

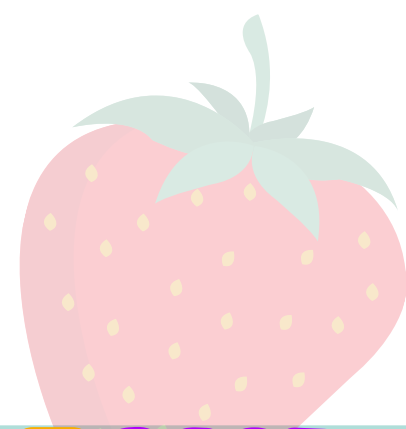


HEALTHY HABITS, HAPPY HEARTS

*Supporting young children to grow
healthy, happy and thriving!*

What's inside?

- Fun themed activity ideas for Move it Monday and Tasty Tuesday
- Simple activity ideas for home learning



**BEST
START
IN LIFE**



Early Years
Service

*At the heart of everything we do is
a belief in the best start for children*

HEALTHY HABITS, HAPPY HEARTS

Move it Monday

Kick off the week with Move It Monday - a fun and energetic way to get little bodies moving! Whether it's dancing, crawling, jumping, stretching, or rolling, the activities help children build coordination, confidence, and a love for physical movement.

What's inside this pack?

Get ready to jump, wiggle, and giggle your way into a Monday full of fun and movement!

 Push and Pull Patrol – Box movers! Encourage children to use their strength.

 Mini Movers – Move like animals! A fun way to get little bodies moving and imaginations running wild!

 Parachute Power Time – This activity helps move the whole body, take turns and listen carefully to what's next.

 Woosh and Wiggle – Get a scarf and get ready to dance!



For Parents: Quick & Fun Movement Ideas

No equipment? No problem! These activities are perfect for getting little bodies moving at home.

Let's build healthy habits together - one happy heart at a time!



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Move it Monday

This activity helps children build upper body strength, coordination, and proprioception—the body's ability to sense movement and position in space, essential for balance and everyday tasks.

Working together encourages teamwork, communication, and listening skills. Let's get pushing and pulling together!

Push and Pull Patrol

- Fill a large box with safe, heavy items suitable for the children's age and strength.
- Mark a start and finish line. Tell children they're delivering something special.
- Encourage them push the box to the finish, then pull it back.
- Offer tips like leaning forward to push and back to pull.
- Provide material for easier pulling if needed.

Resources

- Large box/basket
- Safe heavy objects
- Chalk/tape



Tip: Make lines on the floor with tape. Either straight, zigzags, a figure eight, etc. and encourage them to push the box/basket following the tape.

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Move it Monday

Get ready to stomp, slither, hop, and roar! In Mini Movers, children become animals on the move. This playful activity turns movement into a wild adventure, helping little ones build strength, coordination, and imagination as they explore the animal kingdom with their bodies!

Mini Movers

1. Move Like That Animal – Encourage children to copy how the animal moves.
2. Add Sounds – Make the animal noises too! Roar, hiss, chirp, or growl!
3. Go on a Journey – Pretend you're in the jungle, on a farm, or in the ocean. What animals live there? How do they move?
4. Cool Down – Finish with a slow, calming animal like a sleepy sloth or a floating jellyfish.

Resources

- Animal cards
- Music

Can you hop like a frog?
Let's slither like a snake!
Stomp like a enormous elephant!
Waddle like a penguin.
Stretch tall like a giraffe.

 Tip: Add music!

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Move it Monday

Parachute play is more than just fun—it supports key areas of development. It helps children build gross motor skills, coordination, and upper body strength as they lift, shake, and run under the parachute. It also encourages teamwork, turn-taking, and listening skills, making it a great group activity for social and physical development.

Parachute Power Time

Popcorn

Place soft balls or beanbags on the parachute.

Shake the parachute to make them bounce like popcorn.

Colour Call Fruit Salad

Call out a colour or a fruit.

Children holding that colour section or assigned the fruit name run underneath to the other side.

Big Waves, Little Waves

Make small ripples, then big ripples, then big waves by shaking the parachute gently or quickly.

Lift and Run

Lift the parachute high, call a child's name, and they run underneath to swap places with someone else.

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Move it Monday

Dancing is a fun way to get children active and moving freely. There's no right or wrong—just move in ways that feel good! Adding twists and turns helps build core strength and flexibility.



