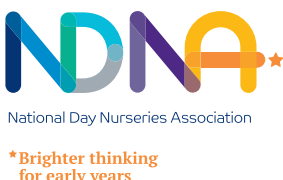




At Home

Healthy Body, Happy Me 2023 Home Learning Pack



Campaign supported by:



Activity 1 Family storytelling jar

Sharing stories at home is extremely beneficial for both you and your child. Spending time together sharing stories from a very young age helps children to build strong emotional bonds with adults around them and supports the development of their verbal and non-verbal communication skills. It starts with babies tuning into familiar voices as they listen to adults telling stories through to toddlers and young children joining in with familiar family favourites.

Each family is unique and telling children stories about their own family life and community is extremely important to help them build an understanding of their own identity, giving them a sense of who they are.

This family storytelling jar activity will provide you with a special way to share stories about your family, friends and beyond with your child.



Resources

- Scrap paper or recycled paper/ card, e.g. recycled birthday cards
- A large empty jar or container
- Small personal objects
- Photographs.

Family storytelling jar

Activity outline

The aim of the activity is to create a jar of story prompts.

- Find an empty jar or container large enough to fit photographs and small objects inside
- Collect a range of small personal objects which have a family story behind them to put in the jar. For example, a special pen or a certificate
- Choose some special family photographs from different family events. These can be events from your child's life as well as parents, grandparents, extended family and friends. Children love to hear about adventures that happened to family members years ago
- For memories where there are no objects or photographs write a word or draw a simple picture and add this to the jar. For example, "Uncle Ben's skiing trip" or "when the pet rabbit escaped"
- Each evening, or whenever is best, snuggle up and have a family story together. Ask your child to pick out one item from the jar. Tell the story and answer any questions they may have.

Learning opportunities include:

- Develop strong, emotional bonds
- Develop a sense of belonging
- Spend quality time together
- Recall family experiences
- Listen attentively.



Recall family experiences

Top tip

Repetition of stories encourages children to remember and recall storylines and new vocabulary.



Activity 1 Continued...



Ideas for different ages

This activity can be used for children of all ages. For babies, point out key people on photographs and name things, for example, Granny Jean, Fluffy the cat, Grandad's medal.

Hold children close so they can see your face and the objects as you tell the story.



Tell the story together

Key vocabulary might include:

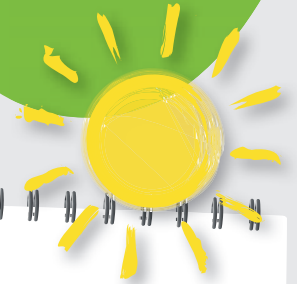
- Memories
- When I was little...
- When you were a baby...
- Can you remember when...
- Names of family and friends
- Places (linked to experiences)
- Feelings - happy, excited, sad, worried
- Names of objects, e.g. brooch, sixpence.

Extension ideas

Place each object of reference back in the jar so your child can re-choose this if they want to hear the story again.

When stories become familiar, encourage your child to join in or tell the story themselves.





Activity 2 Family sensory walk

Spending time outdoors not only introduces opportunities to explore STEAM concepts in the natural environment, it is also beneficial for wellbeing. Being physically active helps develop children's social and emotional skills and self-confidence. Being outdoors can support your whole family's well-being and physical health as it can improve your mood and reduce stress.

The outdoors provides opportunities for multi-sensory exploration and can spark exciting conversations. This activity will support STEAM learning during everyday routines, whilst getting active and supporting the whole family's well-being.

Family sensory walk

Activity outline

- Take children outdoors for a walk where they can use all of their senses to observe and experience what is around them
- You can incorporate a walk into your family's daily routines, for example, walking to and from nursery, at the end of a day, at the weekend or walking to a friend's house instead of driving
- Young children explore and learn about the world through their senses and you can support their sensory development during a walk. For example:
 - **Touch** different textures in the park. Take off socks and shoes and **feel** the grass under your feet – what does it feel like?
 - **Listen** to the sound of birds, cars or people chatting
 - Identify different **smells** along the way
 - Breathe in the fresh air – how does it change day to day – is it damp, dry, windy?
 - Look at what you can see, point out things of interest and talk with your child.



Resources

- A safe, natural environment to explore.

Learning opportunities include:

- Experiment with new vocabulary
- Explore the world around them
- Engage in new experiences
- Appreciate the outdoors
- Physical development.

