

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

Summer Activity ideas pre-school

Smiley Shen



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
Sugar parachute game – divide children into two groups (tooth fairies and sugar monsters) Ask the tooth fairies to hold the parachute and the sugar monsters to throw empty food packets/ picture cards of sugary foods and drinks onto the parachute as the tooth fairies keep shaking it to shake off the sugar. Set a timer and do this activity for 2 minutes so the children see how long they need to brush their teeth for. Then get the children to swap roles and repeat game.	Parachute Empty food packets/ picture cards of sugary foods
Look at pictures of different animals teeth e.g. dogs, cats, lion, shark, crocodile and explain that animals also need teeth to eat. If we don't look after our teeth we will get tooth ache and struggle to eat. Going to the dentist is really important to check that your teeth are still healthy and strong.	Pictures of animals with teeth
Give children some pebbles covered in compost, toothbrushes and water and ask them to brush the pebble until it is clean. Encourage the children to use circular brush and side to side brush movements to practice correct tooth brushing techniques.	Soiled pebbles Bucket of water Toothbrushes
Freeze some fresh mint leaves in large ice cubes. Ask children to brush the ice cubes until they get to the mint leaf, ask them if it smells nice and minty and fresh?	Large ice cube trays Fresh mint leaves Toothbrushes



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
Cone Jump – Place a spot on the floor for each child, encourage them to jog on the spot, jump from side to side over the spot, jump forwards and backwards over the spot (2 feet together). Progress the activity by using cones so they have to jump higher. Skill: loco-motor skill of jumping.	Floor spots, cones
Loco-motor skill development – Running in and out of cones and stopping at a cone on command. Encourage children to do a wiggly line run, weaving in and out. Repeat activity with children doing 2 footed jumps over the cone. Skills: loco-motor and stability	Cones
Around The World – Can your child pass a bean bag between alternating hands around various parts of their body, starting off slow and progressively speeding up. Skill: Manipulation and Stability moving with items.	Bean bag
Can you visit the local park to make use of their large climbing equipment? Can the children challenge themselves to climb and hang from the equipment? Skill: Stability skills in one place and from place to place.	climbing equipment at park



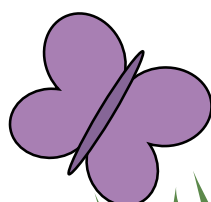
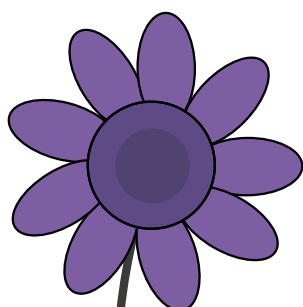
Micky me size is all about portion control – remember that babies' tummies are small and don't need a lot to fill them. If they are over fed their tummies stretch, need more to fill them and can lead to obesity



Fay 5 a day wants everyone to eat a minimum of 5 pieces of 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
To celebrate National Picnic month in July turn one of your snack or tea times into a picnic. Talk about having the right size portion to fill our stomachs then help the children choose the correct amount of picnic foods for their plate/stomach size.	Picnic mats Foods for picnic snack or tea
Read "The tiger who came to tea", talk about who is bigger, Sophie or the Tiger, which size are they? Look at how much each ate and talk about how much they would need if they were part of the tea party, talk about the difference in portion sizes. Link to International Tiger Day in July.	The tiger who came to tea book
Collect different size balls (to represent our meals) and tubes or containers (to represent our stomachs). Start with one size tube, challenge the children to find which balls will fit. Repeat with the different size tubes. Talk about how the big balls (i.e. too much food) do not fit in the smaller tubes (i.e. smaller stomachs).	Different sized balls Different sized tubes or containers
How many Blueberries? Use snack time to work out the correct portion of blueberries for their size. Ask the children to put what they think is a portion into their bowl. Explain that it's important that they don't eat too much of even their favourite fruit and explain what a portion is. Ask the children how you measure a portion of fruit (their handful). Help them to check whether they have the correct portion of blueberries. They could also count them back into their bowl and compare this to how many you need for your portion. NB you can do this with any of your fruit and vegetables at snack time.	Blueberries (or other snacktime fruit or vegetables) Bowls

