

CHILDREN AND YOUNG PEOPLE

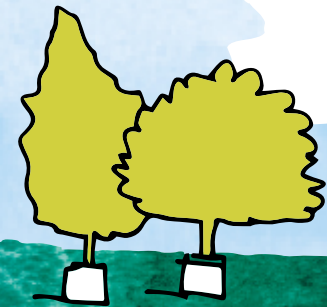
ACTIVITY PACK FIVE

IN THIS PACK:

Try Something New

Working Together
as a Family

Obstacle Course



MORE Life

TRY SOMETHING



NEW



Prepare bowls with foods you would like your child to try and food you, yourself would like to try (or try again). Place the bowls around the room. Read the story to your family as you walk around the room trying the different foods.

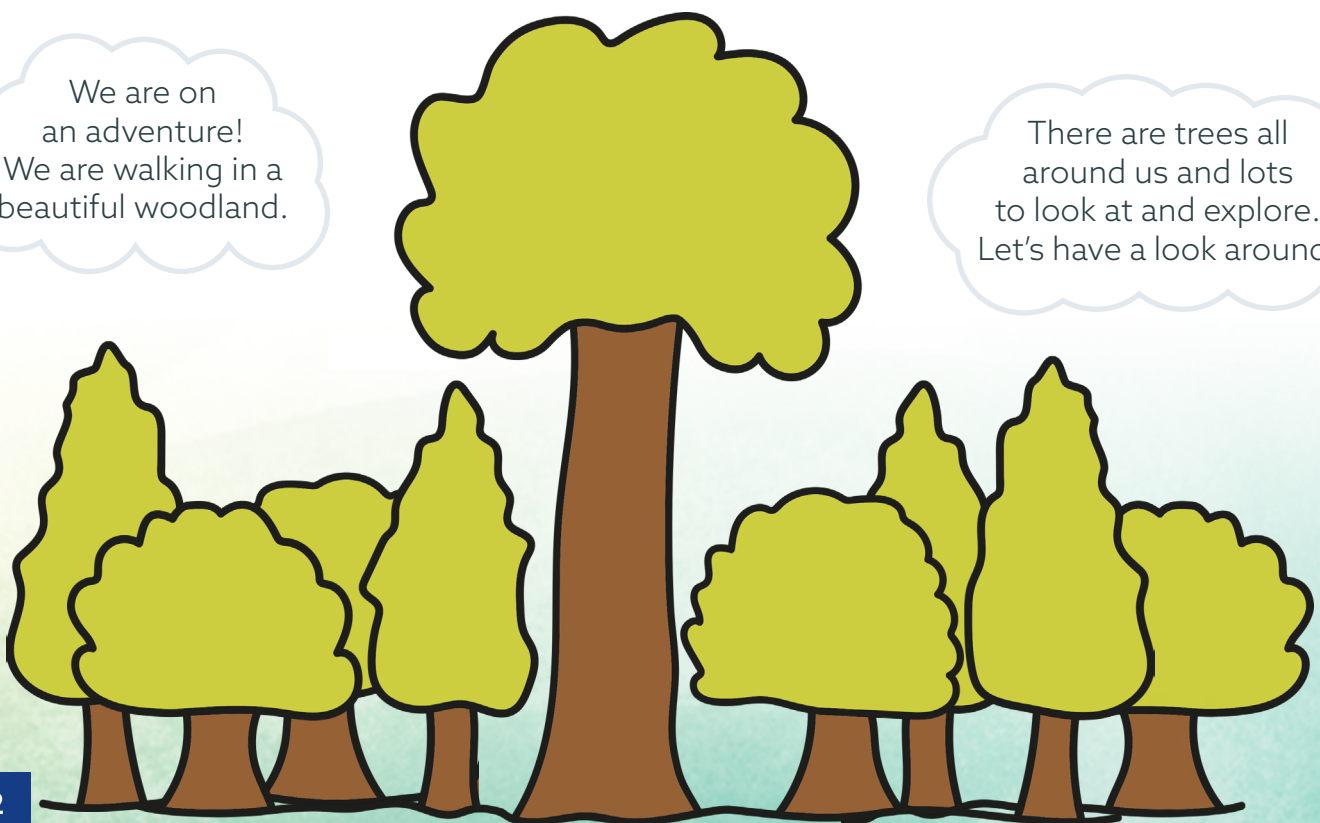
It's normal to have favourite meals/foods as a family and to stick to what works, especially if someone is a picky eater. There can be lots of good reasons to add new foods to mealtimes or to try something again, that wasn't liked before.

Eating new things can make meals less boring and help build a good relationship with food for both children and grownups. The world of food is big and fun, so mix it up by trying all different foods and try this activity multiple times.

Our Family Foodventure

We are on an adventure!
We are walking in a beautiful woodland.

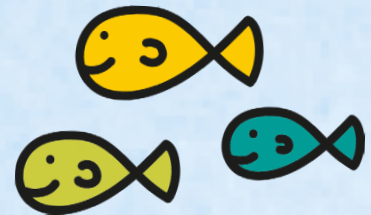
There are trees all around us and lots to look at and explore.
Let's have a look around!





