

Welcome to

Healthy Body, Healthy Me 2026!

Healthy Heroes

Encouraging physical activity and healthy habits from an early age is a wonderful way to support children's growth, development and well-being. Young children learn about their bodies through movement, active play and exploration. These experiences strengthen their muscles and bones, support balance and coordination and boost their confidence as they try new things. Alongside staying active, healthy everyday choices - such as enjoying nutritious foods, getting plenty of sleep, drinking water regularly and building positive relationships - provide children with a strong basis to thrive physically and emotionally and be ready for learning. Oral health is equally important. Simple routines like brushing teeth twice a day with fluoride toothpaste, removing sugary snacks and drinks and visiting the dentist regularly help protect children's developing smiles while fostering independence and confidence in daily self-care.

Being a 'healthy hero' means exploring everything that helps our bodies and minds feel their best: moving, eating well, resting, drinking water and connecting with others. During the week, children can take part in fun, themed activities that bring these ideas to life in playful, memorable ways. Munching Monday invites children to explore delicious, nutritious foods, while Toothtastic Tuesday helps them understand how to look after their teeth. On Workout Wednesday, children get moving through energetic physical activities and Thriving Thursday focuses on overall well-being and the importance of relaxation and calm. The week ends with **Five-a-day Friday**, a celebration of colourful fruits and vegetables and the value of variety in keeping our bodies healthy.

To extend this learning beyond the classroom, families can use the Healthy Heroes at Home Learning Pack, which offers a simple activity and recipe to support healthy habits at home. Together, these experiences create a strong, positive foundation for children to grow, be healthy, active and happy.



Healthy Heroes at Home supported by

