



healthy body
happy me 2026

HEALTHY HEROES

Wednesday

Healthy Body, Happy Me 2026 Workout Wednesday



National Day Nurseries Association

*Brighter thinking
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Activity Workout Wednesday

Today, the healthy heros are all going to an imaginative Superhero Training Camp where they can develop their physical skills, confidence and teamwork. Tell them that they are superheroes in training and need to be ready to practise their powers to complete exciting challenges.

Activity outline

- Lead a short warm-up session using superhero-themed moves such as reaching high to 'fly through the sky', crouching low for 'super landings', twisting side to side to 'use power beams', lift their knees up high for 'mountain climbers' and jumping super high for 'power jumps'. Encourage them to land in a strong superhero pose
- Once the children are energised, introduce the obstacle course you have set up with cones, hula hoops, tunnels and beanbags. Model each challenge first, then invite the children to take turns leaping over 'tall buildings', crawling through tunnels, rescuing teddies or figures and using their 'mega throw' to hit a target. Encourage imaginative language and teamwork as they move through each station, offering praise for effort and cooperation
- After completing their superhero training, give the children a shared mission such as finding hidden soft toys around the room to rescue. This helps promote problem-solving, communication and collective achievement
- Conclude the session with a calm cool-down such as super-long stretches and huge breaths. Have a brief reflection, asking children which superhero moves they enjoyed most and how they helped their friends. Finish by celebrating everyone's success with a high five or fist bump to congratulate each superhero, reinforcing their sense of accomplishment and belonging.



Resources

- Items to makes an obstacle course e.g. cones, hula hoop, tunnels and bean bags
- Large, open space
- Soft toys.



Rescue teddy!



Further resources, links and stories:



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

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