

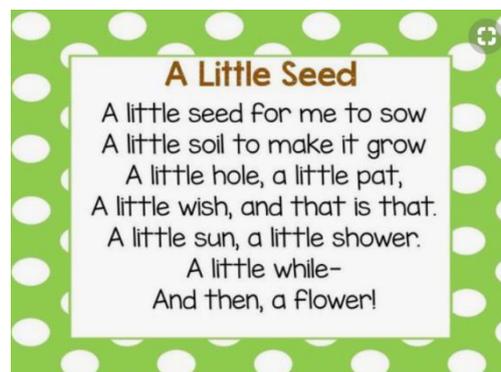
Pinterest activity ideas linked to Startwell characters

Babies

Active Azra: keep babies moving with sensory boxes that include a range of gardening equipment and different types of whole fruits and veg.

Use seeds/ pulses to make musical instruments e.g. Can the babies reach and hold the shakers. Try putting them just out of reach to encourage movement and stretching. You can also shake/dance/move with these. You could make colour shakers using a range of seeds or pulses.

Singing songs with action movements. Food related songs could include one potato, two potato; five little peas; this is the way we pick the fruit



Toddlers

Active Azra: Use whole raw fruit and vegetables hidden in tuff trays and around the room or garden/outdoor area for children to find in a treasure hunt activity. Give the children a search card with the amount of items and a picture to help them find them. Get them to count the items - does it match their card?

Fay 5 a Day: Give each child a cress cup with their face on it so they can keep an eye on their cress growing. Cress is a good seed to grow as it grows quickly and will maintain children's interest

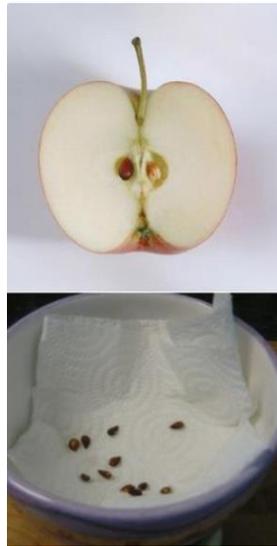


Growing Tuff Spot



Pre- school

Active Azra: Take fruit, vegetables and any peelings to a large space and encourage the children to make large pictures and sculptures using the growing equipment and fruit and vegetables. Ensure the equipment is spaced out to ensure they are stretching, bending and using their core strength and balance to participate. What shapes and colours can the children see in their art piece? You could also draw round the children to look at sizes and see how many Apples (fruit/vegetables) it takes to fill Sam's (child's names) leg or body etc.



Fay 5 a Day: Add fruit and vegetables that contain pips or seeds to your snack menu and have a look at the seeds inside during a snack preparation activity e.g. size, shape and how many. This is a good opportunity to show children what the seed grew into.

