



healthy body  
happy me 2025  
BUSY BODIES

At Home

# Healthy Body, Happy Me 2025

## Healthy at Home



National Day Nurseries Association

\*Brighter thinking  
for early years

Supported by

**HOPE**  
is all you need

## Activity 1 Hanging out at the park

The park is a magical place where children can run wild, feel the wind on their faces and get their bodies moving. With an array of equipment, kids can strengthen their muscles, fine-tune their coordination and build stamina all while having a great time. The variety of equipment and the experiences they offer can help children understand how to assess and manage risks on their own.

### Hanging out at the park

#### Activity outline

Encourage your child to explore a variety of apparatus. The slide, swings, roundabout, monkey bars (perfect for building upper body strength) or even the zip line all offer different challenges and experiences. You can make the experience even more engaging by weaving a story into their play. Maybe they're pirates scaling a ship in search of treasure, escaping danger by swinging through the air or making a daring escape down the slide to safety. You could even pack a picnic and after an energetic morning of playing, take a break together on a soft blanket under the shade of a tree. It's the perfect way to relax, recharge and enjoy a little downtime before diving back into the fun.

And don't forget to join in! Games like hide and seek, chase or follow the leader can add to the excitement. Just be sure to set clear boundaries, like not leaving the park area. Your involvement will make the experience more fun as your child delights in having you by their side, sharing in the joy of exploring and creating memories together.



#### Resources

- Park, preferably with a playground.



## Activity 2 Barefoot walk

Letting children walk barefoot, indoors and outdoors, has remarkable benefits for their development. It provides excellent sensory input and supports both foot and brain growth. Walking without shoes helps strengthen foot muscles, improves balance and encourages a natural gait.

### Barefoot walk

#### Activity outline

Encouraging barefoot play allows children to explore and connect more fully with the world around them. Whether they're inside the house, playing in the garden or running around the park, being barefoot enhances their motor skills and sensory experiences. You can also create unique barefoot adventures by introducing them to various surfaces, such as grass, sand, mud, pebbles or woodchips, giving them an opportunity to explore new textures safely.

While concerns about infections or injuries are understandable, they are relatively low risk. Children are more likely to get infections through their hands than their feet. Here are some things you can do to keep barefoot play safe and enjoyable:

- Check for hazards
- Avoid hot surfaces on sunny days
- Keep water and some towels handy to wash feet before children go back inside
- Don't force children to go barefoot if they don't want to.

In most cases, the benefits of going barefoot far outweigh any potential risks. Allow your child to experience the joy of barefoot exploration whenever possible and consider joining in. After all, dirty feet are often a sign of happy, healthy play!



#### Resources

- A safe environment to explore.



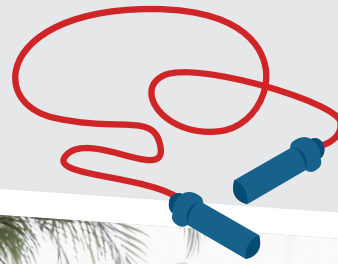
Explore different textures in the park



How does it feel?

## Activity 3 10 minute daily challenge

Set yourself a challenge of spending 10 minutes every day doing something fun and physical with your child. This will help to develop their hand eye coordination, muscle strength and balancing skills as well as being a good bonding experience and great fun.



### Resources

- Masking tape
- Balloon
- Music
- Ball.



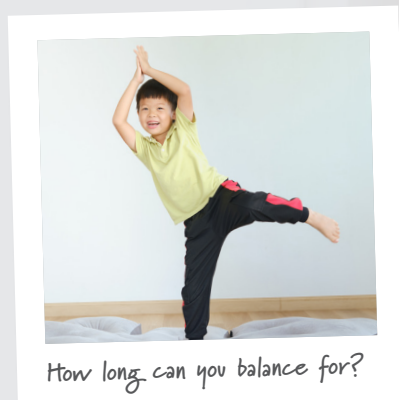
### 10 minute daily challenge

#### Activity outline

You can build on these activities and switch them up as the weeks go on:

- **Dancing the time away:** Put on your favourite tunes and have a boogie together
- **Yoga:** Find some great yoga adventure online videos and make sure to join in with the children
- **Aerobics:** Put on some music and do a fun aerobic workout. For example, jogging on the spot, high knees, star jumps, box steps, arm curls etc.
- **Ball skills:** Throwing, catching, bouncing and rolling it to each other
- **Balancing:** Use masking tape to tape a line, or shape, on the floor and balance along it; alternatively try using skipping ropes to balance along
- **Balancing:** Stand on one leg. How long can you do it for? Can you hop as well? How many times? Can you beat your score from last time?
- **Animal adventure walk:** Choose an animal and move like them. For example, hop like a frog, slither like a snake, prowl like a lion, etc.
- **Balloon fun:** Blow up a balloon and keep it up in the air. Challenge your child to use different parts of their bodies to keep it up.

Incorporating these playful activities into your daily routine will help your child burn off energy while strengthening the bond between you.



## Activity 4 Simple veggie fajitas

Veggie fajitas make a quick and easy dinner and this budget-friendly recipe is sure to please the whole family. It's also a great way to use up leftover vegetables and encourage your child to try new foods as they make their own wraps.

Children can help with preparations, such as using safe knives to slice the peppers and courgettes or grating the cheese.

### Simple veggie fajitas

#### Activity outline

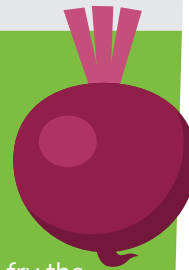
- In a large bowl, combine two tablespoons of oil with all the vegetables. Season with a pinch of ground black pepper and stir everything together thoroughly
- Heat a large non-stick frying pan or wok over high heat. Stir-fry the vegetables for six to eight minutes or until they are lightly browned and just tender
- Once they are cooked, add the remaining oil and the fajita seasoning to the pan. Mix everything together over medium-high heat for one to two minutes until heated through
- Warm the tortillas according to the instructions
- Serve the vegetables directly from the pan, loaded into the warm tortillas and top with sour cream (and guacamole, salsa and grated cheese if you like).

You could add cooked chicken or a meat substitute for some extra protein too, if you prefer.



#### Resources

- Large bowl
- Non-stick frying pan or wok
- Three tbsp vegetable oil
- One medium onion, cut into thin wedges
- Two peppers, any colour, deseeded and thinly sliced
- Two to three medium courgettes, trimmed and cut into roughly 6cm sticks
- Two tbsp fajita seasoning mix
- Eight soft tortilla wraps
- Soured cream or crème fraîche
- Ground black pepper
- Guacamole, salsa, grated cheese (if required).



Mix it all together



Extra added protein





Further resources, links and stories:

Planning a Nursery Outing - NDNA England Factsheet

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



Feeling the ground beneath us



A trip to the park



## 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

National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ  
01484 407070 [marketing@ndna.org.uk](mailto:marketing@ndna.org.uk)



#HealthyBodyHappyMe

\*Brighter thinking  
for early years

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

# The building blocks of early years

NDNA member benefits with Hope

15% OFF

15% off every order

20% OFF

20% off one order per year

Up to 70% OFF

Up to 70% off over 200 essentials



Free delivery with no minimum spend

Outdoor Step & Ramp Mini Climbing Set From Hope Education  
HP00055974  
£169.99

**HOPE**  
is all you need

Hope are proud to be NDNA's corporate partner.

A brand you can trust | Rated excellent on ★ Trustpilot  
Proud Supplier of the Year winner | Super quick delivery