

# Family Fun!

Ideas to support learning, play and well-being

## Place Value Cups

Children love this hands-on approach to exploring place value. Just write the digits 0-9 on a set of disposable cups. Now say a two-digit number like 78 and get them to create it using the cups. According to their age and ability, challenge them by saying even larger numbers for them to create!



## Lunch Box Tips

Autumn is a great time to reinvent the school lunch box. Get inspired with these healthy ideas!

## Autumn Art

Get inspired by the changing season and create your own Autumn art- using natural materials like leaves. Look carefully at the shape of the leaf and see if it reminds you of anything. Use paint and pens to add features and create animals or you could even invent your own imaginative creatures!

### Keep them fuller for longer

Base your lunch box on wholegrain bread, rice, pasta. They are higher in fibre and will help them stay fuller for longer.



### Introduce more wholegrains

If your child doesn't like wholegrains, try making a sandwich with one slice of white bread and one slice of wholemeal bread.



### Ditch the sugary snacks

Swap cakes, chocolates and biscuits that are high in sugar healthier alternatives such as malt loaf, fruit breads or fruit.



### Get the children involved

Let them choose and prepare what goes into their lunch box. They are more likely to eat it if they have been involved in making it.



### Be careful with dried fruit

Dried fruit counts towards their five a day, but it can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



### Check your cheese for fat and salt

Cheese can be high in fat and salt. If you choose stronger tasting cheese, you won't need as much of it. Or try using reduced fat varieties.



FLAMINGO



BUTTERFLY



SNAKE

## Animal Yoga

Try out some of these animal yoga poses for all the family!