

Food train



Children



Any



Depending on the number of participants, min. 3 minutes



To raise awareness of the conscious perception of food



Material:

(Cooking) magazines, colored paper (red, yellow, green), cardboard, white paper, scissors, glue, pens, picture of the simplified food pyramid

Preparation:

Make a „food train“ (locomotive and cars) with different colors. Each color stands for a food group:

Green: sugar-free drinks, diluted juice spritzers, fruit, vegetables, cereals, pasta, rice, potatoes

Yellow: dairy products, fish, meat, fats, oils

Red: sweets

Implementation:

Each child makes a locomotive (white) with three food wagons (red, yellow, green). Then all the children look through magazines to find pictures of food that they ate for breakfast (at lunchtime or the day before). They cut these out or draw them and assign them to the different carriages (food groups).

Each child presents their train to the group. Finally, the „food trains“ of the whole group are created, i.e., three cars (green, yellow, red) to which the children stick or hang their cars in the same color one after the other. The results can then be discussed together. Which train has loaded the most food?

▶ **Variations:**

- „Food trains“ separated into breakfast, lunch and dinner.
- What would be a really tasty and healthy train?

▶ **Tips and advice:**

Consumer advice center: Tips on the menu for children



FIT Brunch



Children



Any



Depending on the number of participants, min. 30 minutes



To learn about wholesome food, enjoy fresh food and create team spirit



Material:

Ingredients (see below): chopping board, knives, plates, bowls, skewers, blankets

Preparation:

Gather all ingredients and materials, chopping board, knives, plates, bowls, skewers

Execution:

The children create a delicious, balanced brunch with fresh fruit and vegetables, dairy products, wholesome cereals and natural drinks.

- Quark spread: Pumpernickel, quark, banana; Mash the banana with a fork and mix with the quark. Spread the quark on a slice of pumpernickel.
- Speedy soup: Carrots, cauliflower, broccoli, zucchini, sweetcorn, peppers, celery, leek, tomato puree, vegetable stock. Wash, clean and chop the vegetables. Place in a large pan, fill with water, season with the stock and simmer for approx. half an hour. Finally, season with tomato puree.
- Fun snacks: Wholegrain bread topped with either sweet (quark and banana slices) or savory (lettuce, tomatoes, cucumber or cheese) to taste.

- Veggie sticks and dip: Wash the peppers and celery, peel the carrots and kohlrabi and cut into finger-length pieces. For the dips, mix the quark with the chives and season with salt and pepper.
- Colorful fruit salad: Wash the seasonal fruit and peel if necessary. Cut everything into small pieces and drizzle with orange juice. Sweeten with honey to taste.



Water tasting



Children



Small groups



Depending on the number of participants, min. 30 minutes



Sensory and sensory training, appreciation and conscious use of water as a basic and important foodstuff



Material:

Thematic decoration, different types of water that differ in mineral content and carbonic acid content, glass carafes, sticky dots, glasses

Preparation:

The different types of water are filled into glass carafes. These are numbered so that they can be assigned to the respective water.

Execution:

Each child receives a glass and three sticky dots. Then the individual water types are served to the children in turn. The children are allowed to taste the water and are asked to say what they like and what they don't like.

When they have tasted all the different types of water, they can award their sticky dots to the best ones. At the end, everyone looks together to see which type has received the most points and thinks about what was good about it.

Variation:

- Integrate tap water.
- Refine individual water bottles with lemon, orange, mint, pineapple and then repeat the taste test.



East Friesian Tea Ceremony



Children



Maximum 10 children



Depending on the number of participants, min. 20 minutes



Sensory and sensory training, appreciation and conscious use of water as a basic and important foodstuff



Material:

Kettle, glass carafes, teacups, spoons, decorative box, cloths, CD player, rock candy, tea, decorative materials: sand, beach items, sailor's knots, shells and other natural materials

Preparation:

Decorate the room, play soft background music. For an appropriate atmosphere, the tea ceremony can be held in a quiet room. Everyone leaves their shoes outside the room and can sit cross-legged on cushions, blankets or chairs in the room.

Execution:

The children are invited to a small tea ceremony and are given an empty cup at the beginning. The ceremony starts with appropriate background music and the children sit cross-legged on the floor. The glass carafe of hot tea is placed in the middle of the circle. The rock candy is dropped into the carafe. The children listen to the crackling of the hot tea. They are not allowed to touch the carafe until the tea has cooled down to drinking temperature or alternatively has been diluted with cold water. The tea is then poured into the children's cups. Children let out a loud "aaaah" after tasting the tea.

