

# Health and Wellbeing Indicators



- Every week we will focus on one of the eight HWB indicators so that we are healthy, active and connected during our time off school.
- The eight HWB indicators are:
  - Safe
  - Healthy
  - Active
  - Nurtured
  - Achieving
  - Responsible
  - Respected
  - Included



Complete the  
challenges and  
record your  
progress!

- The pupils and staff at Leith Academy need to stay connected during isolation so send in videos of you completing challenges or post what you have done on the Teams page!
- We will post on the Leith PE twitter page and let you know how we're doing, so post back!

# Week 5 - Responsible

- Monday: Responsible – Tea/Hot chocolate duties! You're in charge of making tea or hot chocolate for the people in your house.
- Tuesday: Responsible – Take a member of your house out for a long walk – it should be a nice day too!
- Wednesday: Responsible – Find a job! Find a job in the house that you can do today to help your family.
- Thursday: - Responsible – Phone a friend! Take responsibility for your friends by calling them up and finding out how they are getting on.
- Friday: Responsible – Yes Chef! Ask if you can help with lunch or dinner today.

# Week 6 – Respected

- Monday: Respected – Show that you respect the people around you today by listening to them. Do one kind thing that hasn't even been asked of you today!
- Tuesday: Respected – Tell someone that you can't wait to see them again. Gran? Your best pal? Doesn't matter!
- Wednesday: Respected – Be kind! Perform one random act of kindness today.
- Thursday: Respected – Show your respect for key workers by joining your family in the Clap for NHS at 8pm tonight!
- Friday – Respected – Let us know on the Teams page who has inspired you in lockdown! Captain Tom Moore inspired me by walking around his garden to raise money for the NHS!