

healthy
kidz



Halloween Activity Pack



supported by





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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>

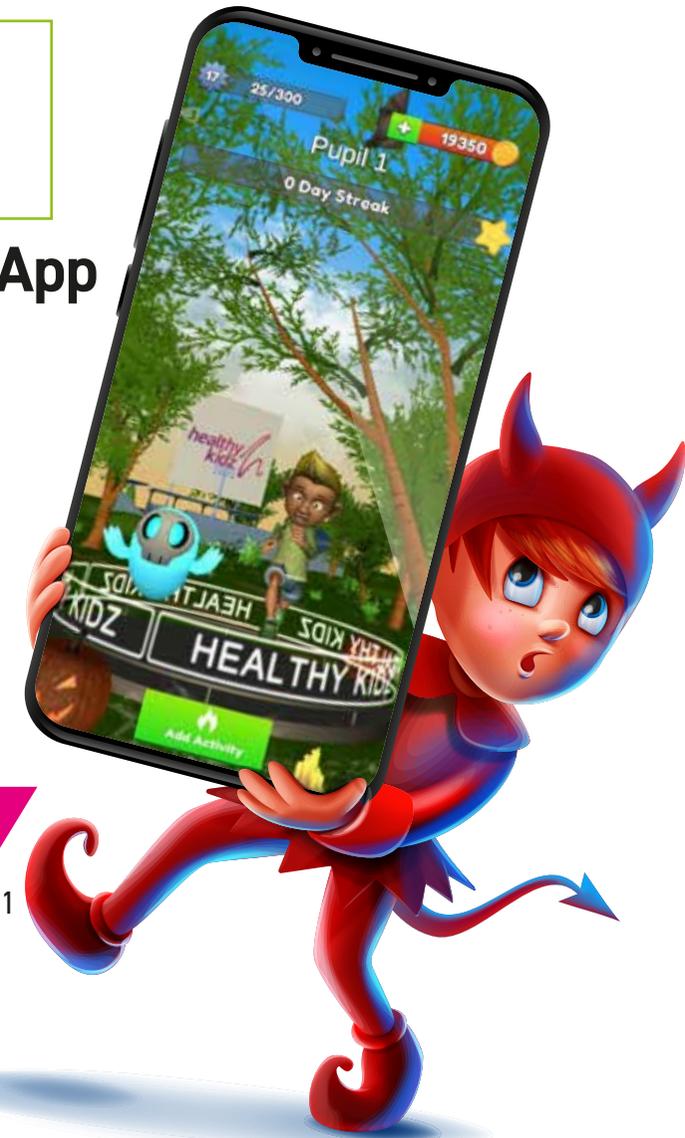


Prizes on offer for registering and logging into the App

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



Tap Sport

Tap I went Running

Record those miles completed

Watch your coins add to your score

healthy
kidz

The Halloween Run



Haunted House



Clown



Monster



Mummy



Pumpkin



Vampire



Ghost



Zombie



Cauldron

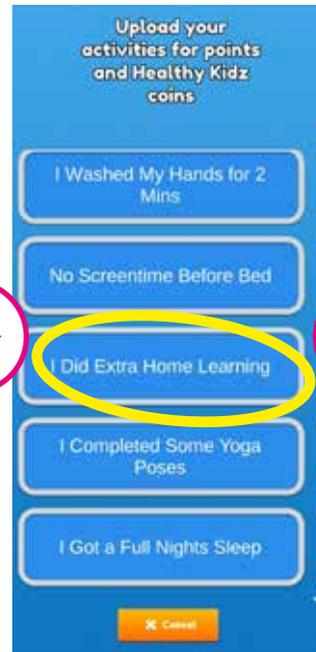




Remember to record you Healthy Eating & Home Learning to get those extra coins



Tap Healthy Eating



Tap I Did Extra Home Learning



Extra Coins

The Halloween Run

Literacy- Missing Letters

15 minutes lesson



Lesson suggestion:

Select the missing letter



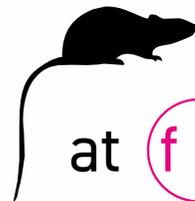
at h l c



at d c h



at d c b



at f r m



at t s f



The Halloween Run

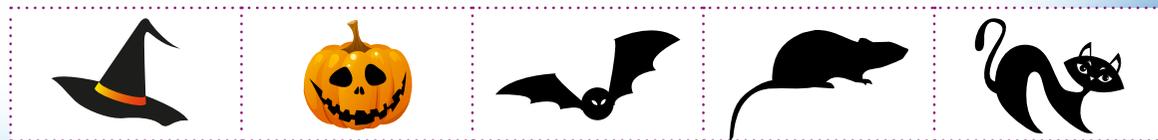
Numeracy- Patterns

15 minutes lesson



Lesson suggestion:

Look at the patterns. What picture is missing? Can you add the correct picture to complete the pattern?



