

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>**

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](http://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](http://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!*

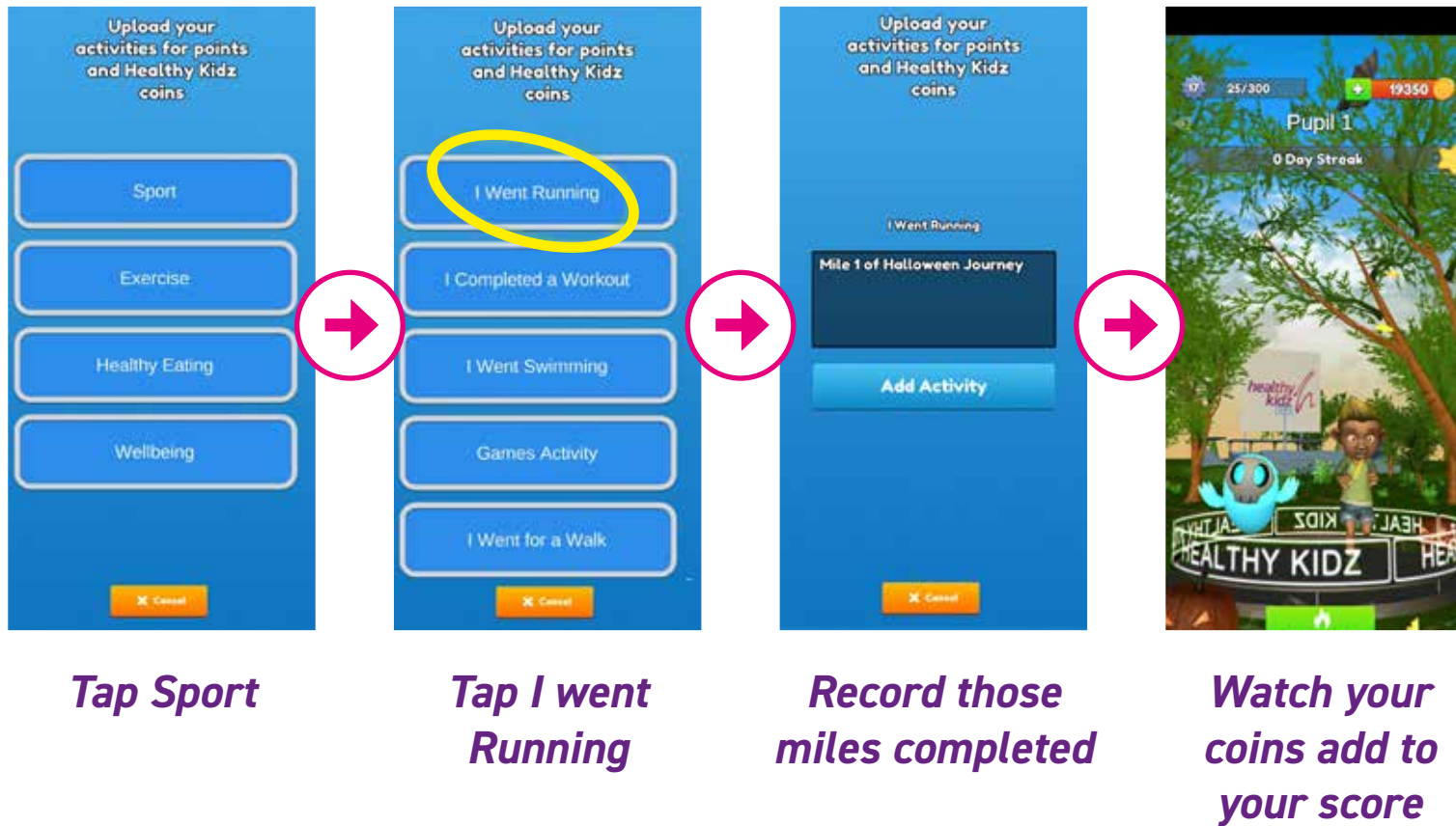
## Week 1

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

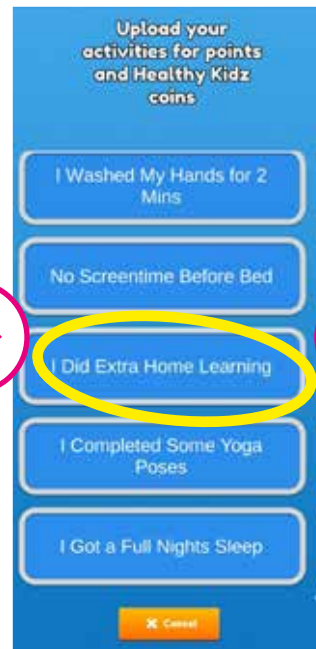
Cauldron



***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- Missing Letters

15 minutes lesson

P1



**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

P1

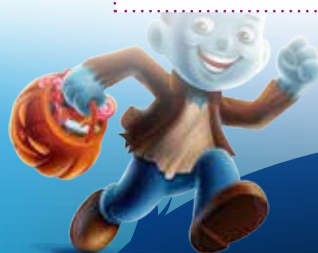


### Lesson suggestion:

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

				
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# The Halloween Run

