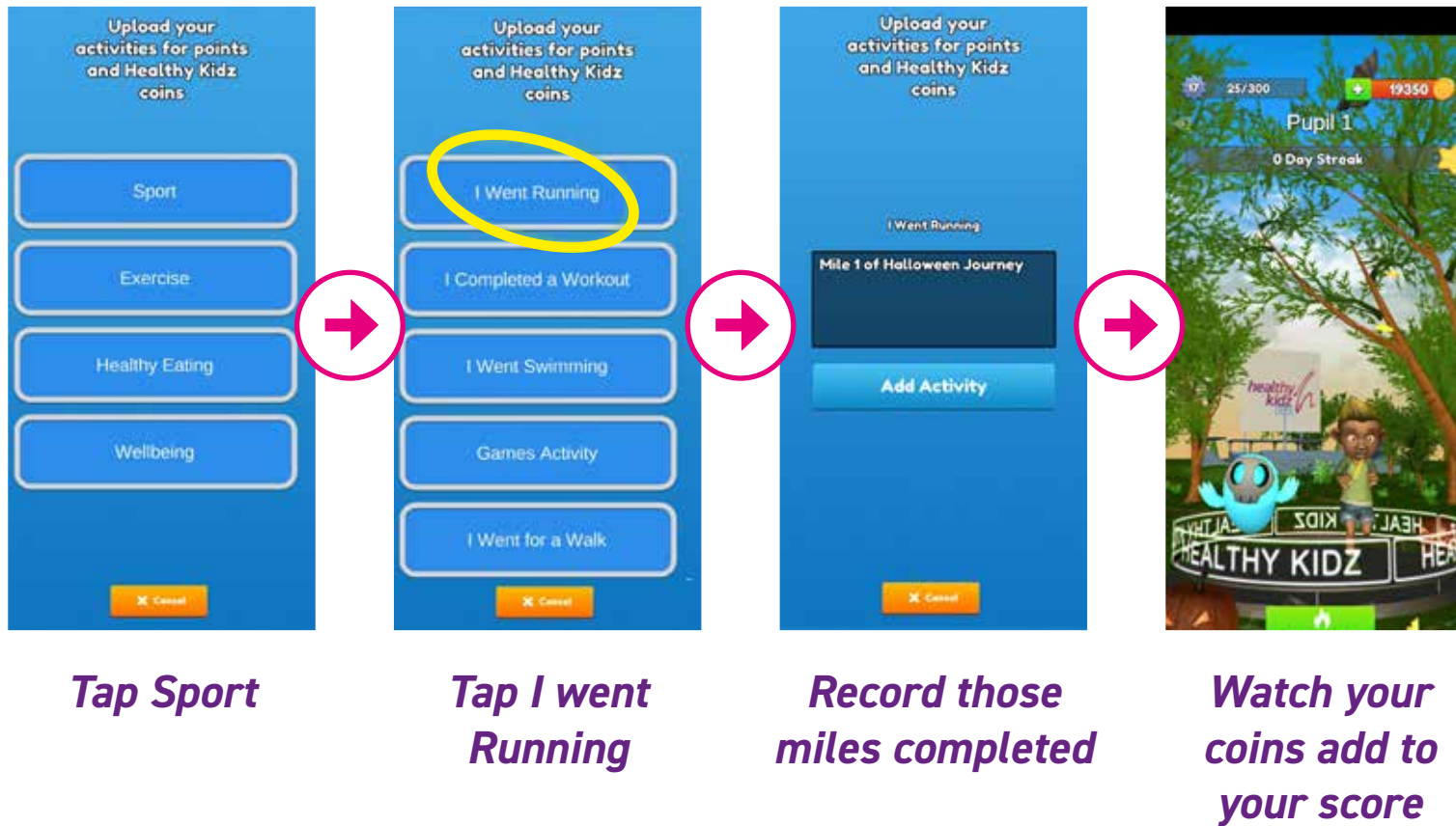
Week 1

Day	Walk/Run/Cycle	Cross-Curricular Activities
Monday	Mile 1	Literacy Lesson 1
Tuesday	Mile 2	Numeracy Lesson 1
Wednesday	Mile 3	World Around Us Lesson 1
Thursday	Mile 4	Art Lesson 1
Friday	Mile 5	Mindful Journal

