**Exercise**

We encourage the children to be active and join in our daily exercise routines. We have weekly sports sessions and our children have lots of daily fresh air, whatever the weather. We encourage children to notice the effect exercise has on their bodies by placing hands on chests and feeling their heart beating, noticing the change in breathing and body temperature.

**We deliver our curriculum through** **fun active games focused around the children’s interests.**

We believe most children are kinesthetics learners, this means they like to learn hands-on, be active and investigate with their whole bodies. We encourage our children to be up on their feet, jumping, throwing, running, exploring, investigating and most importantly having fun! We aim to deliver our curriculum which is based on the 7 areas of learning (EYFS,2021) through fun, active games. We tailor these games and activities to the children’s individual interests.

**Healthy bodies**

Our children learn how to look after and care for their bodies. They learn how to dress themselves, manage their toileting needs, look after their teeth, hair and learn about sun protection. Our children learn how they can protect themselves from germs through good handwashing and healthy habits.

**Tasting new foods**

We encourage our children to experiment with food; touching, smelling, tasting, playing.

Using food in activities and games helps children learn about healthy eating while having fun at the same time. It also makes them more likely to try new foods

**Growing food**

The children learn hands-on how to grow vegetables and fruits, such as strawberries, pears, apples, carrots, potatoes, swede and much more at our vegetable patch. The children water, measure and monitor the food, looking out for signs that they are ready to pick. The children then make delicious fruit kebabs, and smoothies using food they have grown themselves.

**Wellbeing**

We believe that mindfulness has a place in a nursery setting, it brings attention to the present moment and has a calming effect when children are over stimulated.

We help the children clear their minds with our mindfulness and relaxation activities. We provide quiet times, where the children can relax, learn breathing techniques, listen to nature sounds and stories about emotions. These mindfulness sessions help the children learn about their bodies, senses, and help their focus and attention.

Healthy Body Healthy Mind

**Cooking**

Our children have fun celebrating different cultures and festivals through cooking sessions. We carry out a variety of cooking experiences which teaches the children life skills such as chopping, grating, mashing, pouring, weighing and measuring.

**Making heathy choices**

We aim for our children to be able to make healthy choices. We educate them on nutrition and which foods we need to help our bodies grow. We learn about which foods are healthy and which foods are just for treats. Additionally, we promote oral health and help our children learn how to look after their teeth.

We aim for our children to become happy healthy adults who know how to look after themselves and make good lifestyle choices