## WAU-Labelelling

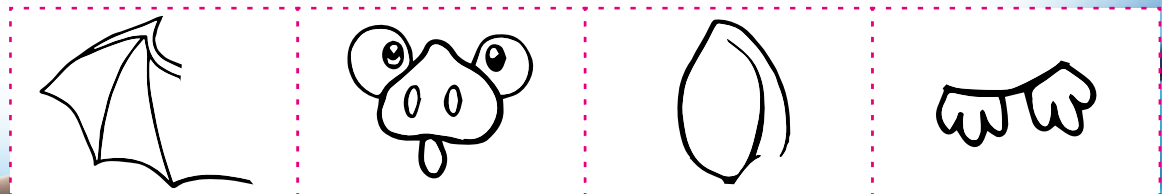
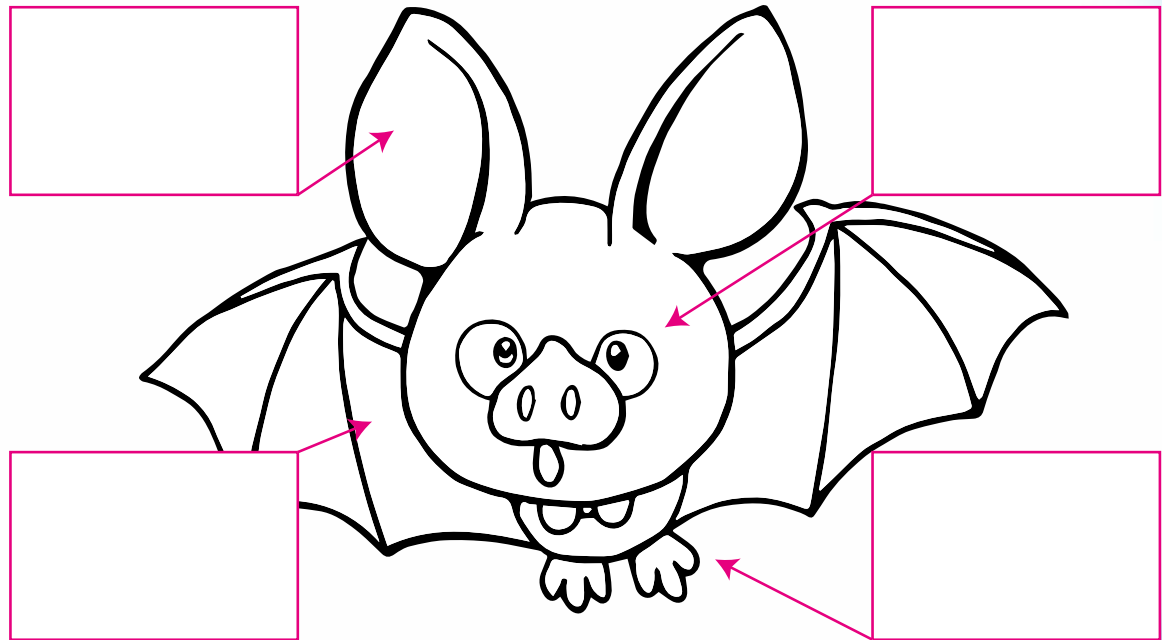
15 minutes lesson

P1

### 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

P1

### 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

P1



**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



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# 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

P1

### 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.



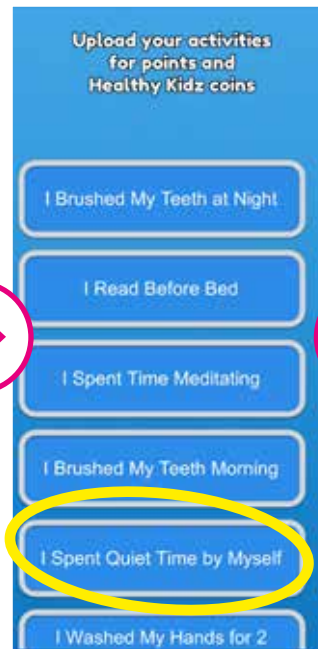




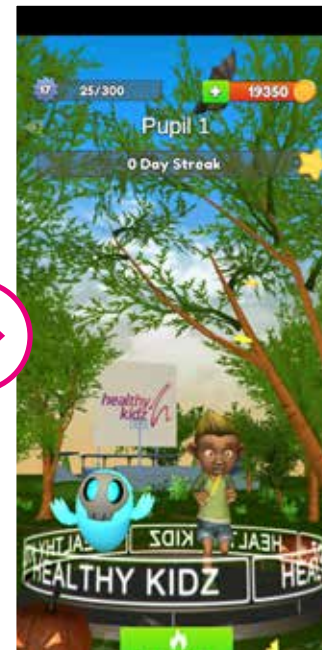
## *Remember to record your Wellbeing*



*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**

Moirá  
Lurgan

***Helping Kidz Stay Lean This Halloween!***

