

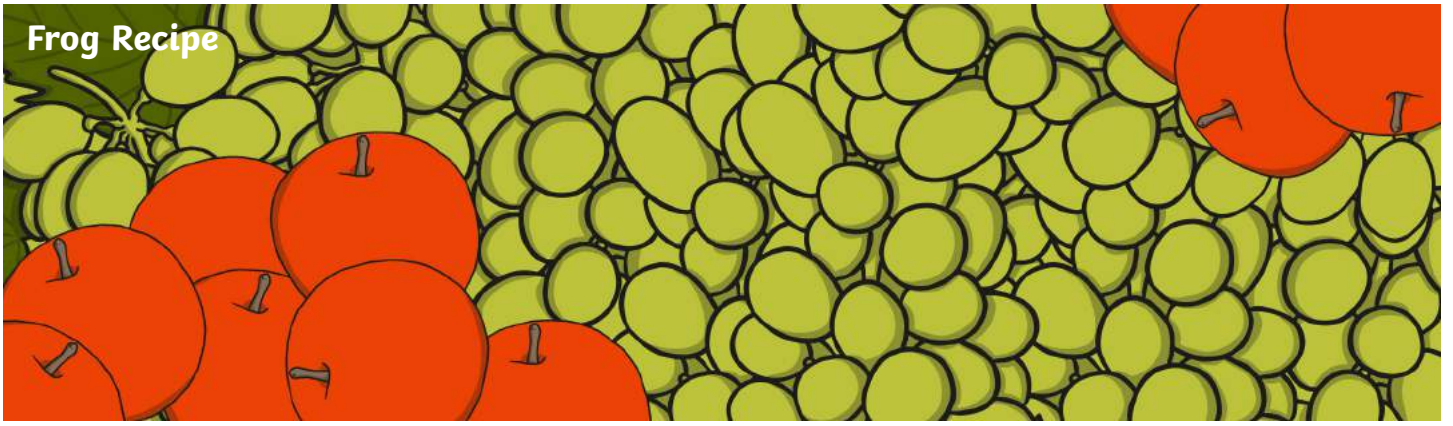
# what's *Fit activity* FOR kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

