

# Breakfast Wake-up!



The activities in this Programme link to the Squirrel Smile Awards. A nourishing breakfast is a great start to the day; this programme will encourage children to eat a healthy breakfast!

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a ‘joining-in’ style game, such as ‘The farmer wants a wife’ or ‘Duck, duck, goose’ or a circle format ball game. Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<b>ACTIVITY: On a Cold and Frosty Morning</b> Start the evening off with a lively version of the old nursery rhyme, ‘Here we go round the Mulberry Bush’. Act out the morning routine, remember to add, ‘ <i>This is the way we eat our breakfast....!</i> ’	None
10	<b>GAME: Cereal Bowl</b> <ul style="list-style-type: none"> <li>○ <i>The Squirrels sit in a circle format on the floor</i></li> <li>○ <i>Using pictures of a selection of breakfast items – distribute them round the circle, e.g. bread, cereal, banana, milk, bread, cereal and so on</i></li> <li>○ <i>When a Leader calls out a particular breakfast item, the Squirrels with that card jump up and sit down again!</i></li> <li>○ <i>Progress to running round the outside of the circle in a clockwise direction when their item is called!</i></li> </ul>	Pictures of breakfast items
10	<b>ACTIVITY: Cereal Tasting</b> Provide a selection of different breakfast cereals for the Squirrels to try. Mini variety packs are available in supermarkets and Pound shops – a few spoonfuls of each cereal would be sufficient for tasting. Add some healthier options such as bran flakes and porridge! Why not decorate the porridge with a funny fruity face! <i>NB be mindful of any allergies</i>	Small plastic bowls Spoons Variety of cereals Milk Wipes & kitchen roll
10	<b>ACTIVITY: Shake Up Your Wake Up!</b> Give each Squirrel a paper plate and art materials. Ask them what they usually eat for breakfast, discuss what they would like to eat for breakfast and whether this is a healthy choice. They can then draw on the plate what they would like to eat for a healthy start to the day!	Paper plates Art materials
10	<b>GAME: Cereal Jump About</b> <ul style="list-style-type: none"> <li>○ <i>A Leader describes actions for different cereals - you might like to try ‘Coco Pops – jump up and down’, ‘Frosties – shiver’, ‘Honey Nut Loops’ – buzz about in a circle’ or get the Squirrels to suggest some actions of their own!</i></li> <li>○ <i>The Squirrels then mime the actions of the cereal as the Leader calls them out!</i></li> </ul>	None
5	Closing, Home	



## Funny Fruity Face Porridge



Why not check out [www.shakeupyourwakeup.com](http://www.shakeupyourwakeup.com) for lots of free resources including tasty recipe ideas! Farmhouse Breakfast Week encourages everyone to 'shake up your wake up!' and is usually held annually in January!

