

Healthy Movers

Jungle Journey



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Jungle Journey activity card. The children will be moving around like different jungle animals: on tiptoes, stomping, sliding and crawling. They will be moving at different levels and different directions.

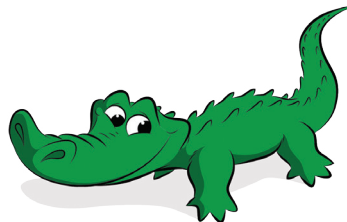
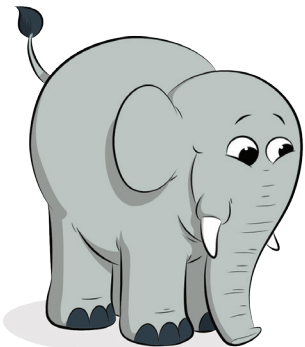
Ask your child to show you:

- ☐ how they move like a jungle animal. Can you guess what animal it is?
- ☐ how they can move, sideways, backwards and forwards?

Encourage your child to try these barefoot so they can feel the floor better. Join in with them; children love to see adults having a go.

Try to enable the children to try a different animal each day so they can practise; repetition helps movements to become automatic.

Do you have a jungle themed story book you could read with them during the week? This may help them try new animals and movements.



Healthy and Happy me

Playing barefoot helps children develop their senses and can strengthen feet muscles.



Social me

The Jungle Journey activities help children develop spatial awareness and navigation skills to avoid bumping into others.



Physical me

Playing these activities provides opportunities for children to travel in many different directions, levels and ways: gliding, tiptoeing, scampering, stomping and sliding.



Creative me

The Jungle Journey activities take children to an imaginary place helping explore sights, sounds and animals.



Thinking me

These activities help children make decisions and plan where they will move in the play space.



Did you know?



Each foot has approximately 7,000 nerve endings. When a child's foot feels the ground, whether smooth, hard, uneven or wet, these thousands of touch receptors in the nerve endings receive and pass on information to the rest of the entire nervous system, helping develop senses. Try letting children play barefoot when it's safe to do so!