# My Hopes and Wishes for 2021





# Apple and Grape



## Ingredients

1 apple

12 grapes

Chocolate spread

8 chocolate chips

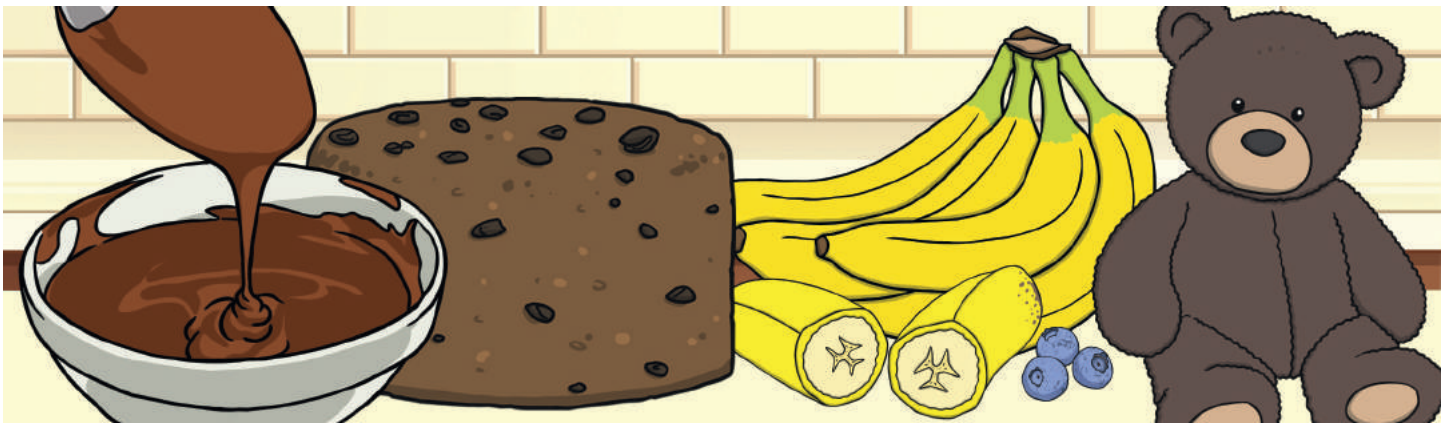
## Equipment

Knife

Plate

## Method

1. Cut the apple into 8 segments and remove any pips/stalk from the core.
2. To make the frog's mouth, use 2 slices of apple - one on top of the other, with the skin edge facing you. Stick the 2 slices together with a thin layer of chocolate spread.
3. Cut 3 grapes in half. Stick chocolate chips in the centre of 2 grape halves to create the eyes. These can then be stuck on top of the mouth using a small amount of chocolate spread.
4. To make 4 feet for the frog, arrange the half grapes on the plate around the mouth, skin side up. You could even cut little grooves in the grapes to make them look like webbed feet!



# Bear on Toast

Makes 1 piece

## Ingredients

1 slice of fruit loaf

Chocolate spread

3 banana slices

3 blueberries

## Equipment

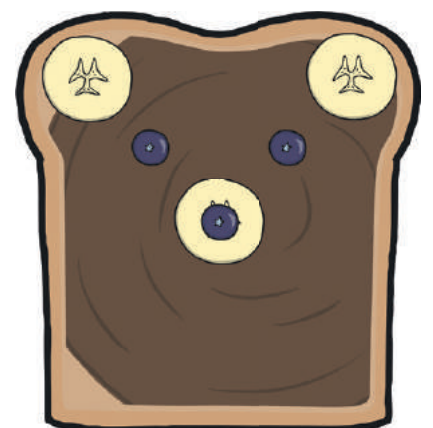
Toaster

Plate

Knife

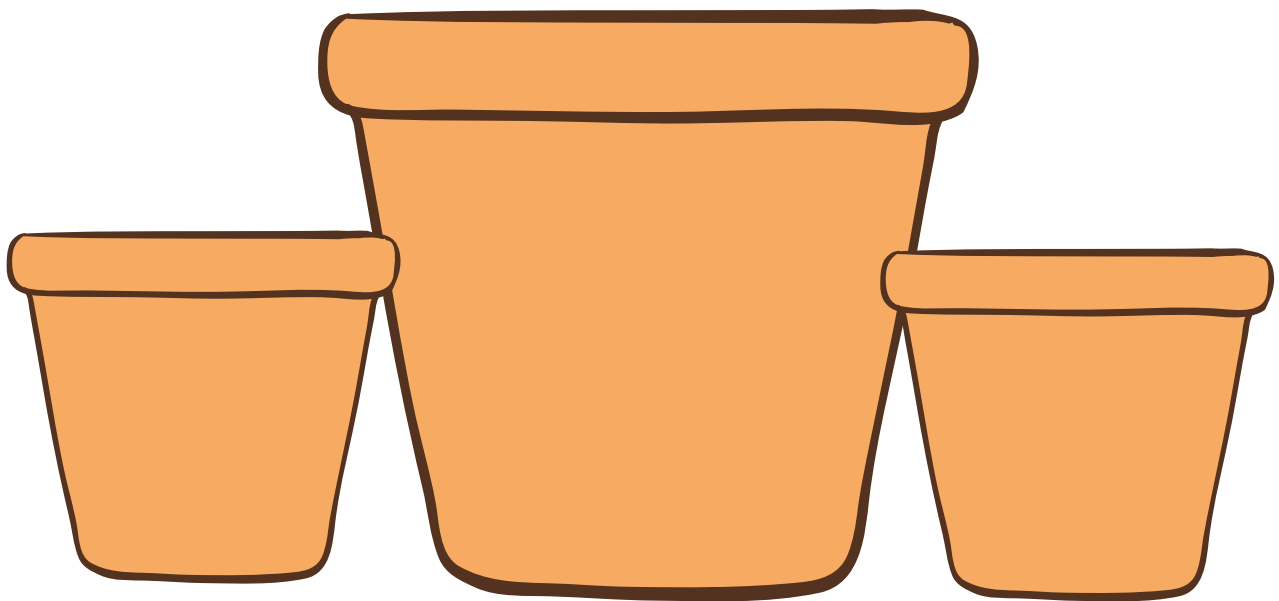
## Method

1. Lightly toast the slice of fruit loaf.
2. Once cooled slightly, spread on the chocolate spread.
3. Carefully place the banana onto the chocolate spread. Use 1 slice of banana for a nose and 2 slices of banana as the ears of the bear.
4. Put a dab of chocolate spread onto a blueberry and place the blueberry in the centre of the slice of banana that is the bear's nose. Place the 2 remaining blueberries between the ears and nose to make eyes.



