

Love Hearts



The activities in this Programme link to the Squirrel Smile Awards. The pretty craft idea in this programme is sure to make someone smile!

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!

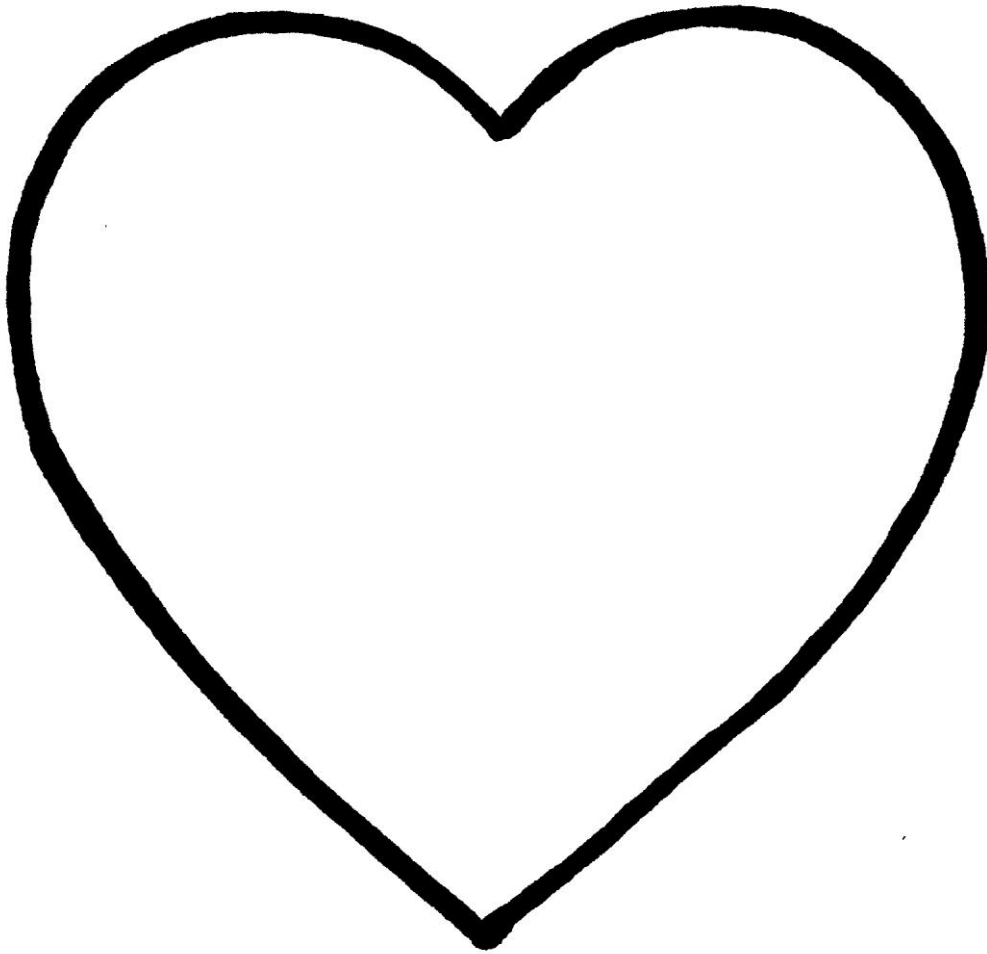
TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>GAME: Heart Beats</p> <ul style="list-style-type: none"> ○ <i>Can the Squirrels feel their heart beating? Is it beating fast or slow? What sound would it make beating slowly and beating fast? Use their suggestions for the 'heart beats'</i> ○ <i>The Squirrels move around the hall doing the actions they have decided for the 'heart beats' called by the Leader</i> ○ <i>'Boom boom' – might be take giant steps around the hall</i> ○ <i>'Pitta pat' – might be running on the spot</i> ○ <i>Bumpety bumpety bumpety' – might be running around very fast and so on!</i> 	None
10	<p>GAME: Love Hearts Relay</p> <ul style="list-style-type: none"> ○ <i>Divide the Drey into small groups – this can be played as an active running game or quiet skilled game</i> ○ <i>For an active game – place 2 containers per group at one end of the room – one empty, the other with 'Love Hearts' sweets in it. Place a pair of chopsticks beside the empty bowl. Training chopsticks are easier for some Squirrels to use (these are a smaller size than adult chopsticks, usually silicone and joined together at the top)</i> ○ <i>The groups stand at the other end of the hall, in turn they run down pick up a sweet with the chopsticks place it in the empty bowl and return to their group</i> ○ <i>The next Squirrel runs and so on...</i> ○ <i>For a quieter skilled game the group sits in a circle with an empty bowl in the centre. The bowl of sweets is passed round and, in turn, the Squirrels lift a sweet with the chopsticks and place it in the empty bowl!</i> ○ <i>Don't eat the sweets!</i> 	'Love Hearts' sweets Small bowls/containers Chopsticks
10	<p>GAME: Love Hearts Tower</p> <ul style="list-style-type: none"> ○ <i>In the same groups the Squirrels try to build a tower by balancing the sweets on top of each other</i> ○ <i>They can work as a group taking turns to place sweets on the tower or, in turn, build one whole tower each</i> ○ <i>How many sweets can they balance before it falls!</i> 	'Love Hearts' sweets



10	<p>ACTIVITY: Loving Hearts Anyone would love to receive one of these pretty hearts made with love! Give each Squirrel a heart shape, either pre-cut from pink card or a template to cut out themselves – some Squirrels may need additional adult help! Glue the heart message on one side of the heart card; it looks very pretty if the words of the message is printed in the same colour as the pink card! Decorate the centre of the other side with a tissue paper heart made from tiny scrunched up pieces of tissue paper glued in place. Alternatively, take photos of the Squirrels the week before and print small photographs – they can stick their own photograph in the centre surrounded by tiny balls of coloured tissue paper! Scrunching the tissue paper into small balls and sticking them onto the card develops the Squirrels’ fine motor skills – some squirrels will be able to do this more easily than others!</p>	<p>Pale pink card Pink tissue paper Glue, scissors Heart message</p> <p>Photos of Squirrels</p>
10	<p>ACTIVITY: Healthy Hearts Get a healthy heart by doing some simple exercises to some dance music. Play ‘My heart skips a beat’ performed by Olly Murs and Rizzle Kicks! During the verse reach up to the ceiling and down to the floor, swing arms from side to side, and then touch the floor on either side! During the chorus, skip around and then spin around (not too fast!). The Squirrels will love the music and benefit from the actions!</p>	<p>CD player Dance music – ‘My heart skips a beat’</p>
5	Closing, Home	



Loving Hearts template



Training chopsticks!