ACTIVITY	WHAT YOU NEED
Counting – get an apple and ask the children to guess how many seeds are in it. Cut the apple in half, remove the seeds and count them together. Did anyone guess correctly? Cut the remaining apple into slices. Can the children count how many slices fit into their hand to make one portion of fruit?	Apples Chopping Board Knife
Different textures – choose one vegetable and prepare it into lots of different shapes and textures. For example carrot cut into sticks, circles, cubes, grated and pureed. Put all the variations of carrots onto a tray and let the children explore the different textures and talk about them together.	Carrots prepared into different shapes and textures
Sizes – give the children a selection of different sized fruit and vegetables. These could be plastic or real or a combination of the two. Ask the children to divide the fruit and vegetables into two piles of large and small. Then go through each pile and get the children to name each fruit and vegetable. Talk about the wide variety of different fruits and vegetables we can have.	Large and small fruit and vegetables
Eat a rainbow – draw a rainbow on a piece of paper. Give the children different coloured fruit and vegetables to match the colours of the rainbow. Ask the children to match the fruit and vegetables to the correct colour in the rainbow. Explain that fruit and vegetables give us vitamins and minerals protecting us from germs. That's why we call fruits and vegetables protective foods. Eating all of the colours of fruit and vegetables give us full protection against germs. If you only eat your favourite colours e.g. red and yellow fruit and vegetables you will only get some protection, we need all colours for maximum protection.	Rainbow drawn on paper Fruit and vegetables matching the colours of the rainbow





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.

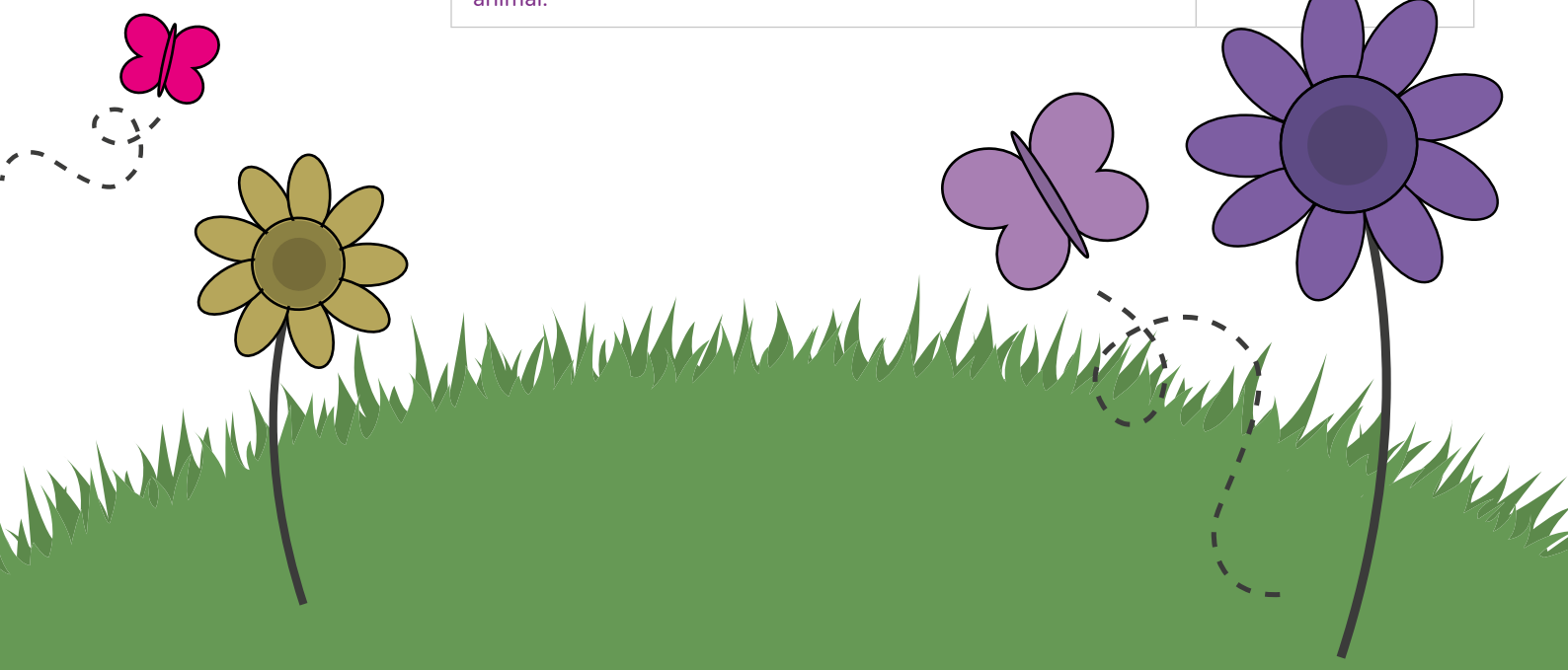
ACTIVITY	WHAT YOU NEED
Parachute Tag – All children lift the parachute up, as the parachute peaks call a child's name, they then have to run in a straight line to the other side before the parachute falls back down and tags them. If they avoid being tagged, they are successful and winners.	Parachute
Tidy and Messy Advanced game using cones – Place 4 coloured hoops in 4 corners (i.e. red, blue, green, yellow) and 4 sets of 4 coloured cones matching the 4 coloured hoops. Split children into two teams – One team wants the correct coloured cones in the correct coloured hoops and one team wants the incorrect coloured cones in the incorrect coloured hoops. 30 seconds high intensity games	Hoops Cones
Number Cone game – Use cones to support understanding number. Call out a number and ask the children to collect the same number of cones as fast as they can.	Cones
Dancing with ribbons – put on a range of fast paced music and encourage the children to move to the music and move the ribbons as fast as they can.	Ribbons