Whoosh and Wiggle

1. **Choose a space** where children can move freely.
2. **Warm-Up:** Play energetic music and encourage wiggling fingers, toes, and bodies like jelly.
3. **Twisting Practice:** Show side-to-side twists—start slow like a snail, then fast like a whirlwind.
4. **Leader Game:** One child leads a twisty move (e.g., twirl, bend, reach), others copy. Rotate leaders.
5. **Ribbon Fun:** Give each child a scarf or ribbon to swirl high, low, and all around.
6. **Cool Down:** End with gentle, slow twisting movements.

Resources

- Coloured ribbon /
- Colour scarves
- Music



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Move it Monday

These quick and playful movement ideas are designed to get the whole family moving—no equipment needed! Whether it's dancing in the kitchen, crawling through a cushion maze, or pretending to be jungle animals, these activities are perfect for busy days and small spaces.

Living Room Dance Party

Put on your child's favourite music and dance like nobody's watching!

Animal Moves

Can you stomp like an elephant?
Can you slither like a snake?
Can you tip toe like a mouse?

Hallway Hopscotch

Use masking tape to create a hopscotch grid on the floor.

Cushion Obstacle Course

Use pillows, chairs and blankets to create a fun indoor adventure!

Teddy Bear Workout

Use a soft toy as a workout buddy: lift it, balance it or dance with it!

Mirror Me

One person moves, the other copies like a mirror - slow, fast, silly or sneaky!

Tummy Time Adventures

Place a soft blanket on the floor and add a few colourful toys just out of reach. Encourage your little one to lift their head, reach and wriggle!

Baby Bicycle Legs

Gently move your little one's legs in a pedalling motion - great for giggles and digestion!

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Tasty Tuesday




Make healthy eating fun by introducing Tasty Tuesday into your weekly routine! Each week, invite children to discover a new fruit through hands-on exploration, tasting, and chat.

What's inside this pack?

Get ready for a week of fruity fun and healthy habits!

Inside this pack, you'll find:

 **Tiny Taste Explorers** – A sensory adventure with new fruits each week.

 **Tiny Toast** – A simple, nutritious recipe children can make.

 **Fruitful Faces** – Creative food art using fresh fruit slices.

 **Hero Fuel Flapjacks** – A simple, nutritious recipe children can help make.

 **Tasty Talk Time** – Introduce characters to your children and menu - get ready to chatter!

For Parents: Quick & Healthy Recipe Cards

These recipes are designed to be quick, nutritious, and perfect for little hands and tummies!

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Tasty Tuesday

Squeezing fruit supports fine motor skills, sensory exploration, and introduces simple words and textures, while showing cause and effect as juice is released.

Tiny Taste Explorers

- Introduce a range of fruits, exploring their colours, shapes, textures, and scents.
- Let children touch, smell, and observe inside and out. Show how to squeeze fruit to extract juice, encouraging them to try and notice changes in texture and smell.
- Invite them to taste the juice and describe the flavour using simple words like sweet or sour.

Resources

- Citrus fruits
- Child-friendly juicers
- Small bowls or cups

Introduce and model simple language like “soft”, “cold”, “sweet.”

Name each item and describe it as babies explore.



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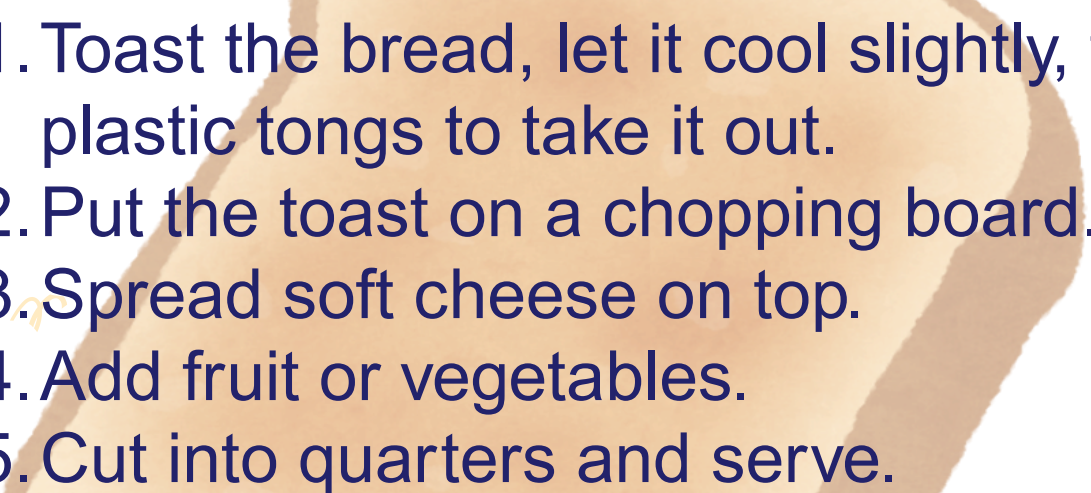
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Tasty Tuesday

