

OUR #SMILE CHALLENGE

Collect a badge for every #SMILE challenge. 5 to collect!



Tick me off each time you complete a #SMILE CHALLENGE activity throughout July - there is one for every day!

We are passionate about our children's health and wellbeing. During July we want to dedicate time to making our children #SMILE. Helping them to stay active, support their well-being, make them laugh and create positive memories.

Stay active

Let's get active! The best way to create that smile is to keep moving.

- Complete a daily mile walk around your house and garden
- Be a star and try 20 star jumps!
- Hop around your house or garden like a bunny
- Be a frog, be a bear try our animal workout moves today
- Can you hop, skip and jump on a homemade Hopscotch game
- Play football with your family. Can you score a goal?
- Get a balloon and see if you can keep it off the ground.

Mindfulness and well being

Good health and well-being is essential for people of all ages, and the best way to form healthy habits is to start from a young age.

- Make a calming glitter jar: a great tool for calming emotions and a fun art project too!
- Blow bubbles: breathe in, fill your body with air. As you blow out feel your body relax, letting your thoughts float away with the bubbles
- Try a children's yoga class: a great way to get moving and encourage mindfulness
- Heartbeat Exercise: Jump up and down for a minute. Then feel your heart and listen to your breathing. How does it feel?
- Affirmation stones: create rocks that say something positive. Hide in the community for someone else to find and enjoy

Isolation games and activities

Boredom sparks imagination, but sometimes we all need a little help for ideas.

- Create a den out of cardboard boxes for your favourite toy.
- Outdoor treasure hunt - find something for every colour of the rainbow
- Play a game of hide and seek
- Play shadow tag. Run around and tag someone's shadow instead of touching them
- Create your own bird feeder
- Make a Thank You jar

Laughter and fun

Laughing is, and will always be the best form of therapy.

- Set up an obstacle course and complete it with a grown up
- Have a Mad Hatters Tea Party
- Create your own band with pots and pans
- Be a tightrope walker! Use a skipping rope or hose along the grass and see if you can reach the other side without falling off
- Learn a joke and make someone smile!
- Roll down a hill
- Put on a dance show for your family

Experiences - days full of awe and wonder

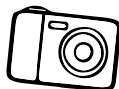
There is no better moment than watching a child exclaim 'wow' in utter amazement.

- Make a grass trumpet
- Make mud pies
- Create wild art from flowers or leaves
- Go on a mini beast adventure hunt. Let us know what you spot?
- Plant a seed and watch it grow!
- Create a rainbow

#SMILECHALLENGE Photo Competition

Want to get involved in our
#SMILEchallenge photo competition?

How?



SNAP IT!

Take a picture of you getting stuck into a SMILE challenge.



POST IT!

Post it to our @inspiringkindrednurseries facebook page with #SMILECHALLENGE in the caption.



LIKE IT!

Like our Kindred page so you are the first to know who wins the prize on 4th August 2020.

What?

Prize?

WIN £50 worth of high street vouchers this summer!

Dates?

Competitions closes on 1st August 2020 midnight.

Winner?

One lucky winner will be selected by our Senior Leadership Team and announced on facebook on Tuesday 4th August.

Who?

Everyone and we mean **everyone!**

Current families, staff, prospective families... the list goes on!

We want to inspire **EVERYONE** to support their well-being, make each other laugh and create #SMILE memories.

Creating inspiring worlds full of awe and wonder for little ones to grow and thrive in.

