



healthy body  
happy me 2025  
BUSY BODIES

Friday

# Healthy Body, Happy Me 2025 Fearless & Flexible



National Day Nurseries Association

\*Brighter thinking  
for early years

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## Activity 1 Doodle around

Unleash creativity and engage different muscles as we turn mark making around, drawing while inside dens, against walls and even under tables! The unique perspective stimulates vestibular development, essential for improving balance and spatial awareness. Additionally, it sparks creativity and encourages children to think imaginatively, pushing them to explore new ways of expressing themselves.

### Doodle around



#### Activity outline

- Secure large sheets of paper in spaces that encourage children to lie on their backs to draw. For example, underneath tables, inside tunnels and under climbing frames. Ensure the area is safe and comfortable for children to lie or sit under
- Discuss with the children how artists sometimes create from different perspectives and how it might feel to draw in various positions. For example, lying on your back
- Provide the children with pots/boxes of mark making resources and encourage them go off and find a hidden drawing den where they can lie or sit to draw
- Consider adding a blanket over a table with some torches so children can draw using a different type of light
- Once finished, have a group or individual discussions about their experiences. Ask questions such as, "How did it feel to draw upside down?" or "What did you find easy, or challenging?" or "Where else could we try to draw in a different way?"



#### Resources

- Blankets, torches (optional)
- Spaces to attach your paper, e.g. tables, tunnels, climbing frames etc.
- Large sheets of paper
- Wax crayons
- Tape.

Build an art studio



Lean against the wall



## Activity 2 Five in the bed rolling game

This musical activity combines whole body movement and coordination with a treasured rhyme.

### Five in the bed rolling game

#### Activity outline

- Spread out the soft mat or blanket in a safe, open area. If outdoors, look for a smooth patch of soft grass. Ensure there's enough space around the mat for children to roll safely without bumping into one another or objects
- With a small group of children, introduce the rhyme 'Five in the bed'. You could sing the rhyme, share a storybook or watch a video
- Invite the children to lie down shoulder to shoulder on the mat as if they are snuggled in a pretend bed. Begin singing the rhyme together. When you reach the part where 'they all rolled over', encourage everyone to roll to the side in the same direction
- Choose one child to 'fall out' by adding their name to the rhyme. For example, "So, they all rolled over, and [name] fell out"
- Keep singing and repeating the rolling action, taking turns until only one child is left on the mat
- Repeat the rhyme as many times as the children are enjoying it, changing the children who roll each time. Adjust the pace by encouraging children to roll slowly or quickly or by adding pauses to build excitement.



#### Resources

- A space for children to move around freely and safely
- Soft mat or blanket.

#### Five in the bed rhyme

There were five in the bed  
and the little one said,  
"Roll over, roll over."  
So they all rolled over and  
one fell out.

There were four in the bed ...  
There was one in the bed  
and the little one said,  
"I'm lonely."



## Activity 3 Fearless fun in the great outdoors

Take learning outdoors with a visit to the park or a nearby field, giving children lots of space to explore. Large open areas provide opportunities for children to move freely, engaging in bigger and faster movements than usual. Encourage them to embrace the freedom and have some fearless fun.

This outdoor adventure builds physical skills, self-confidence and encourages children to test their boundaries safely in a natural setting.

### Warm up

Start with a warm-up, guiding children through some stretches to prepare their bodies for active play.



Take the risk

from higher spots or balancing along logs, helping to build confidence and resilience.

### Active exploring

Encourage the children to run freely, experiencing the delight of moving at a faster pace than they can normally. Spark their creativity by suggesting imaginative movements like 'flying' with arms stretched like wings or 'leaping' like animals. Challenge children to run in various directions, enhancing agility and control.

Encourage climbing and adventurous play by exploring safe low branches, climbing frames or natural obstacles. Activities like this build strength, balance and spatial awareness. Support risky play, such as sliding down slopes, jumping off logs etc.



Testing boundaries

### Obstacle course

Create a mini obstacle course using natural features like trees, rocks or benches. Include activities like jumping, weaving, swinging and ducking. Encourage safe risk-taking by supporting activities such as jumping

### Cool down

Finish with a calming cool-down, taking a gentle walk or doing slow stretches to bring calmness after the activity.



Stretch it out

## Activity 4 Adventurous taste-testers

Children can explore their creativity by mixing different fruit juices, adding fresh fruit and experimenting with herbs to create smoothies. It's a fantastic way to inspire an adventurous attitude toward trying new flavours and combinations.



Flavour connoisseur



### Adventurous taste-testers

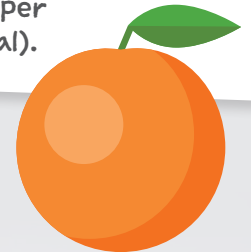
#### Activity outline

- Encourage children to taste and smell the fruits, juices and herbs. Use this opportunity to talk about how these ingredients are healthy and why fruits and herbs are good for our bodies. Inspire children to describe what they notice by modelling it for them, e.g. "This orange is sweet" or "Mint smells fresh"
- Provide jugs of juice to enable children to select two or three different types of juice to mix
- Encourage children to be adventurous with their choices by asking, "Which flavours do you think will taste good together?" and enthuse them to try new flavour combinations
- Enhance both the flavours and appearance by squeezing in some fresh fruit and tearing up the herbs to mix into their smoothie
- Once the smoothies have been created, ask the children to taste their creations and describe the flavours. This can prompt rich conversations about the different ingredients and the combinations they chose
- Ask each child to come up with a fun name for their drink like "Molly's Mango Mix" or "Jack's Jungle Juice."

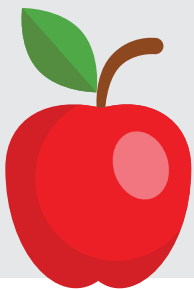


#### Resources

- Variety of fruit juices, e.g. apple, orange, pineapple etc.
- Fresh fruit, e.g. strawberries, oranges, kiwi etc.
- Herbs, e.g. mint, basil etc.
- Small cups, spoons, whisks and tongs
- Crushed ice, paper straws (optional).



Part of your five-a-day



Further resources, links and stories:

**Nature Play - Inspiring Outdoor Approaches - NDNA Publication**

[ndna.org.uk/NaturePlay](https://ndna.org.uk/NaturePlay)

**Outdoor Play - NDNA Publication**

[ndna.org.uk/OutdoorPlay](https://ndna.org.uk/OutdoorPlay)

**Outdoor and Risky Play - NDNA Training**

[ndna.org.uk/RiskyPlay](https://ndna.org.uk/RiskyPlay)

**Risky Play in Early Years - NDNA Factsheet**

[ndna.org.uk/RiskyPlayFS](https://ndna.org.uk/RiskyPlayFS)



On a roll



Explore the environment



## 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

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

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