This session highlights the value of starting the day with a healthy breakfast. In the main activity, “Have a Go,” children will explore different toast toppings, pick their favourites, and prepare their own toast to enjoy.

Tiny Toast

- 
1. Toast the bread, let it cool slightly, then use plastic tongs to take it out.
 2. Put the toast on a chopping board.
 3. Spread soft cheese on top.
 4. Add fruit or vegetables.
 5. Cut into quarters and serve.

Resources

- 
- Bread
 - Toppings
 - Child-safe knives
 - Chopping board
 - Toast
 - Tongs



- Tip: Try different breads like bagels or crumpets.

What is it like?

Describe colour and texture

What does it feel like?

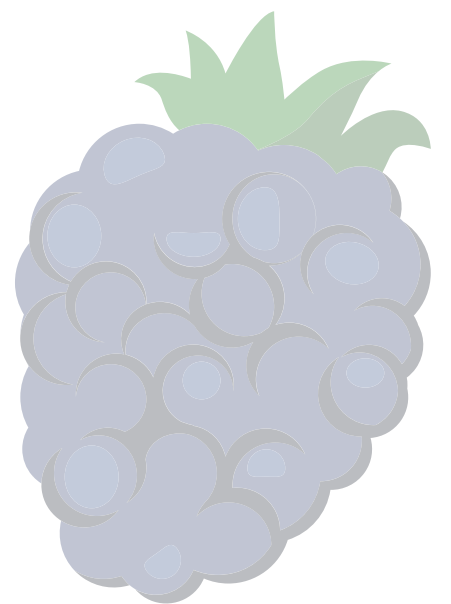
Hard, soft, squidgy.

What does it smell like?

smoky, peppery, cheesy

What does it taste like?

sweet, bitter, salty.



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Tasty Tuesday

This activity invites children to discover and explore a variety of fruits, sparking their creativity while strengthening fine motor skills.



Resources

- Small plates
- Child-safe knives
- Variety of fruit

Fruitful Faces

- Introduce a selection of fruit and invite children to explore them using their senses. Encourage touching, smelling, and tasting while prompting curiosity with questions like, “How does this feel?” or “What does it smell like?”
- Let children help cut the fruits or observe as you do. Talk about what’s inside—seeds, textures, and colours—introducing words like pips, juicy, and core. Ask which fruits they enjoy and why.
- Use fruit slices to make playful patterns or faces—blueberries for eyes, a banana for a smile, etc. Join in and encourage imaginative designs.
- Once finished, invite children to show their creations to friends. Spark conversation with questions like, “Which fruits did you choose?”

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Tasty Tuesday



Hero Fuel Flapjacks

Recipe

1. Preheat oven to 180°C and line a square baking tin.
2. Melt the butter and set aside.
3. Mix all ingredients, then stir in the melted butter.
4. Press mixture firmly into the tin and bake for 20–25 minutes.
5. Cool completely before serving.

Resources

- 150g Porridge Oats
- 50g Unsalted butter
- 1 large egg
- 100g grated cheese
- 100g grated vegetables
- Scales, baking tin, large bowl, grate, spoons, whisk, jug, pan, oven.

Let's talk with the children about how food gives our bodies the energy we need to do all the things we love—like running, climbing, hopping, jumping, and even relaxing. Encourage them to think about the healthy foods they enjoy that help their bodies grow strong. You could ask them to share their favourite vegetables and talk about why they like them.

Before beginning, remind children to wash their hands and put on aprons, using the opportunity to talk about the importance of staying clean and healthy.

Introduce the savoury vegetable flapjack recipe and talk through the ingredients and steps as you go, building vocabulary and understanding.

