

Healthy Movers

Pick up Packets



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

Parents/Carers

This week we are playing the Pick up Packets activity card. The children will be developing their balance and core stability. They will be making their bodies into strong and floppy wobbly shapes so they have experienced the difference. They will use strong body shapes to put down and pick up objects without wobbling over. They will be trying to do this on one leg: it is pretty tricky!

Ask your child to:

- ☐ show you floppy, wobbly shapes and strong solid shapes with their bodies; and
- ☐ demonstrate how they can put down and pick up.

Join in with your child; see how high and wide you can stretch on your tiptoes without toppling over.



Healthy and Happy me

This activity helps children set their own challenges, ensuring individualised activity.



Social me

Pick up Packets helps children develop patience and play independently.



Physical me

This activity supports stability and balance. Including body tension, bending, reaching, stretching, and leaning, which all require a good core.



Creative me

The children can choose all sorts of items to be their pick up packets. Try paper bags with handles, newspaper towers, cereal boxes or match boxes.



Thinking me

This activity helps children with planning and refining.



Did you know?



We are not born with natural balance. We learn balance through experiencing movement of different types. Getting children moving round will help them to sit or stand still!