

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>

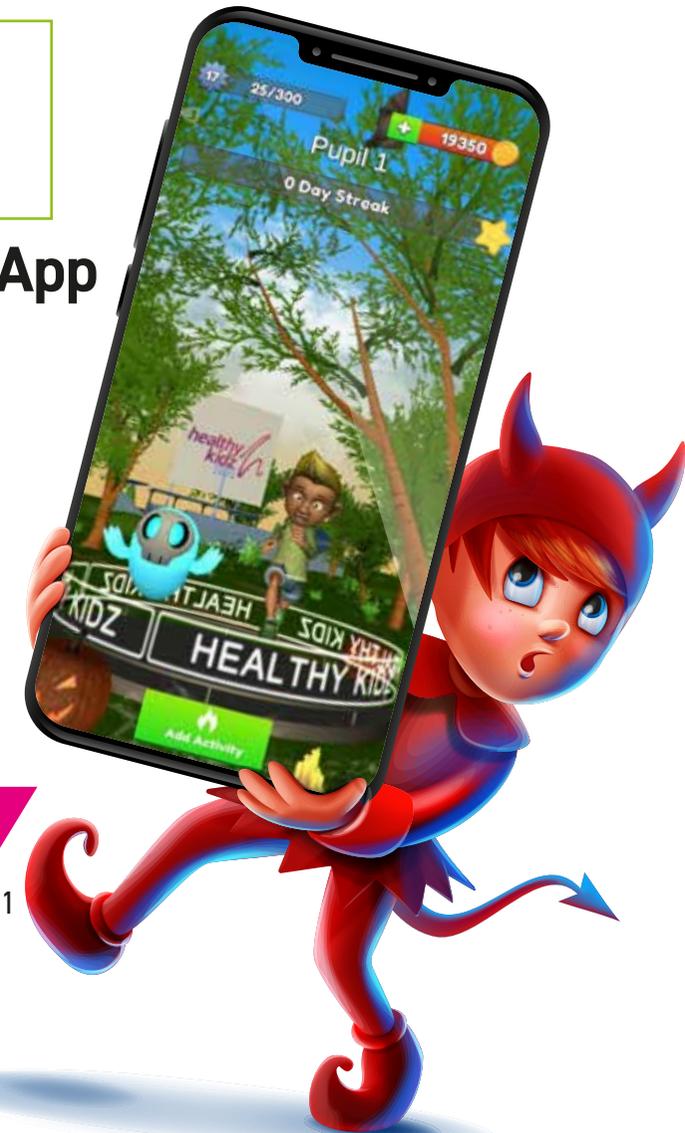


Prizes on offer for registering and logging into the App

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



Monster



Mummy



Vampire



Clown



Pumpkin



Cauldron



Ghost



Zombie

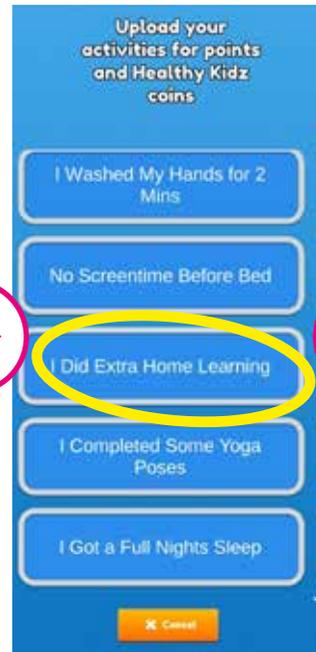




Remember to record you Healthy Eating & Home Learning to get those extra coins



Tap Healthy Eating



Tap I Did Extra Home Learning



Extra Coins

The Halloween Run

Literacy- Sentence building

15 minutes lesson

Lesson suggestion:

Complete the spooky sentences by writing the correct word.

1. I see the _____

dog cat

2. I see the _____

hat man

3. I see the _____

bat moon

4. I see the _____

web bed

5. I see the _____

pot bat



The Halloween Run

Numeracy- Counting



15 minutes lesson

Lesson suggestion:

Count the pictures
and complete the sums.