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Tasty Tuesday

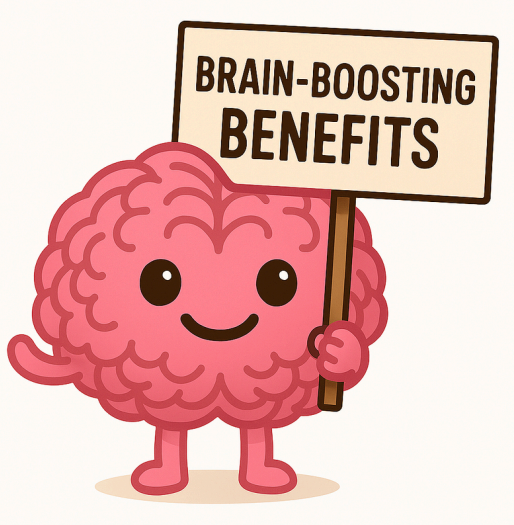
To help children learn about the food they eat, why it's good for them, and how it helps their bodies grow strong and healthy!

Tasty Talk Time

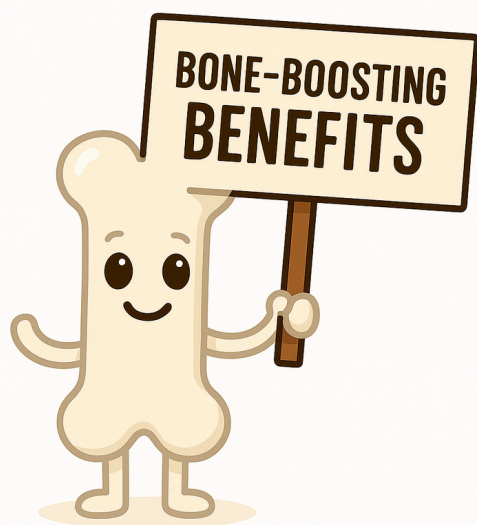
- Talk with children about what's on the menu for breakfast, lunch, snack and dinner.
- Ask questions like: "What's your favourite food today?" or "Have you tried this before?"
- Chat about the different food groups—fruits, vegetables, proteins, dairy, and grains—and how they help our bodies grow strong and healthy.



Tip: Add characters to your menus to support discussions.



Foods with
Iron and
Zinc.



Foods with
Vitamin D,
Vitamin B12,
B6 and B3.



