

Get involved in NDNA's week of **health and happiness...**

Monday

21
March

Movement Monday

We all know that physical activity helps children and adults to maintain a healthy body, but did you know that it is just as beneficial for the brain as it is for the body?



Tuesday

22
March

Talking Tuesday

Language and communication skills are essential in the development of children, equipping them to be ready to learn and thrive in nursery and beyond. They are essential traits in children being happy and healthy.

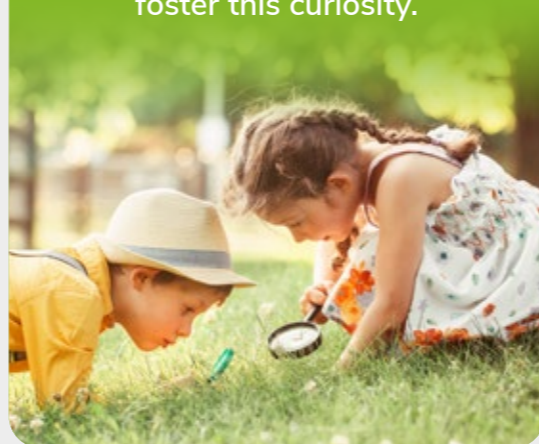


Wednesday

23
March

Wondrous Wednesday

Children are naturally curious about the world around them. By providing an environment and experiences where children feel safe to; share their ideas, make mistakes, have a voice and make their own decisions, children can foster this curiosity.



Thursday

24
March

Thrive Outside Thursday

Simply being outdoors opens up a whole new dimension of learning for children. They can connect with the natural world and their surroundings, have more opportunities to explore the environment, learn to manage risks in play and have different sensory experiences.



Friday

25
March

Friendship Friday

When we feel as though we belong, we have increased feelings of happiness and our overall well-being is better. Friendships are a great way to gain this feeling. The Friday activities support children in developing skills to feel a sense of belonging and empowerment.



Your additional home learning pack supported by:



Please share your stories and photos with us using:

#HealthyBodyHappyMe  @NDNATalk  /ndna.org.uk  National Day Nurseries Association  @NDNATalk

Find more details and download the activity guides from:

www.ndna.org.uk