Week 2

Day	Walk/Run/Cycle	Cross-Curricular Activities
Monday	Mile 6	Literacy Lesson 2
Tuesday	Mile 7	Numeracy Lesson 2
Wednesday	Mile 8	World Around Us Lesson 2
Thursday	Mile 9	Art Lesson 2
Friday	Mile 10	Mindful Journal

Don't forget to log your activity



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The Halloween Run

Happy
Halloween

Haunted
House

Clown

Monster

Mummy

Pumpkin

Vampire

Ghost

Zombie

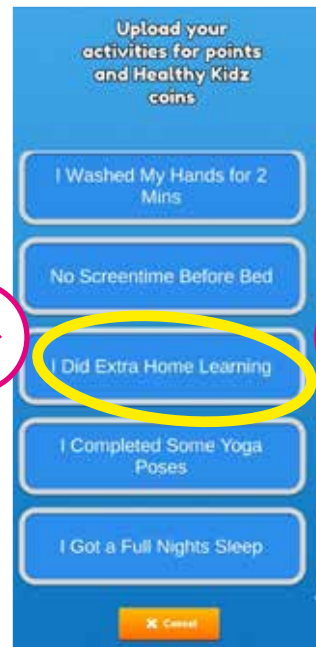
Cauldron



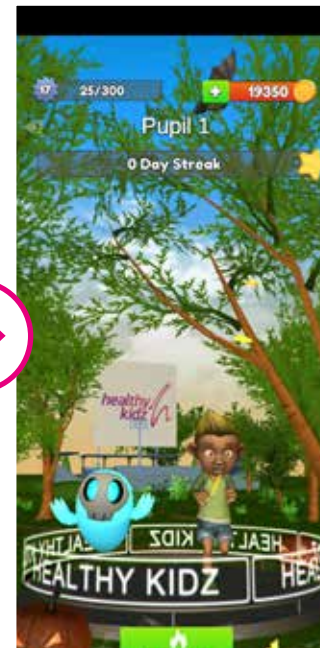
***Remember to record you Healthy Eating
& Home Learning to get those extra coins***



***Tap Healthy
Eating***



***Tap I Did Extra
Home Learning***



Extra Coins

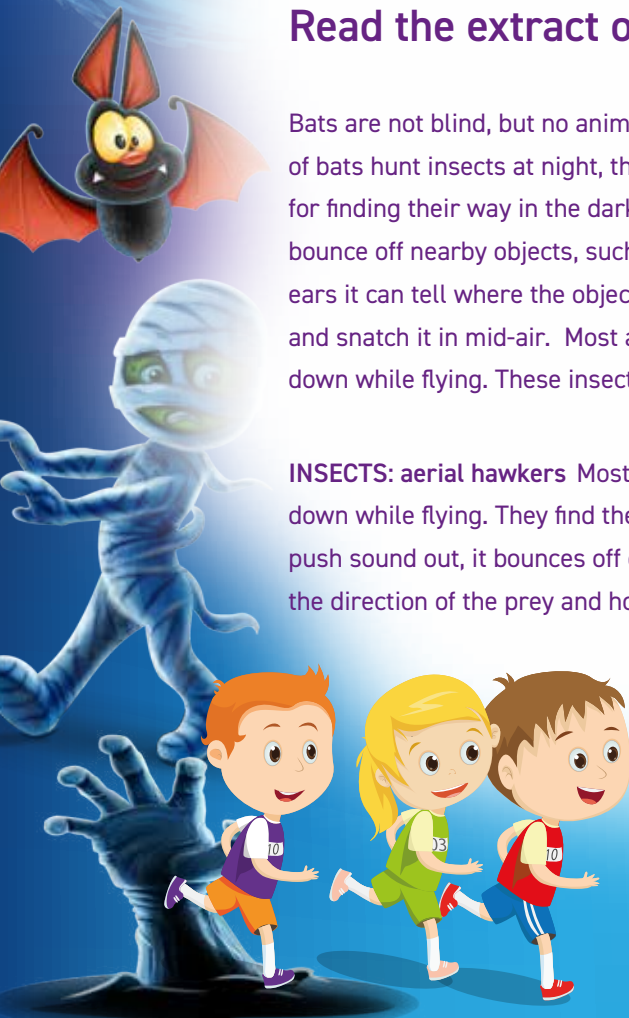
The Halloween Run

Literacy- Comprehension

15-20 minutes lesson

Lesson suggestion:

Read the extract on bats and answer the questions below. Remember to answer in full sentences.