Colourful
ingredients:
veggies,
fruits, herbs,
spices



Protein

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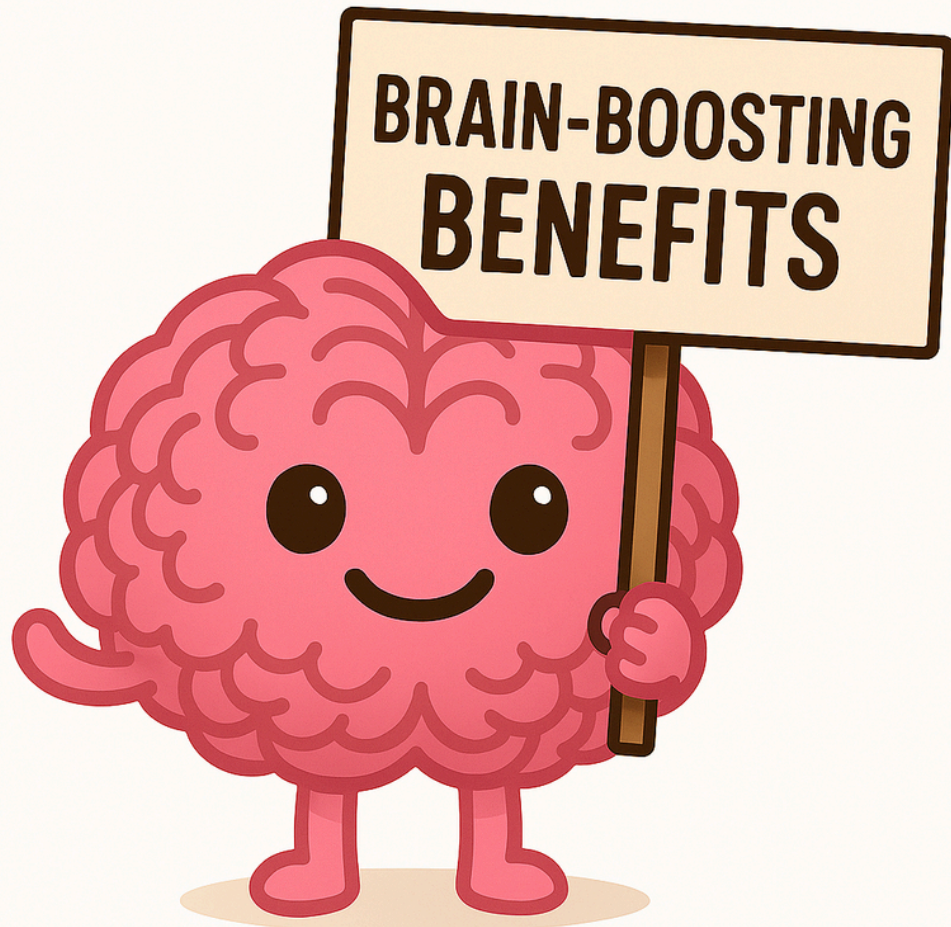
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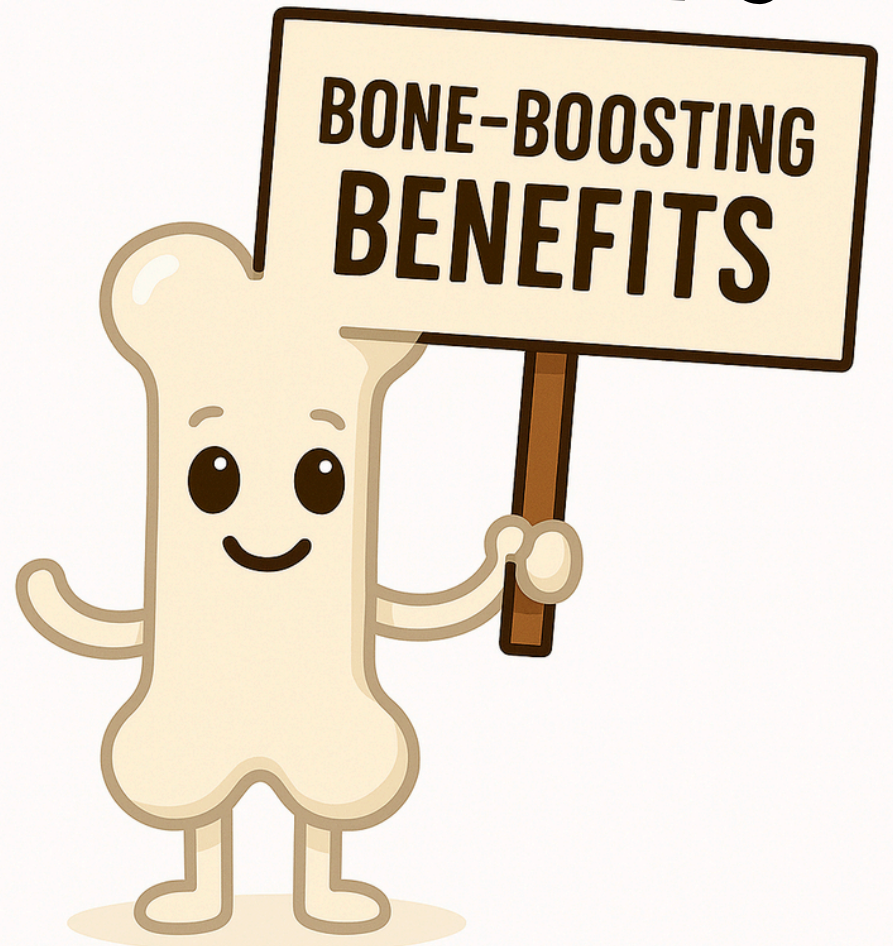
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Tasty Tuesday