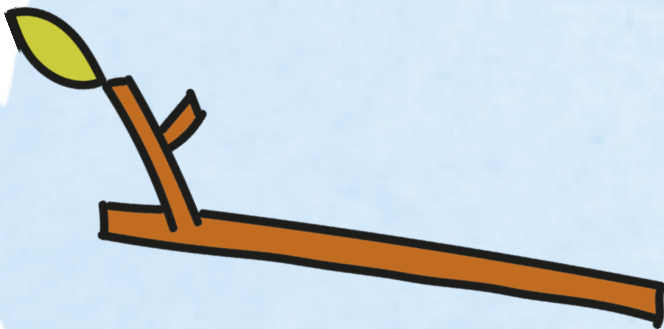
Wow, look at this very tall tree (walk across the room).
Do you think it is taller than a giraffe?
Do you think it is taller than a house?

Wow, look over here (walk across the room) there is a beautiful river.
Do you see the little fish playing?
What colour are they?



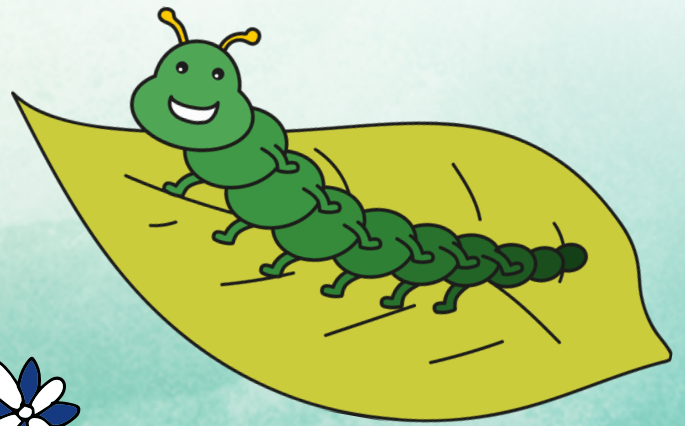
I'm very hungry, let's try to find something for us to eat.
What's this? A stick?
Can we eat that? Nooo.

What's this, some leaves?
Can we eat that? Nooo.
But here, this looks yummy
(walk over to your first bowl).



This is a new food for us to try,
it's an adventure to try new things.
Let's do it together! (try the food)
What do you think? Is it tasty? Do you
think we will eat it when we get home?

Okay, now we have found this food let's look around some more. Look over here (walk across the room). Look at this caterpillar having its dinner. It's chomping on a leaf and making lots of little holes. And look over here (walk across the room).



It's a little bunny rabbit. What's that it is eating? Is it a carrot? Let's find some more food for us (walk over to the next bowl of food). Let's try this together!



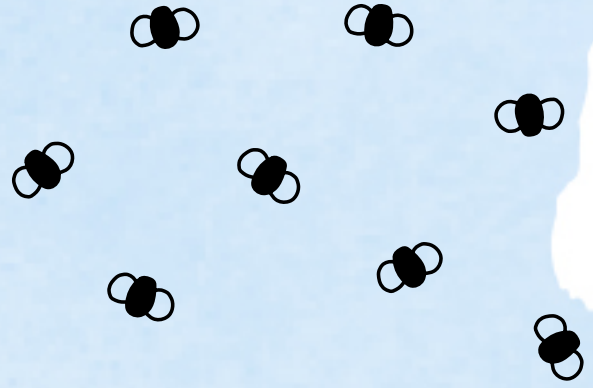
It's an adventure to try new things after all. What do you think? Is the food in the woodland tasty? Do you think we will eat it when we get home?

I can't see any more food for us here. Let's see if we can get across the river to see what is on the other side. Let's swim together (move arms in a swimming motion).



Swim, swim, swim. Wow, the water was cold, brrr... Let's all hug to help warm us up (group hug).

What food can we find in this part of the woodland? Is there anything new, we can try on our adventure? What's this? (walk across the room) Pebbles, can we eat those? Nooo.



Look, here, at this frog. He is eating flies. Do you think we want to try some? I don't think I want to. But what is this? (walk over to the last bowl)

This looks good. Let's try this together! What do you think? Is the food in the woodland tasty? Do you think we will eat it when we get home?

I've really enjoyed trying new foods on our woodland adventure. Now it's time to say goodbye to the woodland and go back home.

The End.



Please complete a quick survey on this pack at smartsurvey.co.uk/s/Pweek5

WORKING TOGETHER AS A FAMILY

Children learn from those closest to them. It can take time for children to learn what activities they enjoy, and what foods they like. But if you explore these things with your children, like our characters in Luke doesn't like, then your children will learn more.



YOU CAN BE ACTIVE AS A FAMILY BY TAKING TRIPS TO THE PARK, WALKS AROUND LOCAL NATURE RESERVES, LEARN NEW SKILLS, AND BEACH TRIPS IN THE SUMMER.



OBSTACLE COURSE



Planning your assault course based on an adventure story (such as escaping from a dragon guarded castle) can make it both physically and emotionally challenging. Set up your course outside in the garden, for a more realistic learning experience.

Obstacle Course



DOING FUN ACTIVITIES CAN MAKE EXERCISING MORE ENJOYABLE. COMPLETING AN ASSAULT COURSE GIVES YOU A SENSE OF ACHIEVEMENT AND REACHING A GOAL MAKES YOU FEEL GOOD.

