

Get involved in NDNA's week of **health and happiness...**

Monday

23
March

Mental Well-being

Explore the six factors of good mental health and try activities including relaxation, deep breathing, exploring sensory materials, positive affirmations and creating lavender playdough.



Tuesday

24
March

Physical Well-being

Encourage children to develop different muscles and promote physical literacy and health from an early age. This guide features ball game activities to encourage children's physical literacy.



Wednesday

25
March

Emotional Literacy and Communication

A range of activities supporting emotional well-being and communication, based around the popular book *Guess How Much I Love You* – including a special prize draw and competition!



WALKER
BOOKS

Thursday

26
March

Environmental Well-being

Play your part in helping to teach future generations about the environment while increasing the sustainability of your setting, with tips on easy changes you can make at nursery.



Friday

27
March

Staff Well-being

Build a mentally healthy workplace with our guide to staff well-being. Included are "Fantastic Friday" activities and tips to help you support your staff and increase their emotional well-being.



Citation

Please share your stories and photos with us using:

#HealthyBodyHappyMe  @NDNATalk  /ndna.org.uk  National Day Nurseries Association  @NDNATalk

Find more details and download the activity guides from:

www.ndna.org.uk/healthy