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
The Wave – With all the children holding on to a piece of the parachute, one at a time in order get each child to raise and lower their hands to create a mini Mexican wave and see how long it can continue for. Children will notice the shape changes in the parachute.	Parachute
Physical Phonics and Ideas for Listening Games – Identifying noises through noise games e.g. Stick animal pictures up around the space, adult makes the noise and children go to the animal and then pretend to be the animal. This game can be done with other pictures such as instruments and house hold noises.	Animal cards
Play pirates – put the children into team and give them a hoop with different objects in, ask them to try and get objects from each others hoops until you call out 'STOP' to see how much treasure they have in their hoop.	Hoops Selection of objects for treasure
Physical Phonics and Ideas for Listening Games – Noise cubes. Place pictures of animals in the cube and ask the children to role the cube, whatever animal the cube lands on encourage the children to make that noise and move around the room like the animal.	Cube Animal cube cards



2 Snacks Max



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
Make a yogurt and fruit parfait – Ask children to chop up their own fruit e.g. kiwi and strawberry and build their own parfait with fruit, yogurt and granola. Explain that yogurt is important for strong bones and teeth e.g. smile to look at teeth or touch elbows and knees as examples, the granola gives us energy and fruits are protective foods fighting germs, making this a really healthy snack. Visit our 2 Snacks Max Pinterest board for the recipe.	Plain full fat Greek yogurt Granola Strawberries Kiwi or blueberries Chopping board Knives Bowls & spoons
Make some fruit and veggie buildings – Provide a platter of fruit and vegetables e.g. chopped apple, chopped cantaloupe, chopped pear and even try raw vegetables such as broccoli and cauliflower heads! Provide children with toothpicks to stick into fruit/veg to build their building. Visit our 2 Snacks Max Pinterest board for instructions.	Apple Cantaloupe Pear Broccoli Cauliflower Toothpicks
Behaviour – Do a rota for snack time monitors. Ask the monitors to help set up for snack e.g. lay the table, pour milk/water for everyone and announce what's for snack to the rest of the children.	Large card/paper Coloured pens Pictures of faces of children (optional)
Ask children to build their own 'make ahead' snack jars – This is an activity where they put all their snacks for the day (mid-morning and mid-afternoon) into a jar to understand that these are their snacks for the whole day and it needs to be spread across two intervals. This could be a mixture of fruit and veg. Dry foods such as crackers and breadsticks could be put in food bags before putting in the jar.	Empty jars Any fruit Any veg Starchy snacks Food bags/jar Sticky labels