# CREATE YOUR GARDEN

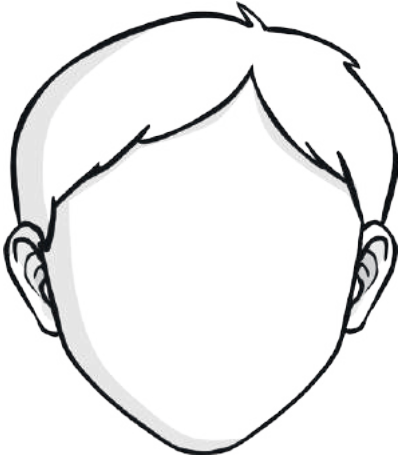
SPENDING TIME BEING CREATIVE WILL HELP  
CALM YOUR MIND AND THOUGHTS.



DESIGN YOUR OWN KIND OF PLANT FOR YOUR GARDEN.  
WILL IT BE A MONEY PLANT? A PLANT WITH ARMS?

# How Do You Feel?

Draw a face for each emotion.



I'm sad.



I'm angry.



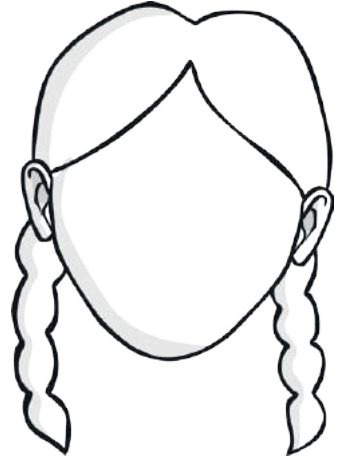
I'm unwell.



I'm afraid.



I'm happy.



I'm excited.



I'm tired.



I'm sleepy.

# ENJOY THE LITTLE THINGS

#WELLBEINGWEDNESDAY



SOMETIMES WE CAN FEEL OVERWHELMED  
BY ALL THE THINGS GOING ON AROUND US.

WHEN WE FEEL LIKE THIS, IT HELPS TO FOCUS ON THE LITTLE  
THINGS IN LIFE THAT CAN MAKE US FORGET EVERYTHING AND  
ENJOY THE MOMENT.



## DRAW SOME ACTIVITIES THAT YOU ENJOY DOING

A large, empty rectangular box with a thin brown border, intended for drawing activities. It occupies most of the lower half of the page.

# Healthy Foods I Spy

Can you see the healthy food?





# Peppa Pig Movement Cards and Dice



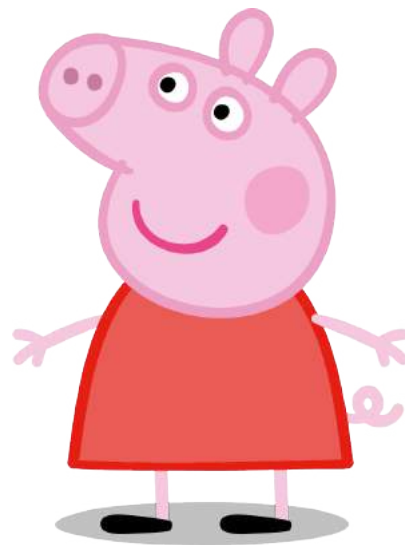
Can you stomp in the mud like Emily Elephant or hop in a puddle like Rebecca Rabbit? What about jumping up and down in muddy puddles like Peppa Pig?

For this activity, you'll need to cut out and stick together the cube nets to make two movement dice. Each time you roll one, there will be a move to act out!

To help you with your moves, there are also some movement cards that describe the fun moves that Peppa Pig and some of her friends make.

This activity can be played indoors or outdoors, but needs some space to roam around and be energetic. Have fun!

