

re:fresh
your health and wellbeing

LEARNING THROUGH PLAY FUN ACTIVITIES FOR CHILDREN UNDER 5



**ACTIVE CHILDREN ARE
HEALTHY, HAPPY, SCHOOL
READY AND SLEEP BETTER**

Physical activity in early years (children under 5) helps to build relationships and social skills, it helps to maintain health and weight whilst developing muscles and bones. Taking part in physical activity contributes to brain development and learning whilst encouraging movement and co-ordination and improving sleep.

Children should aim for at least 180 minutes per day of physical activity including jumping, climbing, skipping, throwing, catching, dancing, playing and riding a bike. **EVERY MOVEMENT COUNTS!**

UK Chief Medical Officer's Physical Activity Guidelines, 2019

BABY MOVERS

A fun session where you can learn how to connect and interact with your baby to support their healthy brain development and emotional wellbeing.

Suitable for babies and toddlers age 0 - 18 months.

Please bring a mat and a few blankets for the baby.



MINI MOVERS

Music and movement session for children who are steady on their feet up to 4 years. Learn vital movement and coordination skills, along with social skills and confidence building. Make friends, have fun and be school ready!

Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult.

WALK AND EXPLORE

Take in the nature of our wonderful green spaces with this short walk and explore session. Each session is themed, allowing children to interact, have fun and learn as they go! Suitable for children aged 2 to 4 years. Maximum ratio of 2 children to 1 adult



BIKER TOTS

Give your child the best start to life on two wheels by encouraging balance, mobility and coordination and avoid using stabilisers altogether. Our expert Activators will guide the session, offer support and help to educate your child on the best practice when it comes to balancing and cycling.

Bikes and helmets provided.



FOR MORE INFORMATION
PLEASE CONTACT US ON 01254 682037
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 **@STARTWELLBWD**