Key vocabulary might include:

- Open ended questions such as, "I wonder what?"
- Crispy, crunchy, prickly, bumpy, smooth, soft, wet, damp, dry, loud, soft, far, close
- Look, see, smell, taste, feel, listen
- Use what, where and how questions.

Top tip

Talk to babies and non-verbal children as much as you can so they hear lots of language in a real life context, e.g. as you carry out your daily routines. Describe what you are doing – just as if you are talking to another adult.



Activity 2 Continued...

Extension ideas

Provide STEAM challenges for children to complete as part of their daily routines, for example, on a walk or drive to nursery find shapes in the environment and use shape language, (e.g. curved, pointy). Stack objects to create a tall tower or find out how many scoops to fill a jug at bath time, etc.

Include a 'talk walk' in your weekly routine as an activity you can enjoy with your child, such as looking for numbers in the environment, talking about the shape, size and structure of buildings in their community, looking for things that are joined and connected together such as fences, guttering, trains or looking for holes e.g. key holes, drains, doors, etc!

Ideas for different ages

Take babies out into nature and point out features in the environment. Talk to them about what you can see, hear and feel when in the natural spaces. Give babies natural objects to explore, such as pine cones or crunchy, crispy leaves. Take a waterproof blanket to put on the ground so baby can explore their immediate environment.



Activity 3 Water painting

Take art outdoors in spring and summer through this water painting activity. Painting with water is a quick and easy activity to set up at home and all of the family can get involved providing hours of fun. By looking at what is already available to use around the home, this activity can provide a cost free alternative to painting which children will love.

Floating & sinking

Activity outline

- Fill a large container or paint tray with water and provide a range of items (see resources) to paint with
- Talk to your child about what they could paint and where. As water dries naturally outdoors they could paint almost anything - the fence, plant pots or garden furniture. They could make marks on different sections of the patio, decking or paint pictures on the walls
- Ask them to describe what they are doing, what it feels like and what is happening. For example, large rollers will feel heavier when soaked in water and will cover a larger surface compared to old toothbrushes which will make a brush stroke pattern. Talk about which resources soak up more water
- Children love to use items which adults use so you may see them play acting as a painter and you could be their helper. You could suggest games or challenges such as painting three patio stones
- Watch the water evaporate in the warm sunshine and start all over again.

Health and safety

Children must be supervised at all times when playing with water and smaller containers can be provided if large containers pose a greater risk.

Top tip

Find opportunities within a day where you can give children your undivided attention – turn off the TV, phone, etc.



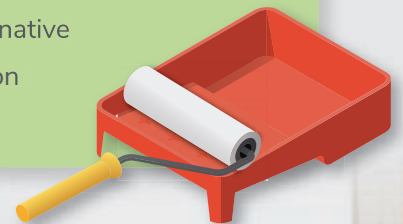
Resources

- A range of different sized painting tools, e.g. old tooth brushes, dish sponges, re-usable paint rollers, paint brushes, larger sponges
- A large container or recycled paint tray.



Learning opportunities include:

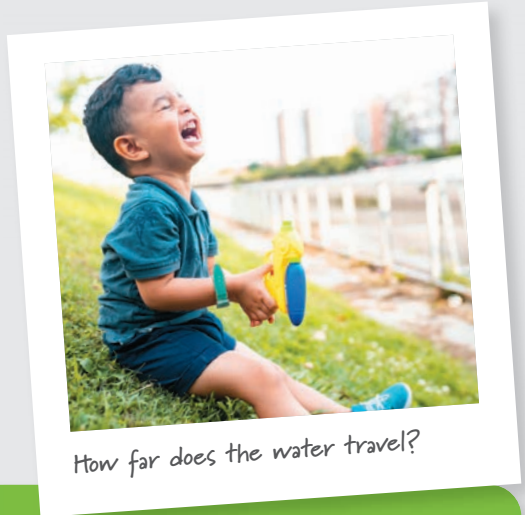
- Compare the effects of different painting tools
- Develop gross and fine motor skills
- Be creative and imaginative
- Engage in conversation
- Develop coordination.



Activity 3 Continued...

Key vocabulary might include:

- Brush stroke
- Brush
- Roll
- Paint
- Drip
- Splash
- Squeeze
- More
- Less
- Heavy
- Light
- Wet
- Dry.



How far does the water travel?

Extension ideas

Provide chunky chalks or stones for your child to make marks with. Paint over these with water and talk about what happens.