Join in with Muddy Puddles Week at [savethechildren.org.uk/muddy-puddles-week](https://www.savethechildren.org.uk/muddy-puddles-week)



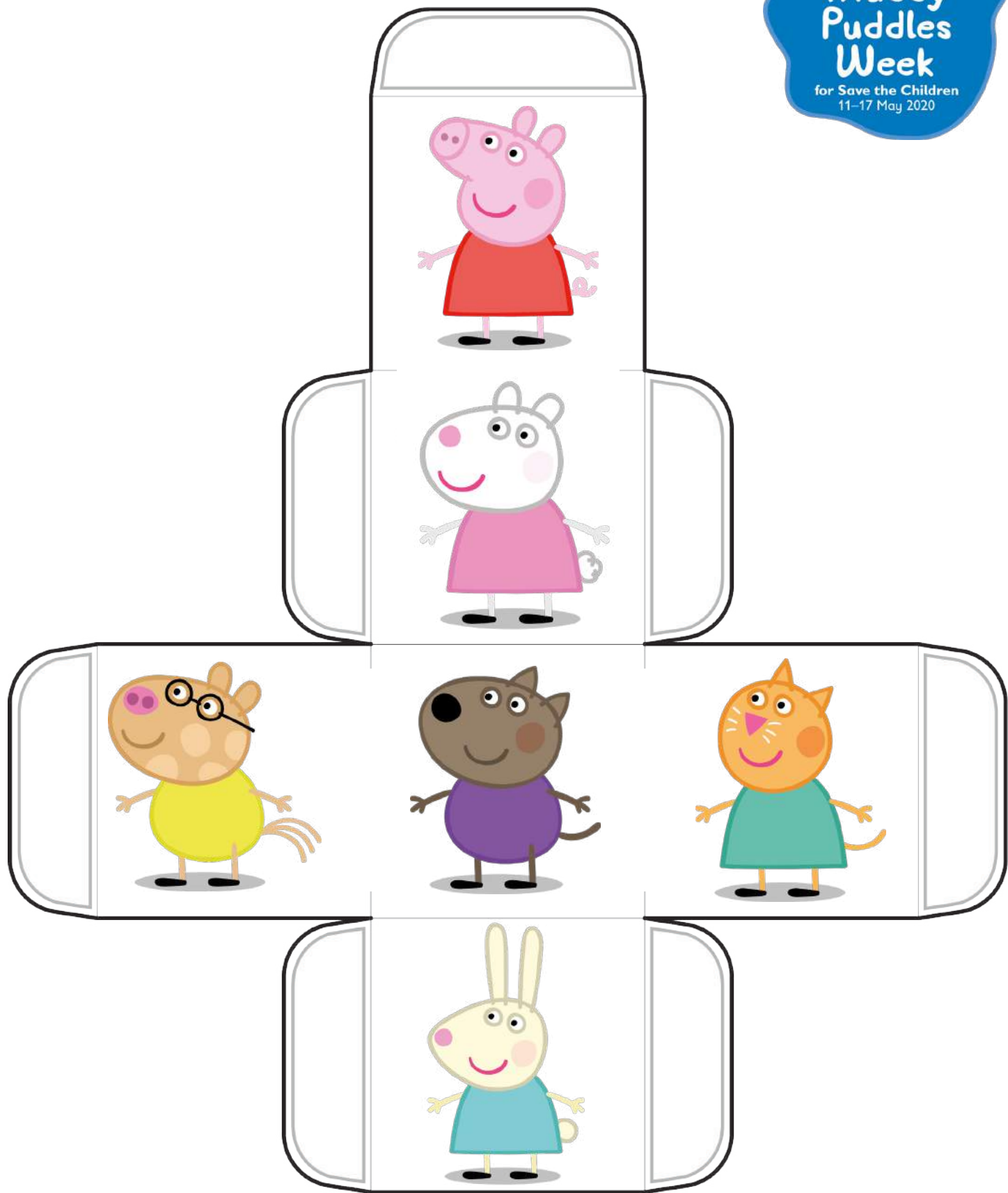
We hope the information on our website and resource is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.



