



My Healthy Heroes Portfolio

Created by:



Using this portfolio

Record your journey to becoming a Healthy Hero

There are three ways to do this:

1. Fill in the Weekly Record Sheets with notes about things you have done at school or home that are part of the 5 challenges.
2. Complete the set tasks and activities to help your learning.
3. Create your own slides at school or at home showing your learning about Healthy Heroes

For example:

- You might like to take photos of yourself doing some exercise and insert your photos and a comment about it.
- You might like to write an about something you did to help lighten someone's load.
- You might like to list the recipe of a healthy lunch or breakfast you made.



Achieve these five challenges five days a week

Exercising, eating healthy food, getting enough sleep, stretching your mind and helping others are **the stuff Healthy Heroes are made of!**

Get active for 30 minutes

Kia Ora! I am **Active Archie** and I want you to get in at least 30 minutes of physical activity each day. You don't have to be good at sport—there's heaps of ways to be active that suit you! There are fun ways for everyone to be active.



Stretch your mind for 30 minutes

Chur! I'm **Clever Kahu** and I'm here to help you use your mind. I want you to do fun stuff like reading and learning new things. You could make art, play music, learn a new language, or play brain games like chess or Scrabble. Let's get that brain muscle working!



Get 9-12 hours sleep

Hiya! My name is **Refreshed Rosie** and I'm here to help you recharge! To charge up to your fullest, I want you to go to bed at a set bedtime to get 9-12 hours sleep each night. Everything is easier if you get enough sleep—especially getting up in the morning!

Help others

Kia Ora! I'm **Helpful Hemi**, and I want you to help others and make the world a better place! There are plenty of people you can help—at home or at school, in your neighbourhood or community.



Eat three veggies and two fruit

Ni hao! I'm **Mealtime Millie** and I want you to have three veggies and two fruit each day. All foods are great as part of a balanced diet. It's about getting that balance part right!

My Weekly Record: **Week 1**

Record comments about anything you have done at school towards your 5 challenges.

	Physical	Food	Sleep	Mind	Help
Sun					
Mon					
Tue					
Wed					
Thur					
Fri					
Sat					

My Weekly Record: **Week 2**

Record comments about anything you have done at school towards your 5 challenges.

	Physical	Food	Sleep	Mind	Help
Sun					
Mon					
Tue					
Wed					
Thur					
Fri					
Sat					

My Weekly Record: **Week 3**

Record comments about anything you have done at school towards your 5 challenges.

	Physical	Food	Sleep	Mind	Help
Sun					
Mon					
Tue					
Wed					
Thur					
Fri					
Sat					

My Weekly Record: **Week 4**

Record comments about anything you have done at school towards your 5 challenges.

	Physical	Food	Sleep	Mind	Help
Sun					
Mon					
Tue					
Wed					
Thur					
Fri					
Sat					

My Weekly Record: **Week 5**

Record comments about anything you have done at school towards your 5 challenges.

	Physical	Food	Sleep	Mind	Help
Sun					
Mon					
Tue					
Wed					
Thur					
Fri					
Sat					

Challenge #1: Physical Activity



Part A: Set Task

List all the ways physical activity is good for you. Include all the information you already know, what you have learnt in class, and what you can find out from your own research.

Write here about why exercise is good for you

Challenge #1: Physical Activity

Part B: Free Task

What's one way you have practised doing physical activity this term? (or a way you have learnt about)

Write here about how you did physical activity this term



Challenge #2: Food

Part A: Set Task

Fill in a table that shows three food groups

- Food to eat lots of
- Food to eat moderately
- Food to have rarely

Food to eat lots of:

Food to eat moderately:

Food to have rarely:



Challenge #2: Food

Part B: Free Task

What have you learnt about food and nutrition?

Write here what you learnt about food and nutrition



Challenge #3: Sleep

Part A: Set Task

List some characteristics or behaviours that show what you are like when you are sleepy compared to when you are refreshed after a good night's sleep.



Sleepy me:

Refreshed me:

Challenge #3: Sleep

Part B: Free Task

What have you done to improve your sleep this term?
(or a way you have learnt about)



Write here what you are like when you are sleepy compared to when you have had a good night's sleep

Challenge #4: Stretching your mind

Part A: Set Task

Create an acrostic poem of ways you can stretch your mind



S	
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C	
H	

Challenge #4: Stretching your mind

Part B: Free Task

Write one thing you have done to stretch your mind this term
(or a way you have learnt about)

Write here what you have done to stretch your mind



Challenge #5: Helping others

Part A: Set Task

Write a letter to someone offering to help them lighten their load.

Write a letter here, offering to help lighten someone's load



Challenge #5: Helping others

Part B: Your Task

Write one thing you have done to help others this term (or a way you have learnt about)

Write here what you have done to help others