A vertical illustration on the left side of the page. At the top is a small, friendly-looking bat with large ears and a smiling face. Below it is a mummy figure wrapped in white bandages, with only its eyes and one arm visible. At the bottom are three children (two boys and one girl) running happily towards the right. They are wearing colorful athletic wear and have numbers on their backs.

Bats are not blind, but no animal can see in complete darkness. Since many kinds of bats hunt insects at night, they have an additional trick called echolocation for finding their way in the dark. The bat uses its mouth to create sounds that bounce off nearby objects, such as a moth, as the sound comes back to the bat's ears it can tell where the object is. Using echolocation, the bat can find its prey and snatch it in mid-air. Most are insectivorous and hunt their prey by chasing it down while flying. These insects are detected by the bats echolocation.

INSECTS: aerial hawkers Most bats eat insects which they hunt by chasing them down while flying. They find the insects in the dark by a form of radar, as they push sound out, it bounces off objects and back to the bat. They can then work out the direction of the prey and how far away it is.

INSECTS: ground feeders Some insect eating bats can land on the ground and chase insects that live in leaf litter or similar places. These can eat big insects like scorpions and seem to be immune from their sting.

NECTAR: Not only butterflies and bees drink nectar from flowers, some bats do too. These bats have long tongues which help them to lick the nectar deep inside the flowers.

POLLEN: It is not only bees which pollinate plants, some bats also do this. These bats have brushes on their tongue which brushes the pollen which they then take to another plant and are important for pollinating mangoes and bananas.

The Halloween Run

Literacy- Comprehension

15-20 minutes lesson

P4



1. What does Aerial Hawker mean?

.....

2. How does a bat's radar work?

.....

3. Name four different types of food bats eat.

..... / /

4. Are bats blind?

.....



10



The Halloween Run

Numeracy- Weight/Ordering

15 minutes lesson

P4



Lesson suggestion:

Order the pumpkin weights from the lightest to the heaviest.

What is the weight of the heaviest pumpkin you have ordered? _____

What is the lightest? _____

What is the difference in weight between the heaviest and lightest? _____

146kg		49kg		17kg		29kg		23kg		184kg	
49kg		10kg		154kg		80kg		75kg		198kg	
175kg		86kg		41kg		15kg		121kg		89kg	
111kg		108kg		60kg		28kg		10kg		86kg	
104kg		56kg		176kg		23kg		41kg		170kg	
130kg		73kg		80kg		37kg		139kg		112kg	



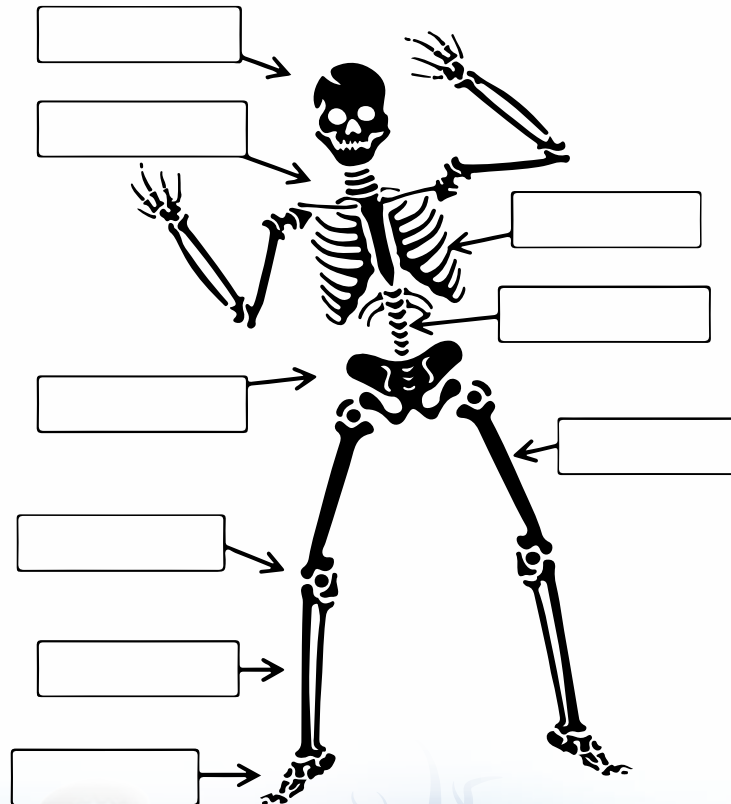
The Halloween Run

WAU- Labelling

15 minutes lesson

Lesson suggestion:

Skeletons are common sight during the Halloween holidays. But can you name the different parts it's made up of? Use the words below to label the various skeleton parts.



foot bone	thigh bone
neck bone	knee bone
hip bone	skull
leg bone	ribs
backbone	

The Halloween Run

Art- Design

15 minutes lesson

P4

Lesson suggestion:

Create a spooktacular Halloween costume. Think about the shape, colour and texture. What makes your design different from others? Present your costume to the class and explain your choices.

