



Word of the week is:

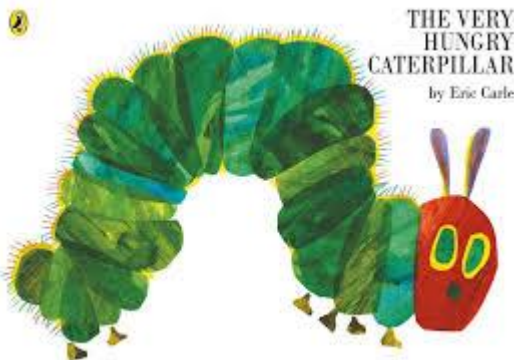
Theme of the week is:

Challenges

Food

Activity 1 👍🗨️ **Indoor activity story time**

<https://www.youtube.com/watch?v=75NqK-Sm1YY>



Activity 2 👍🗨️ **Create a fruity caterpillar**

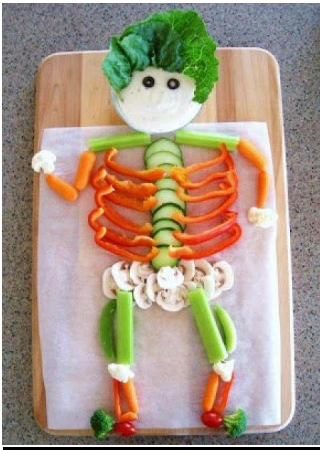


Create a healthy snack plate to share with your family using fruits from the story and others that are your favorites.

Mmmm yummy!

Activity 3 👍👎 **Family Activity**

Vegetable me



You will need;

Various fruits and vegetables to create you,
These could include carrots, peppers, celery, cucumber, sweetcorn, grapes.
You could then eat it and include this as part of your 5 a day!

Activity 4 👍👎 **Family Activity**

Mystery taste test

You will need;

- A Blindfold
- Various foods to try, these need to be hidden from everyone and could include,
 - Marmite
 - Salad cream
 - Boiled egg
 - Sweet chilli sauce
 - Grapes,
 - Orange
 - Apple
 - Cake
- Breakfast cereal or whatever you have in your cupboards at home.

This is great fun but also will support aspects of trust/mistrust and could help that faddy eater attempt new foods

Activity 5 👍👎 Creative activity

The egg challenge

You will need:

- A boiled egg
- Newspaper
- Cotton wool
- Sellotape
- wool/string

Wrap the egg in its protective covering (a bit like the hungry caterpillar and his cocoon) and decorate with your unique pattern. Now set up your obstacle course

Egg Obstacle course

Create an obstacle course for you and your egg. You could - roll it outside, down some steps, throw and catch it, jump with it, play hopscotch with it?

The idea of the game is to keep the egg safe and not break it by the end of the day!

See who takes **risks** and who is **protective**.

Activity 6 👍👎 Challenging self-activity

Positive mantra bracelet

You will need;

- Macaroni or other threadable shape
- Thread/string/wool
- Various Food colourings

Firstly colour the pasta shapes by mixing with dye and leaving to dry overnight. During this time think of positive thoughts that you can challenge your negative ones.

e.g. My best is good enough, I am safe

Now create some of your own and assign a positive thought to a coloured pasta shape. Thread each positive thought onto the bracelet and when you are feeling negative thoughts touch the coloured shape and repeat the positive thought. Pushing the shape along the thread can also be soothing.

Challenge those negative thoughts!

Activity 7 👍👎 Family activity

Marshmallow/spaghetti challenge:

You will need:

- Mini marshmallows
- spaghetti

Divide your family into teams. The idea of the game is to work together to build the tallest structure.



Activity 8 👍👎 Adult activity

The circle of control

This is a challenging time for us all. Being aware of what we have control over helps us to manage our own thoughts, feelings and reactions to things.

Using paper and pen why not create your own circle of control.

