

Health and Safety

Children are the heartbeat of our world. Let's protect their smiles and nurture their dreams.

Family 5 Challenge:
Choose 5 Activities to Try at Home

How it works:

Choose 5 activities from our list to complete at home with your child. These activities are designed to be simple, fun, and support healthy habits, safety, and learning.

You can complete them at your own pace—whether across a week or over the half term—and make them part of your everyday family time.

We'd love you to share what you've done!

Send in photos, notes, or talk to your child's class teacher about your experiences. When completed, you will receive a vegetable seedling to grow at home!



Stay 😊
healthy

- Brush teeth twice a day together
- Visit the dentist or talk about check-ups
- Sort foods into tooth-friendly and treats
- Visit Arnold Library and read together
- Go spotting in Bestwood Country Park
- Play 'I spy' on a walk
- Talk about people who help us
- Learn your address and phone number
- Spot a police officer and discuss their role
- Walk or cycle in Bestwood Country Park
- Play at Arnot Hill Park
- Have a dance session at home
- Choose healthy food at Arnold shops/market
- Cook a healthy meal together
- Build a healthy lunchbox
- Practise Stop, Look, Listen, Think
- Identify road signs locally
- Talk about rail safety
- Visit a swimming pool and discuss safety
- Talk about staying safe near water