The Halloween Run

WAU-Labelelling

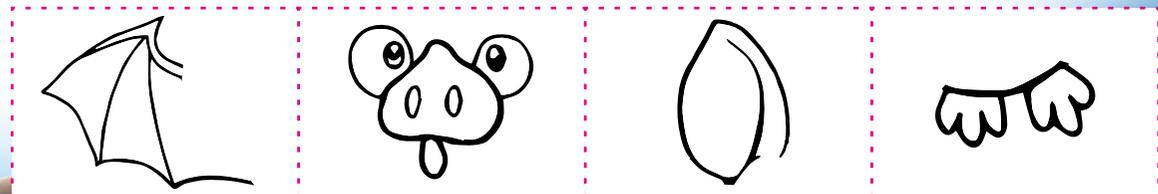
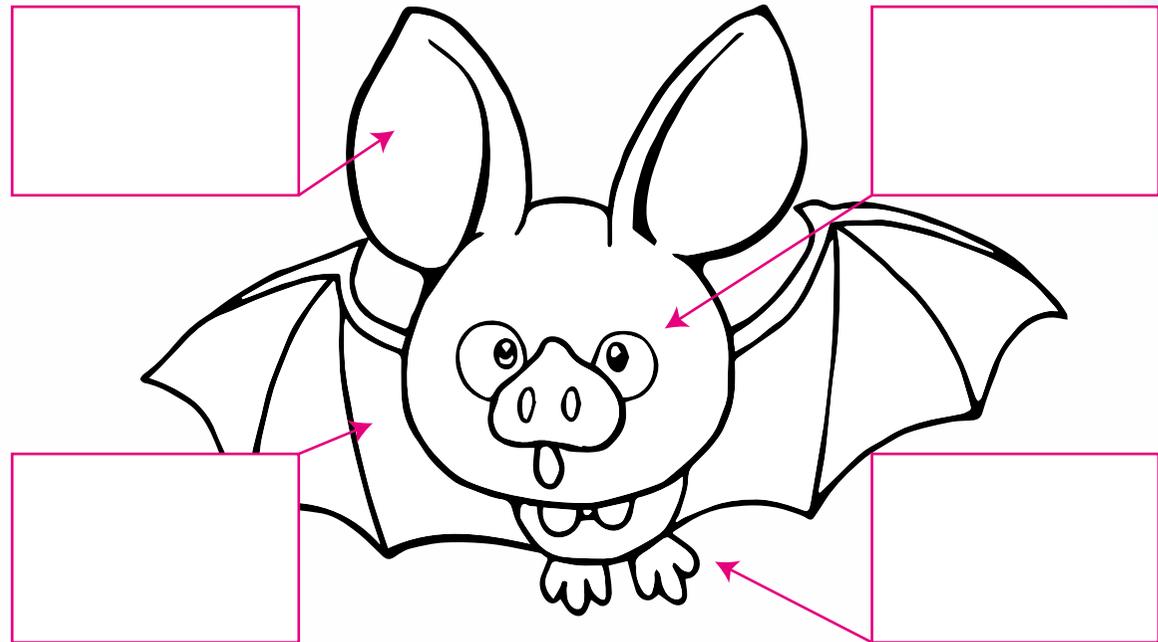
15 minutes lesson



Lesson suggestion:

Look at the picture of the bat and discuss with your partner all its different parts.

How many can you name? Cut out the parts and stick them in the correct place on the bat.



The Halloween Run

Art- Design

15 minutes lesson

Lesson suggestion:

Jack O Lanterns are seen during the Halloween holidays. Create your own spooky Jack O Lantern face. What can you add to make it extra frightening?



The Halloween Run

Literacy- CVC

15 minutes lesson

**Lesson
suggestion:**

Use your initial
sounds and sound
out the words.

Match them up
with the pictures.

Cat



Hat



Bat



Pot



Rat



The Halloween Run

Numeracy- Counting



15 minutes lesson

Lesson suggestion:

Count the spooky pictures and circle the correct number.



6 9 4 5



7 8 2 9



3 7 6 8



1 10 7 8



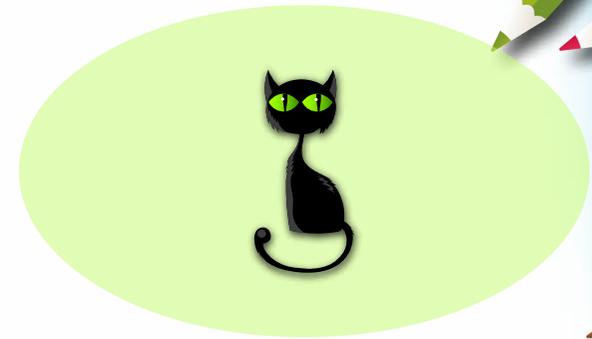
The Halloween Run

Art- Malleable

15 minutes lesson

Lesson suggestion:

Using playdough squish and squeeze it into shape to form the four Halloween images below. Think about the colour, shape, size and texture.



The Halloween Run

Art- Colouring

15 minutes lesson

Lesson suggestion:

The children are trick or treating. What are they dressed up as? What do you think the boy is pointing at? Who do you think lives in the house? Colour the picture to make it look spooky.

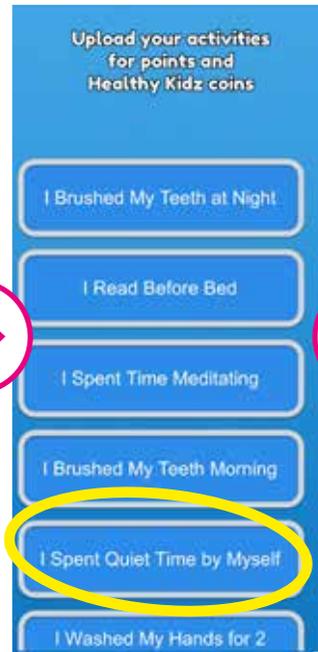




Remember to record your Wellbeing



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

Moira
Lurgan

Helping Kidz Stay Lean This Halloween!