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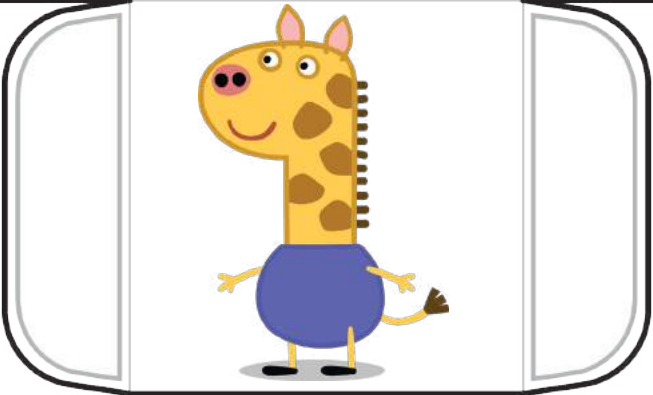
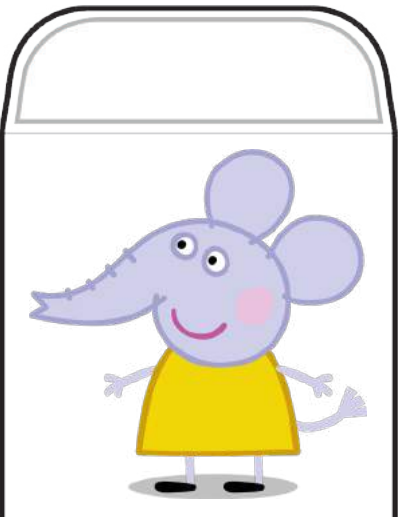
Peppa Pig's  
**Muddy Puddles Week**  
for Save the Children  
11-17 May 2020



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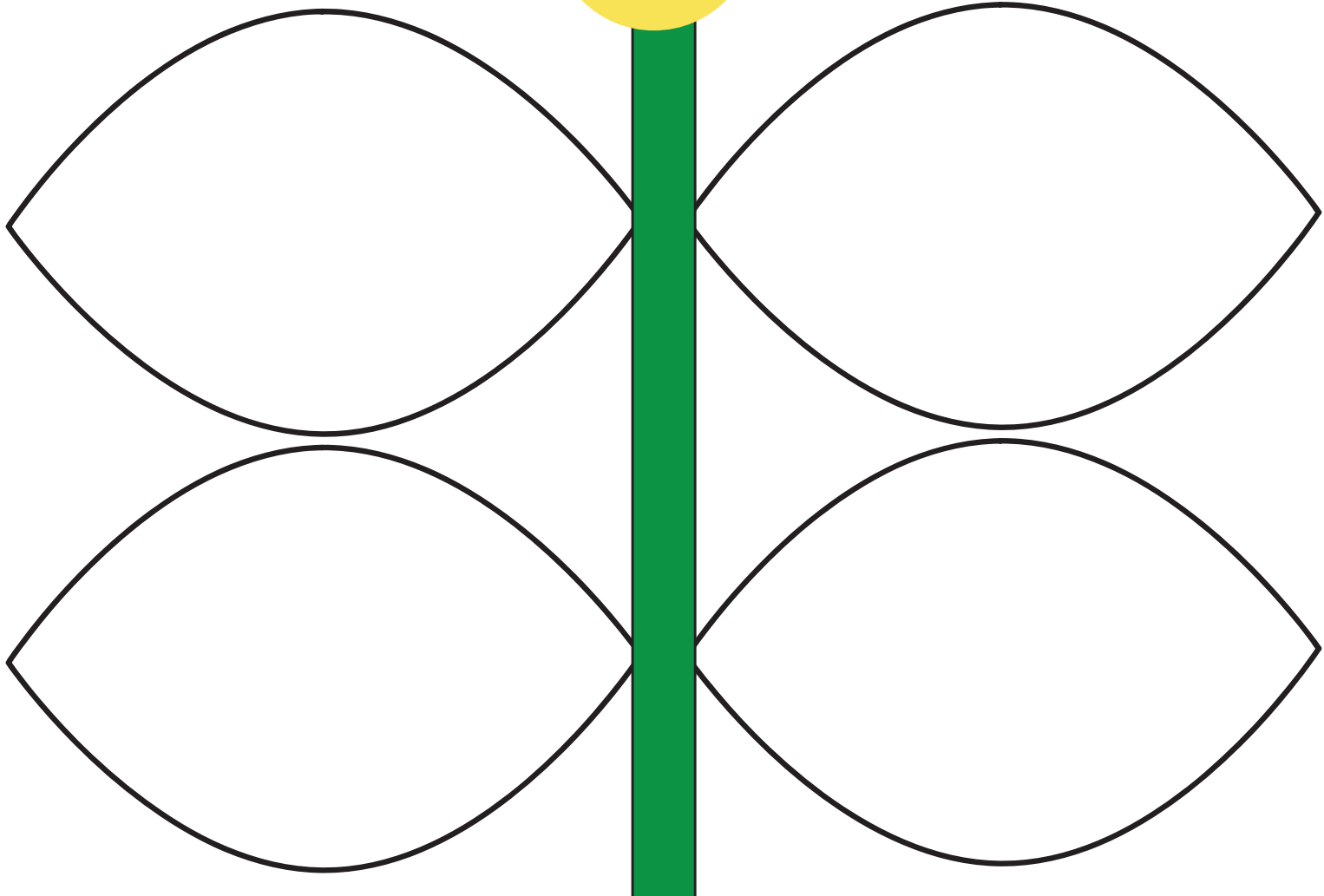


