

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

Monday  
25  
March

## Respond to me

Responsive actions from practitioners working in the early years help to establish strong foundations for emotional regulation, socio-emotional skills and overall cognitive development, so it is imperative that we place this at the centre of the work we do with children. Today's activities have been devised with the theme of 'respond to me' at their heart.



Tuesday  
26  
March

## Play with me

Children have a natural, innate drive to play, seeking out playful experiences no matter where they are or what is available to them. Play allows children to explore, discover, be creative, think, learn and develop in ways that are meaningful to them. Children are most successful at play when interested and skilful adults play alongside them and create opportunities to share and enhance play experiences.



Wednesday  
27  
March

## Tell stories with me

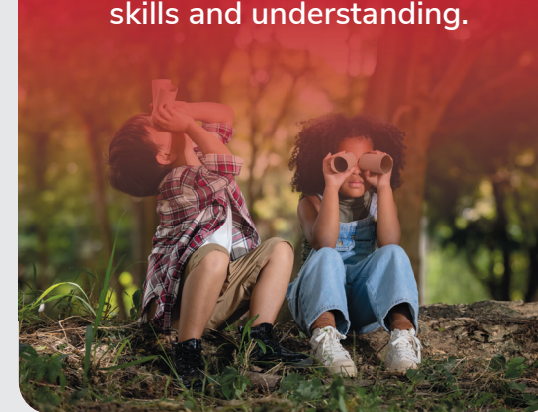
Early years practitioners have the fantastic privilege of being able to share a passion and excitement for reading with children, inspiring them to develop a love of books and reading and giving them the skills they will need for their future journey. Today's activities will offer multi-sensory storytelling experiences for adults and children to enjoy together.



Thursday  
28  
March

## Curiosity and me

Nurturing children's unwavering curiosity will promote cognitive development, help children make connections, foster creativity and open a gateway to learning. Today's activities encourage physical, sensory and investigative skills to kindle curiosity and facilitate as they try out new ideas, bounce back from failures and hone their skills and understanding.








Friday  
29  
March

## Relax with me (home learning)

Children are naturally curious about the world around them and have an abundance of energy for exploring. Their growing bodies need a range of physically active experiences as well as opportunities for calm and relaxing periods to provide a natural balance to their day, giving them time to recharge their energy levels and reduce stress and anxiety.



Please share your stories and photos with us using:

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

Find more details and download the activity guides from:

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