


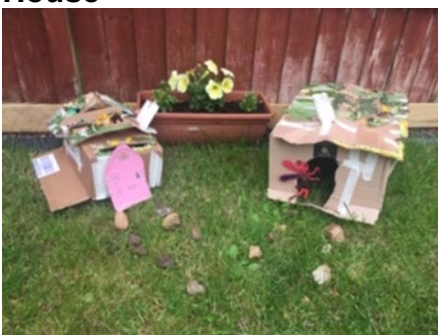
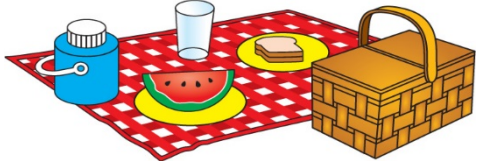







## Example plan for Virtual HAF Sessions for under 10s and their families

Time	Day 1	Day 2	Day 3	Day 4
10 – 10.15	Welcome, getting to know You	Hello and welcome back	Nice to see you again	Good to see you
10.15 – 11.15	<b>Crafts Session</b>  <b>Mood Board - Make a picture of all your favourite things</b> 	<b>Forest Schools Activities</b>  <b>Let's make a camouflage mask</b> 	<b>Crafts Session</b>  <b>Let's Make a Spaceship</b> 	<b>Forest Schools Activities</b>  <b>Let's make a Fairy or Elf House</b> 
11.15 – 11.30	<b>Change for Life Burst of Fun physical activity - Let's shake things up a bit with <a href="#">Disney Shake Up Games</a>   <a href="#">10 Minute Shake Up</a>   <a href="#">Change4Life (www.nhs.uk)</a></b> <b>Don't forget to have a quick drink afterwards</b>			
11.30 – 12.00	<b>Fun and Food session – let's make ....</b>  <b>Join us for fun cooking ideas</b>	<b>Fun and Food session – let's make</b>  <b>Join us for fun cooking ideas</b>	<b>Fun and Food session – let's make</b> <b>Join us for fun cooking ideas</b>	<b>Fun and Food session – let's make</b>  <b>Join us for fun cooking ideas</b>

12.00 – 12.30	<b>Lunch – hope you remembered to collect your food hamper yesterday!</b> 	<b>Lunch - Enjoy</b> 	<b>Lunch - Bon Appetite</b> 	<b>Lunch - Yummy 😊</b> 
12.30 – 12.50	<b>Story Time Sessions - Time to sit down, relax and enjoy a story</b> 			
12.50 – 1.45	<b>Join us for fun and games</b> <b>How about a yoga session?</b>	<b>Join us for fun and games</b> <b>How about a bug walk?</b>	<b>Join us for fun and games</b> <b>How about learning Circus Skills?</b>	<b>Join us for fun and games</b> <b>How about learning some football skills?</b>
1.45 – 2.00	<b>Hope you had fun – find out what we are doing tomorrow</b>	<b>Did you have a good time?</b> <b>What's planned for tomorrow</b>	<b>Hope you're having fun</b> <b>What's planned for tomorrow</b>	<b>See you in the Summer</b> <b>Come back soon</b>
<b>For more fun ideas take a look at <a href="http://www.nottshelpyourself.org.uk/parentzone">www.nottshelpyourself.org.uk/parentzone</a></b> 				
<b>Please note – this is just an idea of what we will be offering – our actual programme will be available soon 😊</b>				