

Activity ideas for Professionals, remember to be a role model for your child *Pre-Schoolers aged 2.5 – 5 years.*

Summer Activity Ideas Pre-schoolers



Smiley Shen promotes clean and healthy teeth. He encourages us to look after our teeth by brushing our teeth twice a day and for two minutes (2x2), visiting the dentist regularly, cutting down on sugary foods and drinks and drinking from the correct drinking vessels.

ACTIVITY	WHAT YOU NEED
Create a healthy smile board – take pictures of each child smiling widely to show their smile and create a healthy smile board. Talk to the children about brushing their teeth twice a day, once before bed and first thing in the morning.	Camera Printer/paper Wall space at child's eye level
Dodge the sugar game – play a game of dodge ball but with an oral health twist. Pretend the ball is sugar and children have to avoid the sugar to protect their teeth.	Bean bags or soft ball
Toothpaste sensory activity – create different samples of whitepaste and ask children to smell them to guess which one is toothpaste e.g. toothpaste, shaving foam, glue, white nail varnish. Explain that the toothpaste has a minty and fresh smell.	Toothpaste Shaving foam Liquid glue White nail varnish or paint
Alphabet teeth cleaning – laminate some handouts with big teeth, then write some letters on the teeth using a white board pen. Have a selection of alphabet flashcards, ask children to take a selection and to find the alphabet on their teeth and wipe it clean. Encourage the children to use circular and side to side brush movements to wipe the teeth clean to practice correct tooth brushing techniques.	Laminated big teeth White board pen Alphabet flash cards Cotton wool/tissue



Sammy Skills wants us to develop physical skills. Sammy Skills looks at the Fundamental movement skills that children should be mastering. The Fundamental movement skills are set out into are Loco-motor, Stability and Manipulative. He focuses on the need to look at the intent /purpose and skill of the activities set out for children.

ACTIVITY	WHAT YOU NEED
Can the children kick a ball towards another person/adult or child. Kicking towards a target is a key manipulation skill. Skill: Sending away – kicking.	Ball
Balance bikes and riding a trike. Pre-schoolers are a perfect age to start learning how to use the peddles on a bike. Initially children find it easier to go backwards rather than forwards so ensure they have space.	Bike/trike
Bean Bag Relay – Lining children up in lines of 5, starting with the child at the front can they pass the bean bag to the person through their legs until the person at the back has received the bean bag. Progress this by getting children to pass the bean bag over their heads to the person behind them. Final progression can be to alternate the bean bag being passed back using over the head and also through the legs. Skill – Loco-motor and manipulation – working with others.	Bean bag
Rolling pumpkins activity – can you all sit in a circle and practice rolling the pumpkins across the floor to each other. If you don't have pumpkins available use a range of different sized balls. Skills: Sending Away – pushing-rolling	Pumpkin



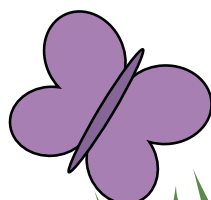
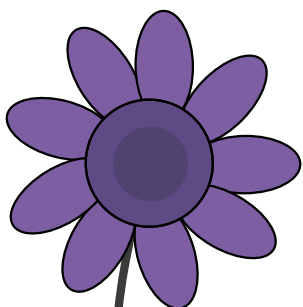
Micky me size is all about portion control – remember that babies’ tummies are small and don’t need a lot to fill them. If they are over fed their tummies stretch, need more to fill them and can lead to obesity

ACTIVITY	WHAT YOU NEED
Use the story of Goldilocks to talk about the different size bears and what size bowls they need. Challenge the children to fill the bowls with small, medium or large amounts of oats depending on the bears size (you could also do this with porridge or other healthy play food you have). Link to National porridge day in October.	Goldilocks story Small, medium and large bowls Oats (or porridge or play foods)
Find a selection of different sized animal toys or pictures and different sized plates/ foods or food pictures, can the children match the correct size animal to the correct size food? Talk about how much food each would need. If you have a copy, read the book “I’ve had enough”.	Different sized animal toys or pictures Different sized plates, foods or food pictures I’ve had enough book (optional)
Turn your role play area into a Micky Me Size Café. Support the children ‘working’ in the café to serve up the correct size portions for their ‘customers’ i.e. small, medium or large.	Café role play area
Have pictures of different packed lunch food and ask the children to create their own packed lunch. Ask them to think about how much food they need. Have they packed a lunch that is too small, too big or the correct size for them?	Packed lunch food pictures



Fay 5 a day wants everyone to eat a minimum of 5 pieces or fruit or vegetables everyday once weaned. – Fruit and vegetables are our protective foods that help to keep our bodies’ healthy and fight off illness.