Add water pistols for your child to use (or make your own from empty washing up liquid bottles). They could aim at targets on the fence or floor or talk about the different effects the water has as they move further away from something they are squirting at.



Activity 4 Bird feeders

Providing food for birds to eat in spring time may seem unnecessary but birds will continue to actively seek out additional foods to supplement their daily diets.

This activity will provide you with a range of ideas to create simple bird feeders at home with your child which will reward you with frequent flying visitors to enjoy.



Resources

- See the activity outline for all of the required resources.

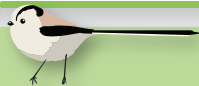


Bird feeders

Activity outline

- Talk to your child about how spring is a busy time for birds as they feed themselves and their hungry hatchlings (baby birds) so they need plenty of food to survive
- Introduce the idea of a bird feeder – look at some as you are out shopping
- Use the activities to support your child's language and literacy skills where possible. For example, make a shopping list, talk about how the bird seed looks, feels and smells and brainstorm where to hang the bird feeder
- Make the bird feeders together. Comment on what they are doing, giving them the vocabulary they need to talk about the activity.

Stale bread bird feeder



Loop some string through a hole in the top of a slice of stale bread. Spread peanut butter on both sides of the bread. Pour bird seed onto a small plate and lay the bread in the seeds to coat it on both sides. Try asking if your child can explain why the seeds stick on the peanut butter. Hang the bread from a branch or hook.

Learning opportunities include:

- Develop fine motor skills
- Understand which foods are appropriate for birds
- Develop vocabulary, such as types of birds and their features.



Orange bird feeder

Add four tablespoons of butter and peanut butter to a small pan and melt them over a low heat (adults only). When melted, pour into a bowl. Ask your child what changes they can see – they might use the words hard, soft, heat, melt. Add a couple of handfuls of bird seed to the melted butter mix and stir.

Place two empty half orange skins on top of a mug. Spoon in two tablespoons of the mixture into each orange half. This will harden as it cools so the bird seed doesn't fall. See if your child can guess that the mixture will harden as it cools. Once the mixture has set, find a safe place to leave the orange bird feeders, such as a windowsill.

Top tip

Letting your child get actively involved helps them to build an understanding of the words they use in context.



Activity 4 Continued...

Extension ideas



Observe and describe the birds that come and feed, encouraging your child to describe whether they are big or small and have any distinguishing features, such as a red breast. Use your local library to research different birds you see. Provide your child with names and details of different birds to increase their knowledge and vocabulary.

Keep a record of how many birds come to feed, whether the same types of birds visit and how quickly the different bird feeders need replenishing. For example, "Oh look there is the big pigeon again, he was here yesterday."

Key vocabulary might include:

