

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

Monday

20  
March

## Stories

Children learn new words at an extremely fast rate and their vocabulary development is reliant on the words that they hear from adults and others around them. Sharing stories gives children lots of enjoyment whilst also helping them develop crucial skills.



Tuesday

21  
March

## STEM

Young children are naturally curious and STEM concepts and inspiring experiences encourage children to actively explore and test their ideas, to be curious, to persevere and problem solve, to develop their vocabulary and communication, to become explorers, engineers, scientists and discoverers.



Wednesday

22  
March

## Water Play

Water is one of the basic raw materials you can provide to engage children in sensory play and, as water is naturally fascinating, it seems to draw children to explore its properties. When children are playing with water they will hear rich and descriptive language used by others, supporting their own development.



Thursday

23  
March

## Nature

Being outdoors and in nature can develop skills which cannot be easily replicated indoors. Not only does it support them to develop their physical strength and coordination, but it also allows them to take risks and work cooperatively on a much larger scale and communicate differently using louder voices as they enthusiastically share their discoveries.



Friday




24  
March

## Movement

Physical activity early in life helps to develop: essential movement skills, children's core strength and stability, spatial awareness, coordination and control, strong bones and muscles, a positive lifelong attitude to exercise, maintaining a healthy weight, a strong heart. It helps children to feel good and is also lots of fun.



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](http://www.ndna.org.uk)