The Halloween Run

Literacy- Prepositions

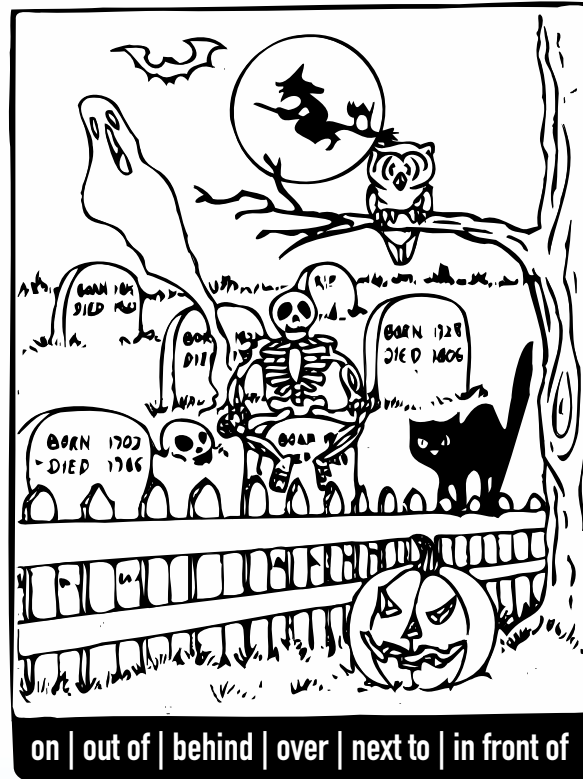
15 minutes lesson



Lesson suggestion:

Study the picture.

Write the correct preposition in the blank space.



1. The witch is riding ____ a broom.
2. She is flying _____ the cemetery.
3. A cat is sitting _____ the witch.
4. A ghost is coming _____ a grave.
5. A jack-o'-lantern is _____ a tree.
6. An owl is sitting _____ a branch of a tree
7. A jack-o'-lantern is _____ the fence
8. A skeleton is sitting _____ a grave



The Halloween Run

Numeracy- Division

15-20 minutes lesson

Lesson suggestion:

Calculate the sums and find the answers. Use these answers to colour the haunted house.

$25 \div 5 =$ _____	●	$16 \div 2 =$ _____	●
$20 \div 5 =$ _____	●	$14 \div 2 =$ _____	●
$12 \div 6 =$ _____	●		
$6 \div 2 =$ _____	●		
$36 \div 6 =$ _____	●		



The Halloween Run

WAU- Wordsearch

15 minutes lesson

P4



**Lesson
suggestion:**

Find the spooky
words and circle
them. Can you
find them all?

X	S	H	T	E	N	J	S	N	R	E	T	N	A	L	T
E	P	I	E	Y	T	E	G	Y	D	N	A	C	W	I	E
G	O	U	L	V	R	H	T	H	A	R	E	O	E	B	G
N	O	F	M	O	N	S	T	E	R	D	R	R	H	F	K
V	K	N	O	P	M	S	E	G	K	N	X	A	R	N	H
A	Y	N	D	P	K	M	S	O	H	M	L	E	S	M	C
M	O	X	R	U	N	I	W	D	O	O	I	B	R	O	T
P	A	E	A	B	N	D	N	U	W	D	S	S	S	E	I
I	E	F	C	R	T	M	U	E	K	K	Y	T	E	F	W
R	N	E	U	Z	A	I	E	H	U	N	U	Z	H	U	A
E	V	I	L	E	M	N	O	L	G	M	V	E	O	N	I
K	H	I	A	K	L	A	L	F	E	R	A	C	S	I	R

- | | |
|--------------|-------------|
| 1. PUMPKIN | 9. DARK |
| 2. COSTUME | 10. SKULL |
| 3. GHOST | 11. VAMPIRE |
| 4. HALLOWEEN | 12. LANTERN |
| 5. SCARE | 13. SPOOKY |
| 6. WITCH | 14. EVIL |
| 7. CANDY | 15. DRACULA |
| 8. MONSTER | |