+

=



+

=



+

=



+

=



The Halloween Run

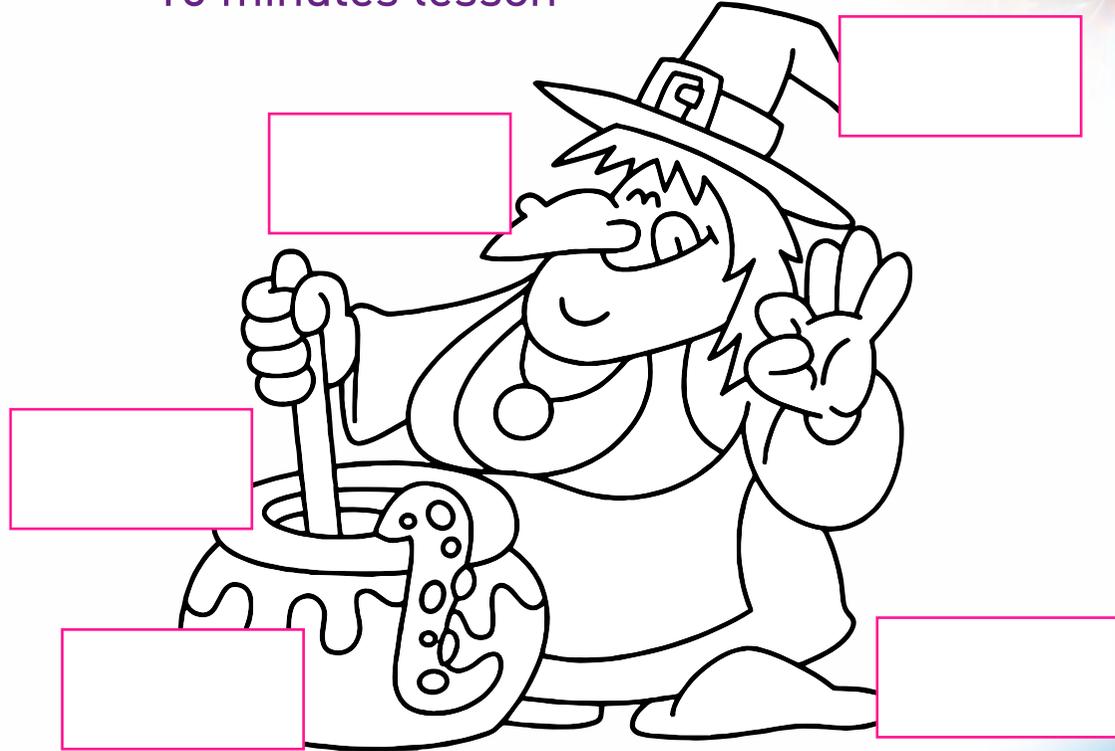
WAU-Labelelling

15 minutes lesson



Lesson suggestion:

Cut out the words and stick them into the correct place on the picture.



Pot 	Hat 	Foot 	Nose 	Spoon 
--	---	--	--	---



The Halloween Run

Art- Sketching

15-20 minutes lesson

Lesson suggestion:

This Halloween I
want to dress up as

.....



The Halloween Run

Literacy- Handwriting

15 minutes lesson

Lesson suggestion:

Write over the words
and match them with a
line to the picture.

Owl

Tree

Bat

Web

Cat

Pot



The Halloween Run

Numeracy- Missing Numbers

15 minutes lesson

Lesson suggestion:

Look at the pumpkins. There are missing numbers.

Can you find the number pattern and add in the missing numbers?



The Halloween Run

WAW- Colouring

15 minutes lesson

Lesson suggestion:

Find all the spooky characters in the image and colour them in.

Can you name them all?

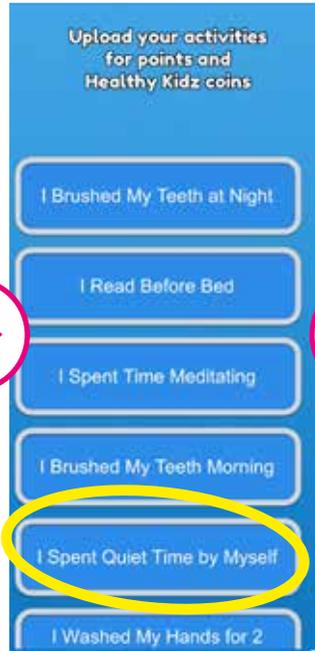




Remember to record your Wellbeing



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
Ranfurlly 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!