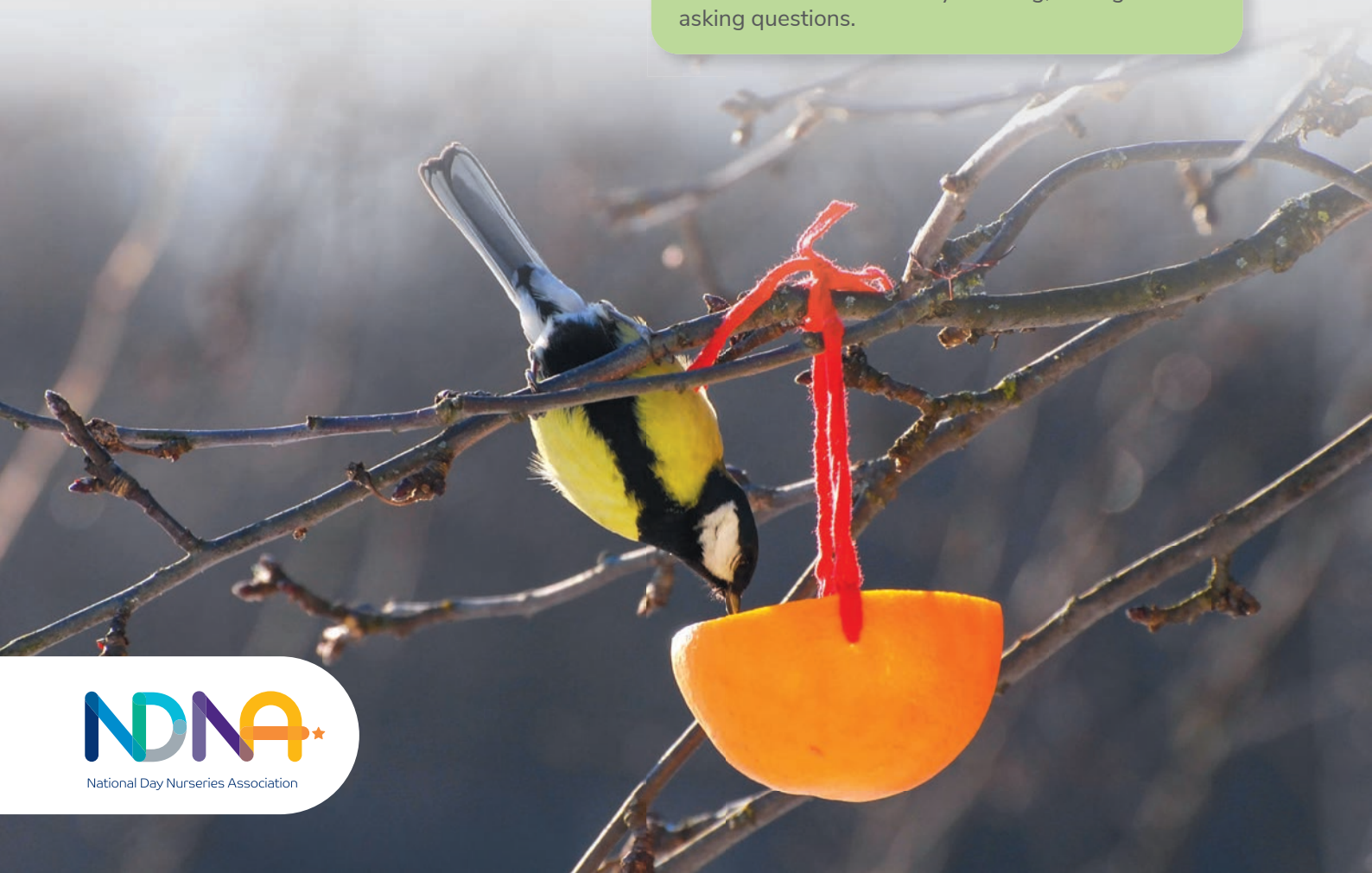
- Wings, feathers, beak
- Bird, names of birds
- Bird seed, feeder
- Fly, peck, feed.



Ideas for other ages



This activity is suitable for children of all ages. All children will enjoy watching the birds feed and listen to their birdsong. Children can help to create and hang the feeders and enjoy learning about different birds who visit by listening, talking and asking questions.



Activity 5 Action songs and rhymes

Taking part in action rhymes gives children exposure to a whole range of language and vocabulary and the opportunity to use new or learnt words in context, alongside the corresponding actions. Through songs and rhymes children become more familiar with different letter sounds, and the repetition of rhymes supports children to store the information in their long-term memory. This activity is a great one to do alongside your usual daily routines and something that can be enjoyed by all the family.

Action songs and rhymes

Activity outline

- Ask your child's nursery for the words and actions to your child's favourite songs and rhymes so you can sing them together at home
- If English is not your first language, ask the staff team to record a video of staff singing your child's favourite songs with the actions so you can hear the tune and follow the actions together with your child
- Record the rhymes you sing at home and send the recording into the nursery so they can learn the songs you sing at home too, or share them via social media.

Top tip

Singing together can be done everywhere - in the car, on a bus, as you walk to nursery or while you are making the tea. Get close to young babies as you sing so they can take part, waving and kicking their arms and legs in excitement.

Key vocabulary might include:

- Range of vocabulary dependent on children's favourite action songs.



Resources

- Song words and actions of your child's favourite song (your child's nursery can help with this)
- Recording device to record rhymes (optional).

Learning opportunities include:

- Choose favourite rhymes to sing
- Exercise motor skills to make controlled actions
- Encourage physical activity
- Develop vocabulary.



Activity 5 Continued...



Do it together

Extension ideas

Build action rhymes into your daily routines to enjoy together.

Make up your own rhymes about familiar people or places.

Ideas for different ages



Involve your baby in the actions by doing them together, for example, Incy Wincy Spider: 'walk' the spider up the babies arm and down again as Incy Wincy is washed out of the drain.



Add songs to your daily routines

National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run an annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun.

Get involved with our 2023 campaign and help keep your children happy and healthy.

Important: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.



National Day Nurseries Association

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