# KEEP ON GROWING

ME!

DRAW THE PEOPLE  
WHO HELP YOU

AT HOME AND  
AT SCHOOL.



WHO HELPS ME TO GROW?



# Peppa Pig Movement Cards



eOne Peppa Pig © Astley Baker Davies Ltd/Entertainment One UK Ltd 2003.

The Save the Children Fund is a charity registered in England and Wales (213890) and Scotland (SC039570)

## Peppa Pig Movement Cards

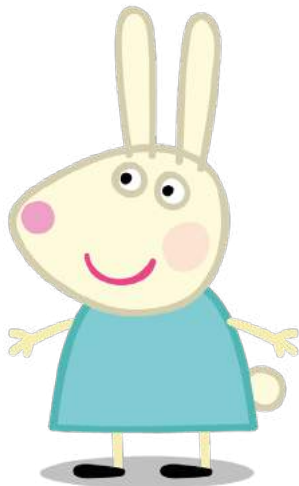
Jump up and down like you're in a muddy puddle.



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## Peppa Pig Movement Cards

Hop, hop, hop on one leg, then the other.



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## Peppa Pig Movement Cards

Dash quickly from one side to the other.



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Peppa Pig Movement Cards

Strut around like you're on a catwalk.



Peppa Pig Movement Cards

Spin around in circles like a mouse.



Peppa Pig Movement Cards

Trot to and fro like a proud pony.



Peppa Pig Movement Cards

Give a big, warm, cuddly hug.



Peppa Pig Movement Cards

Make a trunk with your arm and stomp in a puddle.



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Peppa Pig Movement Cards

Use your nose to sniff, sniff, sniff around.



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Peppa Pig Movement Cards

Reach up your arms and stand on your tiptoes to stretch up tall.



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Peppa Pig Movement Cards

Pretend to dig, dig, dig underground.



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Peppa Pig Movement Cards

Carefully kick your legs back and forth.





# MUSIC IS A MAGIC KEY



LISTENING TO MUSIC CAN HAVE A HUGE BENEFIT TO YOUR MENTAL WELLBEING. CERTAIN SONGS AND THOSE YOU ENJOY CAN HELP LIFT YOUR MOOD AND MAKE YOU FEEL HAPPY.

CAN YOU FIND A SONG THAT MAKE YOU FEEL GOOD?  
WRITE THE ARTIST AND THE TITLE OF THE SONG BELOW.



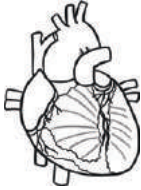
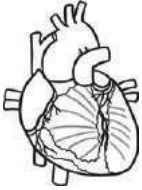










THINK ABOUT HOW THIS SONG MAKES YOU FEEL.  
CAN YOU DRAW A PICTURE THAT SHOWS HOW YOU FEEL?



