**Citizenship activities guidance**

**Activity 1**: For a fun activity to do with your family members or the people you live with ask them the series of questions on the activity 1 cards. You could do this as a 1 to 1 activity or do it with everyone you live with together.

**Activity 2:** Complete the sheet each day and make a list of everything you eat over a week including drinks and snacks. See if you are able to eat 5 portions of fruit and vegetables a day.

**Activity 3:** Thinking about the theme of keeping healthy. Answer the questions on the sheet and then try them on your family. Do you all give the same answers? If not, what are the differences?

**Activity 4**: Using the PowerPoint and cards follow the link for a Joe Wicks 8 minute workout that you could try at home. This will help you stay fit and healthy.