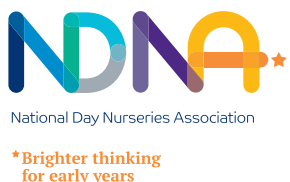




Monday

# Healthy Body, Happy Me 2025

## Magnificent Muscles



Supported by





## Activity 1 Tummy time

Tummy time may look like a simple thing but for babies it's a mighty workout! Think of it as the baby version of a hardcore gym session, laying the foundations for milestones such as pushing up, rolling over, sitting up and crawling. When babies are placed on their tummies, they are doing far more than simply relaxing on the floor. They are lifting their heads against gravity, bearing weight on their arms and generally building strength and coordination for future movement and exploration.

Plus, the benefits don't stop at physical development - tummy time supports cognitive growth too, developing hand-eye coordination and visual tracking skills. Tummy time also provides babies with a whole new view of the world.

The Chief Medical Officer recommends a minimum of 30 minutes tummy time per day (spread throughout the day while awake). Here's an activity to help you achieve that:



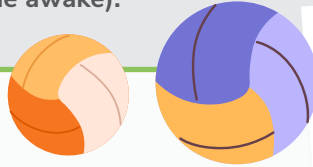
### Resources

- Soft blanket or baby mat
- A collection of toys/interesting objects suitable for babies
- Colourful, soft balls
- Baby-safe mirror.

### Tummy time

#### Activity outline

- Lay down a soft, inviting blanket or mat in a spacious, safe area
- Scatter an assortment of toys or objects across the mat, placing them just a little out of reach. This will encourage babies to stretch their muscles and reach forward. You could also add a safety mirror for them to see their reflection, motivating them to lift their heads and engage with the world in front of them
- As babies push, lift and reach, offer encouraging reactions. Your excitement will fuel their confidence and curiosity.



Stretch!

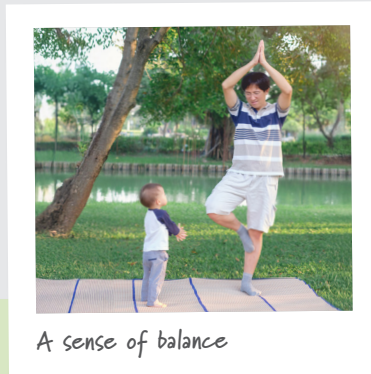


Keep your head up



## Activity 2 Animal adventure yoga

This yoga activity focusses on animal poses. It will help children develop physical strength, flexibility and coordination while contributing towards calming minds and finding joy in movement. The deep breathing and mindfulness woven into the poses encourage children to listen to their bodies and breath.



A sense of balance

### Resources

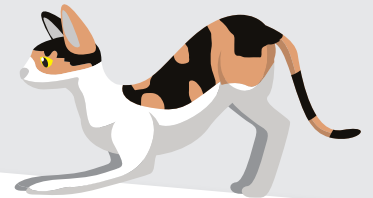
- Online videos of children's yoga (optional)
- Calming music (optional)
- Soft, non-slip mats (or grass)
- Space.



### Animal adventure yoga

#### Activity outline

- Begin by inviting the children, with bare feet, to take a few deep breaths in and out, stretching their arms wide like a bird soaring high in the sky. You will need to model the poses yourself so that the children can follow your movements
- Invite children to be strong, tall trees for the birds to rest in as you show them the tree pose. Stand on one leg, the other foot pressed against the calf with arms stretching upwards to represent the swaying branches. You may all wobble but that's part of the fun
- Lead the children into a cat pose. On all fours, sink your back down, head reaching up, then arch your spine up and hang your head down like a cat. From here, lie on your tummy and transition into cobra pose, lifting your chest and hissing like a snake with your eyes wide open
- End the session by kneeling with hands on your knees. Take a deep breath, open your mouth wide, stick out your tongue and roar like a lion. Namaste!



ROAR!



## Activity 3 Mighty movers

Today's push and pull challenge will support children to develop upper body strength, coordination and proprioception. Proprioception is the ability to sense the position and movement of our bodies in space, which is essential for balance, coordination and performing everyday tasks. Working as a team will give children an opportunity to communicate ideas and listen to others. Let's get pushing and pulling together!

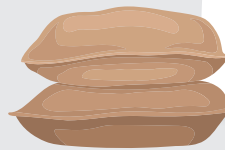
### Mighty movers

#### Activity outline

- Fill a large box/basket with safe and heavy objects. Ensure the weight is appropriate for the age and strength of the children and that there is enough space to move the box safely around the area
- Explain to the children that they are going to be 'Mighty movers' and their job is to push and pull the box across a designated area. You could draw, or mark out with tape, a start and finish line and suggest children imagine that they are delivering something special
- Once they have pushed the box, encourage children to pull it back
- Observe their strategies and offer helpful tips where needed. For example, lean forward while pushing and lean back while pulling, engaging their core and their legs. Have ropes available for those who recognise their value in pulling.

#### Resources

- Large box/basket
- Safe heavy objects e.g. blocks/sandbags
- Flat surface to move the box/basket around
- Chalk/tape/ropes (optional).



#### Extension

Make lines on the floor with tape. Either straight, zigzags, a figure eight, etc. and have them push the box/basket following the tape. This is a great way to add in some extra visual motor skills.



Push and pull!



## Activity 4 Recipe: Push and pull cookie fun

This easy, no-bake cookie recipe invites children to push, pull, squish and squash with their hands and fingers. They will explore textures and build hand strength while creating delicious treats and having some good sticky fun.



Shape the dough



Sprinkle!



### Recipe: Push and pull cookie fun

#### Activity outline

- **Prepare the dough** - in a large bowl, mix the oat flour, spread and honey/syrup. Let the children take turns using their fingers to squish, squash, pull and push the ingredients together until it resembles dough
- **Shape the cookies** - ask each child to break off a small piece of dough to shape. Encourage them to push the dough flat, pull it apart and shape it into their preferred shape. You could provide cookie cutters to give children the option of making their own shape with their hands or using a cutter
- **Decorate** - once shaped, let the children add sprinkles or raisins on top by pushing them into the dough
- **Enjoy** - the cookies are ready to eat, although you may prefer to put them in the fridge for a while to create a firmer texture. Bon appetite!



#### Resources

- 120g oat flour (or finely ground oats)
- 120g vegetable spread
- 85g honey or maple syrup
- Pinch of cinnamon (optional)
- Raisins and/or sprinkles for decorating.

Further resources, links and stories:



Stand tall like a tree



Strengthen our muscles



Move the basket

## 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 2025 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

National Day Nurseries Association

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