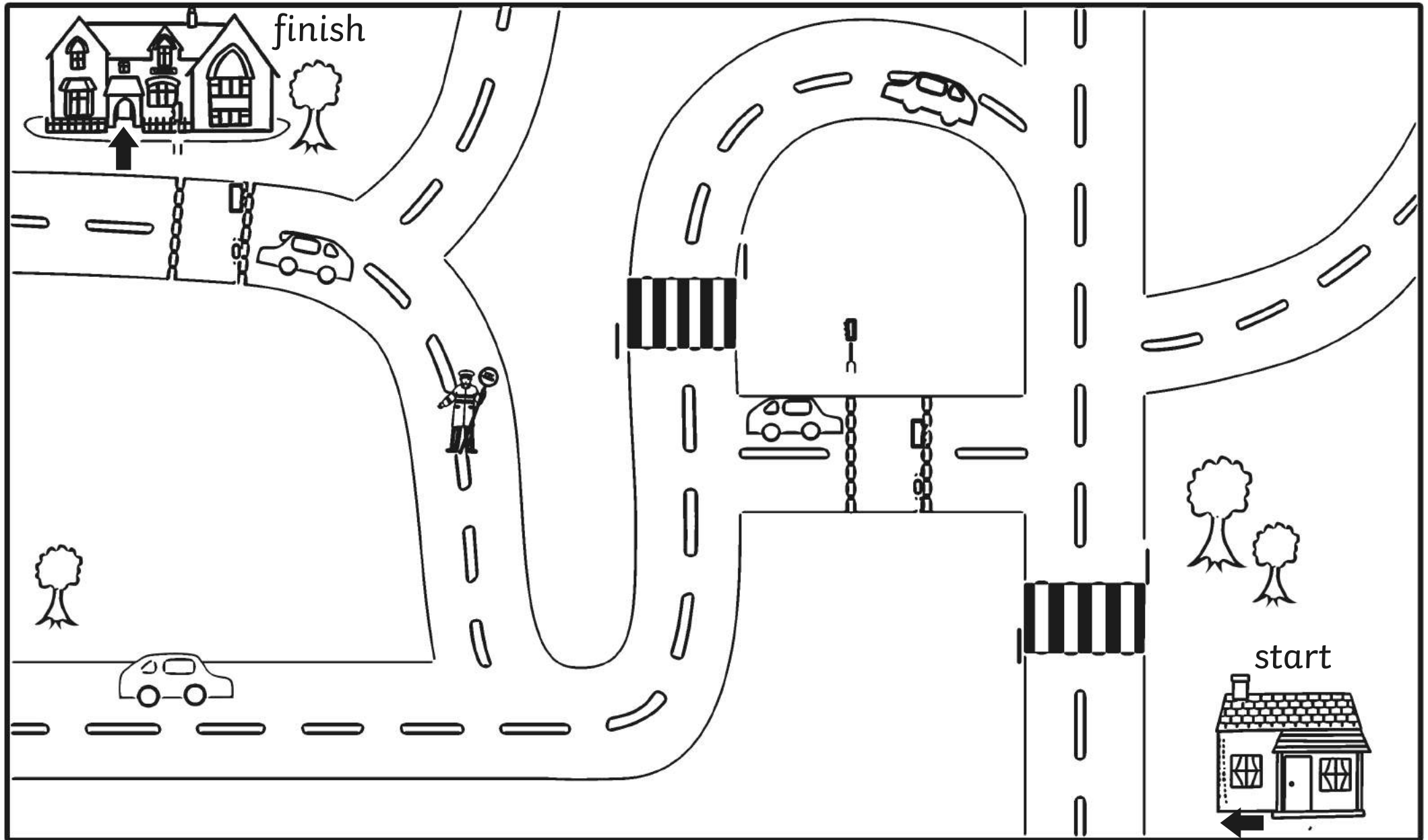
# Being Active

Think about what happens to your body when you are active. Tick the correct box to show what can happen to the body during exercise.

 <p>Your cheeks might turn red.</p>		 <p>Your cheeks might turn blue.</p>	
 <p>Your heart will beat slower.</p>		 <p>Your heart will beat faster.</p>	
 <p>Your body may feel warmer.</p>		 <p>Your body may feel colder.</p>	
 <p>Your skin might feel dry.</p>		 <p>You may sweat.</p>	
 <p>You will not feel thirsty.</p>		 <p>You may need a drink.</p>	
 <p>Your breathing will remain steady.</p>		 <p>Your breathing may become harder and faster.</p>	

# Pencil Control Road Safety Maze

Use your pencil to draw a line for safe places to cross on the road.



# Our Winter Nature Walk!

I smell...



I see...



I feel...

I hear...