16



The Halloween Run

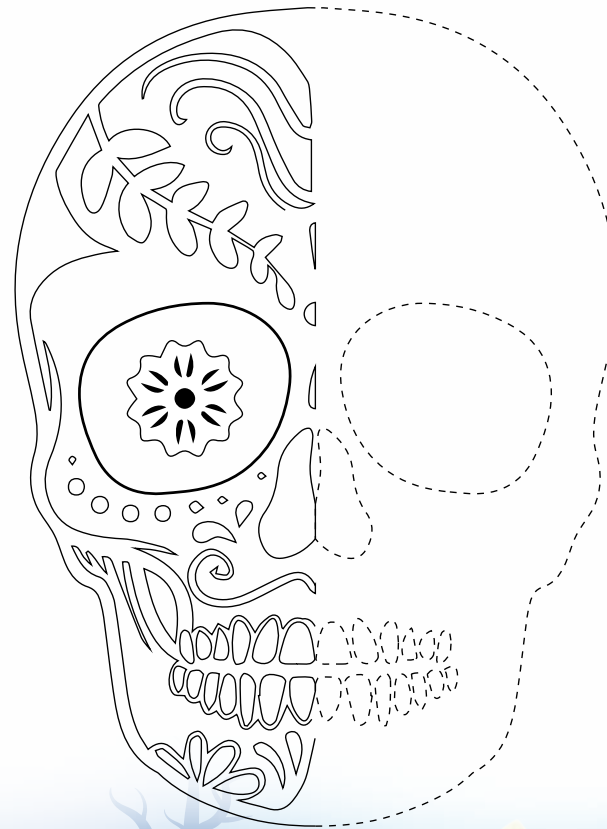
Art- Symmetry

15-20 minutes lesson

P4

Lesson suggestion:

Research Mexican Sugar Skulls. What were they used for? Use a mirror to complete the Skull. Think of the colours and shapes being used.

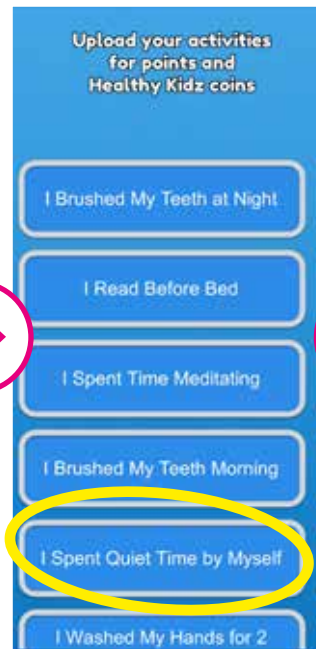




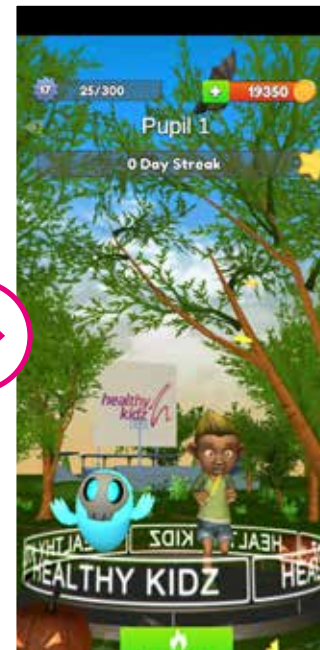
Remember to record your Wellbeing



Tap Wellbeing



*Tap I Spent
Quiet Time by
Myself*



Extra Coins



Today's Date:

My thought of the day:

Today's Targets: 'I will'

1.

2.

3.

Quote of the day:

Mindful image

Daily Reflection:

Today I felt...

Today I learnt...

Today's wins (Things you did well) ...

EUROSPARS

LaganValley Lisburn
Saintfield Road
Botanic
Lurgan
Seagoe Portadown
Ranfurly Dungannon Rd.
Bridge Street Portadown
Moy
Donaghmore
Armagh
Banbridge

Lean Supper Club

Unit 5c
Bluestone Business Park
for full week package deals

CENTRA

Lake Road Craigavon
M1 Dungannon
Culcavy
Aghalee
Costcutter
Waringstown
Lurgan
Donacloney
Silverwood Lurgan
Moygashel
Moutarys Lurgan
Moutarys Dollingstown

SUPERVALU

Moirá
Lurgan

Helping Kidz Stay Lean This Halloween!