BRIAN'S



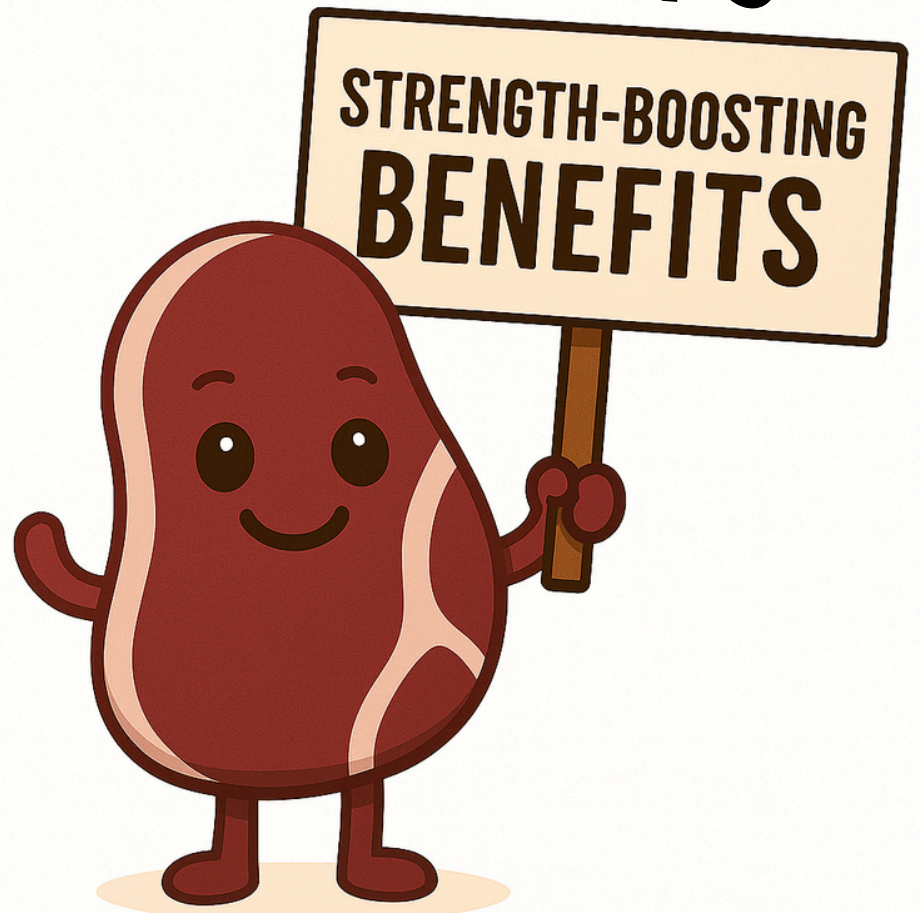
BENNY'S



RUBY'S



SALLY'S



Tip: Add characters to your menus to support discussions.

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Hair
tied up



Sleeves
rolled up



Jewellery
off



Wash and dry
hands



Apron
on



Tip: Explore these visuals before cooking with the children.

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Tasty Tuesday

Tasty meal ideas for your Tiny Tot - Looking for inspiration to keep mealtimes exciting and nutritious? Here are some baby-friendly meals that are easy to prepare and packed with goodness:

Sunshine Peach Bowl

Peachy wheat biscuits with milk – a simple and nutritious breakfast for your little one.

If you're making it for children over 5 years, just swap in skimmed milk instead.

Suitable for: 7 to 9 months

Prep time: 5 minutes

Serves: 1

Ingredients: 1 wheat biscuit, 100ml whole milk, 25g drained peach slices.

1. Crumble the wheat biscuits into a bowl.

2. Add whole milk and leave to soak.

3. Cut the peach slices into long fingers -big enough for your baby to hold.

4. Serve the cereal with the peach slices on the side (to encourage self-feeding)

Tiny Tummy Hotpot

This creamy chicken and leek hotpot is a family favourite that's baby-friendly too – plus, it freezes well for later.

Suitable for: 7 to 9 months

Prep time: 15 minutes

Cook time: 25 minutes

Portions: 4

Ingredients: ½ leek, ½ medium carrot/ 1 small potato, 1 tbsp green beans, 1 small chicken breast fillet, ½ tbsp vegetable oil, 150ml water, 1 small spear broccoli, 1 tbsp full-fat cream cheese.

1. Peel and chop leeks, carrots, potatoes, and green beans. Dice the chicken.

2. Heat oil in a large pan, add chicken and fry for 2-3 minutes.

3. Add the chopped veg and water. Bring to a boil, cover and simmer for 20 minutes. Cook Broccoli separately until soft.

4. Stir in cream cheese, then blend or mash the hotpot to your baby's preferred texture. Serve a portion with broccoli as finger food.

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Tasty meal ideas for your Tiny Tot - Looking for inspiration to keep mealtimes exciting and nutritious? Here are some meals that are easy to prepare and packed with goodness:

Sweetie Spud Snack

Soft-baked sweet potato sticks – perfect for little hands and easy for your little one to enjoy.

