



Thursday

Healthy Body, Happy Me 2026

Thriving Thursday



*Brighter thinking for early years

Supported by



Activity Thriving Thursday

Invite children to take part in a fun, hands-on learning experience called Healthy Hero Day, exploring the four essentials for keeping their bodies happy: exercise, food, sleep and water.

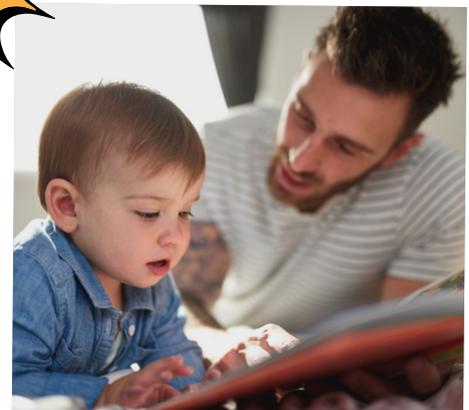


Resources

- Display space
- Water stop area
- Fruit/vegetables
- Camera/phone/tablet
- Cosy corner with soft toys and books.

Activity outline

- Begin with a short group discussion about what a healthy hero might need, using simple prompts such as, “what helps your body feel strong?” or “what gives you lots of energy?”
- Create a child-height wall space titled, ‘Our Healthy Hero Day’. Throughout the day, add photos of children taking part in different well-being activities. Start with movement, encouraging superhero stretches or star jumps. Capture a photo and place it under exercise
- During snack time, talk about food as fuel for our bodies. Let children help prepare a colourful fruit or vegetable platter and add a photo under healthy food
- Introduce or adapt a water stop area. Take photos of children pouring and drinking water and discuss how hydration helps bodies work well. Add a photo to the water section of the timeline
- Include a cosy corner to explore the importance of sleep and relaxation. Use stories/soft toys to discuss bedtime routines, snuggling down and how rest helps us grow. Add a calm photo under sleep
- End the session with a review of the display and discuss how they have been superheroes. Finish with a short, mindfulness moment. Invite children to sit or lie comfortably. Place hands on their bellies and feel their breathing like gentle waves under their hands; use imagery such as floating on water or blowing slow superhero breaths.



Get comfy!

Further resources, links and stories:

Physical Activity in Early Years
- NDNA Training

ndna.org.uk/PhysActivity



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 2026 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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www.ndna.org.uk

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