**Bee Active, Bee Healthy, Bee Happy Week 2021 April 5 - April 12th **

Promote the benefits of an active lifestyle, champions health and well-being initiatives and aims to help reduce childhood obesity.

This week is dedicated to bee-ing active, healthy and happy in your community. Join Mo the Bee in a week-long celebration of making positive changes to your life and your community and learn how to #BeeActiveBeeHealthyBeeHappy.

**Bee Active**

<https://www.ncsem-em.org.uk/get-active/guidelines/early-years-physical-activity-guildeines>

Can you run a mile over the day/ week?

<https://www.nhs.uk/change4life/activities>

Look at these SEND ideas from [FAMLY](https://famly.co/blog/management/physical-exercise-and-sen-early-years-activities/#:~:text=Physical%20Exercise%20and%20SEN%3A%20Early%20Years%20Activities%201,4%20Plant%20a%20garden.%20...%205%20Music.%20) [link]

<https://hungrylittleminds.campaign.gov.uk/>

Audit your environment for physical development - do a 5 minute learning walk each 30 minutes ….how active is your setting? <http://www.solgrid.org.uk/eyc/resources/learning-and-development/>

**Bee Healthy**

<https://www.healthforkids.co.uk/staying-healthy/>

<https://www.solgrid.org.uk/fivetothrive/>

<https://socialsolihull.org.uk/localoffer/family-information-service-directory/>

Watch and reflect on Siren films- Self-regulation through physical play -<http://www.solgrid.org.uk/eyc/resources/learning-and-development/>

**Bee Happy**

<https://www.bbc.co.uk/tiny-happy-people>

<https://theinstituteofwellbeing.com/early-years-and-education/>

<https://www.annafreud.org/coronavirus-support/support-for-early-years/>

<https://wordsforlife.org.uk/>

Reflect on your consultation approaches and listening to children –

Do some sampling of children’s well-being and involvement using the Leuven scales or mental health competencies <http://www.solgrid.org.uk/eyc/resources/leaders-and-managers/>

Read <https://foundationyears.org.uk/wp-content/uploads/2011/10/SEAD_Guidance_For_Practioners.pdf> Social and Emotional Aspects of Development or watch the Narrated Presentation -PSE <http://www.solgrid.org.uk/eyc/training/>