Suitable for: 6 months or older

Prep time: 5 minutes

Cook: 25 mins

Portions: 3

Ingredients: 1 small sweet potato, peeled and 1 tbsp vegetable oil

1. Preheat the oven to 200 degrees. Slice potato into baby-friendly sized wedges.

2. Toss with oil and spread on a baking tray.

3. Bake for 20-30 minutes until soft and lightly browned.

4. Cool slightly, blot excess oil with kitchen paper, and serve.

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Toasty Banana Cinnamon Bites

This quick and tasty cinnamon toast makes a perfect finger food breakfast, helping your little one explore new flavours and practice self-feeding.

Suitable for: 12 months or older

Prep time: 5 minutes

Cook: 3 mins

Portions: 1

Ingredients: 1 medium slice wholemeal bread (30g), 1 tsp vegetable oil spread (4g), pinch of ground cinnamon, ½ small banana, peeled and mashed.

1. Toast the bread until golden.

2. Spread a thin layer of vegetable spread on toast.

3. Slice into finger-sized pieces and top with banana.

4. Sprinkle with cinnamon and serve.



Tip: Add warm stewed apple on colder days.

1. Chop onion and carrot; break cauliflower into small florets.

2. Heat oil in a pan, add curry powder and onion. Cook until softened.

3. Stir in carrot, peas, cauliflower, chickpeas and rice. Cook for 1 minute, then add water. Cover and simmer for 15-20mins until tender.

4. Let it cool slightly. Serve ¼ of the biryani in a bowl. Serve with cooked cauliflower florets as a finger food.

Tots' Chickpea Treat

A simple one-pot dish made with rice, chickpeas, mixed vegetables, and mild curry powder. Great for the whole family—just serve as is for adults and older children.

Suitable for: 12 months and older

Prep: 10 mins

Cook: 25 mins

Portions:

Ingredients: 1 small onion, ½ medium carrot, 5 cauliflower florets, 1 tsp vegetable oil, ½ tbsp curry powder, 2 tbsp frozen peas, 200g tinned chickpeas, 150g basmati rice, 400ml.



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Leftover Magic Mash

A tasty, no-waste family favourite made from leftover veg—crispy, comforting, and full of flavour.

Suitable for: 12 months or older

Prep time: 10 minutes

Cook: 15 minutes

Portions: 1

Ingredients: 100g to 1kg leftover boiled or roasted potatoes. 400g to 500g left-over vegetables - Cabbage, broccoli, carrots, swede and sweet potato. Mixed herbs / fresh thyme to taste. Olive Oil and black pepper to taste.

1. Put all leftover potatoes and vegetables in a large mixing bowl.

2. Mash with a fork or potato masher until the texture is lumpy and rough.

3. Add pepper and mixed herbs.

4. Mould into 10 patty shapes and brush oil over the patties. Cook at 180 degrees for 15 minutes.



Tip: Let your little one create patty shapes with you.

Tuna Treasure Dip

A quick and tasty dip that's perfect for snack time.

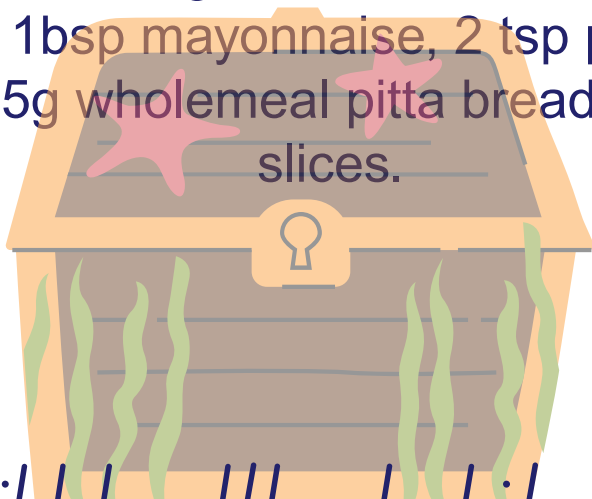


Suitable for: 12 months and older

Prep: 15 mins

Portions: 4

Ingredients: 160g tinned tuna in spring water, drained. 1bsp mayonnaise, 2 tsp plain full-fat yoghurt, 35g wholemeal pitta bread, cut into thin slices.



1. Put the tuna, mayonnaise and yoghurt into a bowl.

2. Mash the tuna, mayonnaise and yoghurt to make a paste.

3. Serve with pitta bread fingers. Any leftovers can be covered and stored in the fridge.



Tip: Try offering it with vegetable sticks such as cucumber as an alternative to pitta bread.

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