

# Welcome to **Healthy Body, Happy Me 2022!**

## Getting it right from the start

In the early years sector, we understand the importance of carefully laying the essential foundations in all areas of children's early lives. When we get it right for children from the very start, we are equipping them with the tools that they will need for happy and healthy futures.

At NDNA, we believe that children need support from intuitive and sensitive adults who create opportunities for children's learning in every area of their lives. These essential building blocks include physical development, communication and language, cognitive skills, outdoor learning and relationships. When early years settings focus on getting it right in each of these areas, they are not only supporting children's learning but their overall well-being.

Each day of this year's Healthy Body, Happy Me will focus on one of these building blocks. We have provided ideas that can be used with, or adapted for, every age group.

Movement Monday focuses on all the amazing opportunities we have to support children's physical development. From crawling and tummy time with babies, to hopping and skipping with pre-schoolers, Movement Monday has lots of lovely activity ideas to inspire children to get moving.

Talking Tuesday provides ideas to support children's communication and language development. Reception teachers reported that school starters needed more help than ever with speech and language (Education Endowment Fund, 2021) activities that focus on supporting children's functional and social communication. These form an essential part of the work of early years settings. Our activity guide will give you lots of ideas to enhance children's language and encourage good communication from the start.

Wondrous Wednesday has ideas to put the WOW factor into children's learning experiences. When early years practitioners can nurture a sense of wonder about the world around us, children will be motivated, inspired and keen to learn more. Our Wednesday activity guide has lots of great ideas to support children to explore and be curious about their environment. When children have the opportunity to investigate and try out their own ideas, they are developing the skills that they need to be life-long learners.

Thrive Outside Thursday highlights the benefits of the great outdoors. Not only does being outdoors allow children the opportunity to develop their gross motor skills, it is also linked to an increased sense of well-being and better mental health. Our Thursday is full of great ideas to help children of all ages to explore their outdoor environments, learn about nature and explore the unique learning opportunities that being outdoors offers.

Friendship Friday will provide ideas to deepen children's attachments with adults in the setting and with their peers. The foundations for friendship are laid with the very first attachments that children form. From this secure base, children gain an understanding of their feelings and the feelings of others. Our Friday guide has lots of lovely ideas to develop children's social and emotional skills and to nurture their sense of belonging in their setting.

