

THEME: Fruity Fun

Ensure that the Squirrels get their 'five a day' with this fruity fun filled Programme!

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 a circle format ball game.

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>GAME: Fun Fruit Relay</p> <ul style="list-style-type: none"> ○ <i>Place a selection of bright coloured plastic fruit at one end of the hall</i> ○ <i>Divide the Squirrels into small groups at the other end, they run in turn to collect a fruit called out by a Leader!</i> 	Selection of plastic fruit
10	<p>ACTIVITY: Fruit Bowl Fun</p> <p>Allow the Squirrels' imagination to run riot creating a bright colourful frieze or collage of a giant fruit bowl filled with all their favourite fruits! Display in your meeting place and add a message about '5 a day – the healthy way!'</p> <p>Use this time to chat about eating 5 fruits and vegetables a day!</p>	Large sheet of paper or card Art materials Collage materials & glue Pictures of fruit or real pieces of fruit
10	<p>STORY: Have some fun with the Health Freaks! These bright and informative little books have been created for slightly older children but the graphics are fun and the message is an important one for the Squirrel age range!</p> <p>'Watermelon Will' and 'Tommy Tomato' will become firm favourites with the Drey. Visit www.healthfreaks.co.uk for further information on the author, Ann Rea and lots more books published by Area Publications based here in Northern Ireland!</p>	Story books
10	<p>ACTIVITY: Fruit Tasting</p> <p>Pre-prepare a selection of delicious fruits – some familiar and some more unusual. Be aware of allergies, allergy to kiwi fruit is becoming increasingly common! Allow the Squirrels to taste the different fruits, encourage them to try something they have not tasted before!</p>	Selection of different fruits cut into bite sized pieces Paper plates Wipes
10	<p>GAME: Fruity Colours</p> <ul style="list-style-type: none"> ○ <i>Attach a card in each of the four corners of the room</i> ○ <i>A Leader asks, 'What colour is a banana?' the Squirrels run to the yellow card, 'What colour is an apple?' here the choice can be red or green and so on!</i> 	Four different coloured cards – red, orange, green and yellow Blotack
5	Closing, Home	

