



Stories to share



You can listen to children's stories on



# Healthy Bodies



Spring 2

EYFS



Chapel Street  
Community Primary School



See Class Dojo for more.

Each half term the EYFS team will be focusing on an element of being a healthy child. You will get a booklet with ideas of how to support your child's health. This half term is ...

## healthy bodies

### How can we keep our bodies healthy?

- Enjoy the outdoors
- Go to the park and play on the slides and swings
- Run on the grass and have a race with your family members. Who is the fastest?
- Go for walks in nature



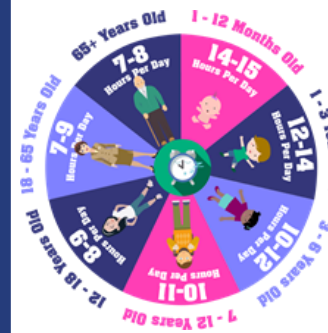
Exercise and keeping healthy can take place indoors as well.

- Challenge your friend to see how many star jumps they can do in 2 minutes
- Put on some music and dance.
- Do some yoga together



Sleep is a really important part of keeping our bodies healthy.

Did you know that children need 10 –12 hours of sleep ?



Think about what time your child goes to sleep and what time they wake up?

A good night's sleep helps children do well in school.

Health minds are very important for young children

Here are some ideas to do at home:

- talk time..... "I can see , I notice, I wonder....."
- ask questions "How do you feel today ?"
- art and crafts (You can use natural objects outdoors too)
- drawing and colouring
- building models
- cooking
- pretend imaginative play
- making up stories, all you need is some imagination
- Visit the local library—it is free!

