



Digital Learning Program

Under 3s Health and Wellbeing/PE Resource Pack Week 1



Under 3s Health and Wellbeing/PE Pack

Week 2

Key Focus Area: Health and Wellbeing/PE

Age group: Under 3s

Rationale: For children to explore Nutrition and how this affects their bodies and minds. It will touch on different fruits, exploring their shape, size and taste.

Outcomes: Children have a strong sense of wellbeing

5 minutes: Mindfulness

Ask child to sit quietly with their eyes closed if comfortable and do our mindfulness pause

1. Sit on the floor with your back nice and straight
2. Take a deep breath in and then a deep breath out
3. Reminding children to breathe in through your nose and out through your mouth
4. Repeat deep breath 4 times

5 minutes: Prepare Ingredients

We are going to make frozen yogurt drops.
Ingredients: zip-lock bag (sandwich size is fine)
scissors
Greek yogurt
berries
honey
baking sheet
Milk

15-20 minutes: Method

- STEP 1: Line a baking sheet with wax paper.
- STEP 2: Children add ingredients to the blender. (Greek yoghurt, honey, berries and a tiny splash of milk. Adult to function the blender.
- NOTE: If the consistency is too runny add more yoghurt to thicken it up.
- STEP 3: Children add the mixture into a ziplock sandwich bag with some guidance from their guardian.
- STEP 4: Adults cut one of the bottom corners off the create a small opening in the bag.
- STEP 5: Children (with parent guidance) pipe the yoghurt into small drops on the baking sheet.
- STEP 6: Guardian to place the drops into the freezer for 3-4 hours or until frozen solid.
- STEP 7: Remove from the wax paper and enjoy.

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Questions

Here are some questions you may ask your child after the session

- Are the ingredients healthy?
- What was your favourite part of this experience?
- What do they taste like?

READY FOR THE NEXT PACK?

Answer a few questions about your child's learning and our educators will create a unique, personalised Health and Wellbeing Resource Pack for your child.

<https://forms.gle/RrjPk3SZT4mntXTk7>