ACTIVITY	WHAT YOU NEED
Plant Life cycles – get the children to act out the plant life cycle of different foods. From seed, to leaf, to flower to a small pumpkin into a large pumpkin. You could plant some seeds together and watch them grow too.	Pumpkin seeds
Sequencing – following on from the activity above print pictures of the pumpkin stages in the cycle and ask the children to put them in the correct sequence. Talk about how they grow and which parts we eat etc.	Pictures of a pumpkin life cycle
Shape painting – get different fruit and vegetables and cut them in half with the children. See what shapes they make when they are cut in half. Use the shapes to create great patterns with paint. Vegetables that make good shapes when cut in half are mushrooms, peppers, brussel sprouts, oranges and bok choy. Can they choose 5 different ones and make a 5 a day picture.	Fruit and vegetables Chopping board Knife
Rainbow Tasting – pick different coloured fruit to represent rainbow colours e.g. pineapple, blueberries, purple grapes, tomatoes, green apples etc. Get the children to help you chop the fruit and vegetables and then have a rainbow tasting. Explain to the children that we need to eat a rainbow of fruit and vegetables to get all the vitamins and minerals they need and remind the children that fruit and vegetables are protective foods against germs.	Different coloured fruit and vegetables





180 Katie Guidelines for children aged under 5 years old as out lined in the UK Chief Medical Officers Report. It states that children aged 3 -5 should have **180 minutes of exercise every day** and at least 60 minutes should be high intensity.

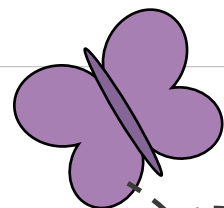
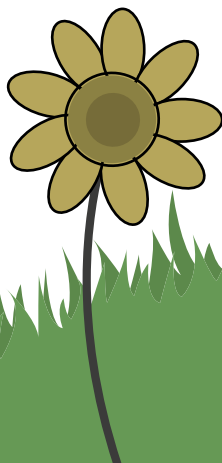
ACTIVITY	WHAT YOU NEED
Listening Game- Ask children to stand in a circle and hold onto an elastic, play some music and ask the children to freestyle, change the tempo and volume of the music to see how the intensity and moves change.	Elastic Music
Copy me copy you game – only use high energy movements and create a fast packed fun 10 minute workout to get the heart rate up.	Music
In order to develop strong running skills children need to be able to run on their toes. Can you introduce a daily activity that encourages children to run at pace across the room and to get up onto their toes.	Nothing
What about a game of hide and seek – get all of the children involved in running to hide and once found they need to jump up and down until everyone is found.	Nothing



Active Azra wants us to MOVE MORE SIT LESS, by getting our 'belly buttons on the move', this is also known as 'translocation of the trunk'.

The Physical Activity Guidelines for children aged under 5 years old as out lined in the UK Chief Medical Officers Report states that extended periods of inactivity should be broken up by at least light physical activity.

ACTIVITY	WHAT YOU NEED
Parachute Popcorn -Using lightweight balls starting with 1, place in the middle of the parachute and encourage children to shake the parachute to allow the ball to float up and down continuously whilst trying to keep it on the parachute, progress this by adding more balls and encouraging children to count how long all the balls manage to stay on the parachute before the first one falls off. Reset the activity and start again.	Parachute Balls
Action songs ,Active stories and Show me games are a good way to introduce new language, listening skills and understanding. E.g. The giraffe is tall the mouse is small. Get children moving in space and then call out tall or small. Can they make their bodies into these shapes?	Nothing
Parachute Games Flying Saucer – Ask all of the children to hold the parachute, give commands of 'touch toes', 'touch sky', 'crouch' etc. On the call of 'FLYING SAUCER' children have to lift the parachute above their head and let go at the same time, the parachute will then glide through the air and come to a graceful fall a short distance away.	Parachute
Children go and find a hiding place and take an instrument with them and start making noise with their instrument. The other children then go to find them by listening for where the sound is coming from. Children can just use voices or tap on objects in the outdoors if instruments are not available.	Musical Instruments





2 Snacks Max wants children to eat two healthy snacks per day. One mid-morning and one mid-afternoon. These snack time activities are a great way to teach children about healthy snacks and that they should be limited to twice a day.

ACTIVITY	WHAT YOU NEED
Tortilla spirals – Make some tortilla cream cheese and spinach roll ups! Ask children to spread their own cream cheese onto a tortilla wrap, sprinkle baby spinach leaves on top and then roll the wrap up tight. Encourage them to chop their own wrap to see the spiral effect! Visit our 2 Snacks Max board on Pinterest for the recipe.	Tortilla wraps Cream cheese Baby spinach Plates Knives Chopping board
Do a build a skeleton craft activity with children and then include a range of cheeses at snack e.g. cream cheese, cottage cheese and cheese cubes to explain that cheese builds strong teeth and bones. Give alongside fruit/veg e.g. apple	Black paper White paper and card Scissors Glue Cream cheese Cottage cheese Cheddar cheese Any fruit/veg
Do a traffic light snack activity using crispbreads, cream cheese, strawberry, apricots and kiwi. Ask children to chop fruit and then assemble their crispbread to make traffic lights, strawberry (red), apricot (amber) and kiwi (green). Visit our 2 Snacks Max board on Pinterest for the recipe. Remember to chop fruit into quarters and avoid circular shapes as these are choking hazards. Children could be encouraged to use 4 quarters to create the circles	Crispbread Cream cheese Strawberries Apricots (if tinned, use tinned in juice and not syrup) Kiwi Chopping board Knives Plates
Make some scary sesame snake breadsticks. Pre-prepare bread dough give each child their own dough and ask them to knead it well before rolling it into a snake shape and carefully coiling it up and applying sesame seeds as eyes. This is a fun activity where they will be able to practise precision and presentation! Enjoy as a snack. Visit our 2 Snack Max Pinterest board to see a picture and to find the recipe.	All purpose flour White sesame seeds Baking powder Red pepper flakes Unsalted butter Ice cold water Black sesame seeds Mixing bowl & spoon Baking tray Parchment paper

