



# Playgroup SA

## *Playgroup Weekly Session Planner*

*Health and Wellbeing Week*

[www.playgroupsa.com.au](http://www.playgroupsa.com.au)

# CRAFT ACTIVITY

There are many ways that we can keep our bodies healthy. Eating healthy food, drinking lots of water and getting some exercise are some ways to have a healthy mind and body.

**Craft activity:** Colours of the Rainbow collage

**Children will need:** Paint or markers in the colours of the rainbow, Paper, magazines, scissors, glue.

**Instructions:** Paint or use markers to draw and colour a rainbow onto a piece of paper. In the magazines, find pictures of healthy foods that are the same colours of your rainbow. Use scissors to cut out the pictures and stick them onto the matching rainbow colours.

## Extension ideas:

Talk with the children about what are “healthy” foods and what are “sometimes” foods. Find foods that may not be a colour of the rainbow. Stick these on the outside of the rainbow or make a rainbow using different colours. Name all the food on the rainbow. Coloured cardboard circles can also be used instead of painting or using markers.

**Fact:** Our bodies are made up of mostly water. The nose can remember over 50,000 smells.



**Learning Outcome 3:** Children have a strong sense of wellbeing.



# OUTDOOR ACTIVITY

## Barefoot Walking

Take the children for a walk around the outdoor playspace, barefoot. Talk to the children about what they can feel. What is the ground like under their feet? Is it hard or soft, cold or warm, squishy, muddy, etc? This is a great way of connecting children to the earth. It can also strengthen core muscles and develops children's balance and spatial awareness.

# SENSORY ACTIVITY

## The Vegetable Guessing Game

**You will need:** A bag, pillow case or large box, a range of vegetables (real or pretend).

**Instructions:** Put a few vegetables in a bag/box and ask the children to put their hand into the bag and hold a vegetable. Ask the child if they can guess what the vegetable is. Ask the children what the vegetable feels like...is it bumpy or smooth? Is it large or small? Is it hard or soft?

# GROUP TIME IDEAS

Yoga, Mindful breathing (deep breaths counting 1, 2, 3)



# BOOK SUGGESTION

The Very Cranky Bear by Nick Bland

The way I feel by Janan Cain