Variation:

Can be combined with a hearty snack such as scrambled eggs with brown bread and fresh herbs.



Ketchup



Children



Any



Depending on the number of participants, min. 20 minutes



Getting to know food; making familiar convenience products yourself



Ingredients for 10 people:

- 20T tomato paste, preferably sun-ripened (tube)
- 10t mustard, medium hot (or less)
- 20T water or apple juice, hot
- 5t vegetable stock
- some fresh ground pepper
- a little salt
- 10t fruit preserves (optional applesauce)
- oil

Materials:

- Bowl
- Whisk

Recipe:

Place the ingredients (except for the oil) together in a large bowl and mix vigorously with a whisk. Add a few drops of oil at the end.

Variations:

Peel the potatoes, cut into strips and roast in the oven until crispy. Add as homemade oven fries and enjoy everything together immediately!



Finger food



Children



Any



Depending on the number of participants, min. 20 minutes



Getting to know food; making familiar convenience products yourself



Ingredients for approx. 10 people:

- 2 kg vegetables, e.g. cucumbers, carrots, peppers, kohlrabi, tomatoes, radishes
- 250g crème fraîche and 250g cream cheese
- salt, pepper, garlic
- lemon
- chives, parsley

Materials:

- Chopping boards
- Kitchen knives
- Bowls & plates
- Table decoration

Recipe:

Cut the vegetables into bite-sized pieces. At the same time, make the cream cheese and crème fraîche dip by mixing together. The dip is seasoned with salt, pepper, lemon juice and finely chopped garlic and refined with herbs. Served beautifully on a plate—there are plenty of takers for this healthy snack during the break.



Faster than your name



Children



Any, from 10 people



Depending on the number of participants, min. 5 minutes



Get to know each other, warm-up



Execution:

The group stands in a circle. The instructor points out that you can fall while running in a circle, so choose the right speed. One child says their name out loud to the next person on the right and immediately runs around the outside of the circle to the right. The name is said in the circle just as quickly or slowly as the child said it and repeated by each child. The child tries to get back to their own place before the name arrives there. As soon as the current person arrives, it is the next person's turn.

Tips and hints:

At the beginning, the instructor points out once again that it is possible to fall while running in a circle and that it is important to choose the right speed.



Find me



Children



Any, min. 3 people



Based on the number of participants



Movement, attention, independence



Materials:

Everyday objects (more objects than children) e.g. stones, leaves, socks, onions, hats, towels, shells, etc.

Preparation:

Walk the room or path and look for special hiding places. Hide the selected objects (don't make it too tough).

Execution:

Everyone has one to five minutes, depending on the terrain and number of items, to find the named items and place them in a marked area.



Exercise landscape



Children



Any, min. 3 people



Based on the number of participants



Develop creativity, try out new forms of movements



Materials:

Foam cubes, standard gym equipment, such as mats of all sizes, benches, boxes, ladders. Depending on the number of children, additional equipment such as wall bars, ropes, rings

Preparation:

An exercise landscape is set up in advance with large equipment.

Execution:

The children are free to decide which equipment they want to try out. It may be necessary to set rules regarding the change of equipment.

Variation:

A themed exercise landscape can be set up with the children in advance. To do this, open a discussion round at the start of the activity in which the theme is chosen, e.g. jungle. The exercise landscape is then expanded together with the children and the existing equipment is renamed. For example, rings and ropes become vines. The vines are used to swing from one bank (box) to the next because there is a dangerous swamp (thick mats) in between where a dangerous crocodile lives that loves eating kids. During the game, other stations with small equipment can be added. For example, a cave can be built out of building blocks where everyone is safe. A wobbly footbridge with an upturned bench can also be added. Let the imagination flow.

Tip:

Adjust the level of difficulty of the exercise landscape to the age and abilities of the children.



Fruit salad



Children



Any, min. approx. 5 people



Based on the number of participants



To train attention, reaction and perception



Materials:

Chairs; in case of variation, additionally several cards with different types of fruit, at least as many as children

Preparation:

Set up a circle of chairs, making sure that the children outnumber the chairs by one; if using a variation, create additional fruit cards.

Execution:

The participants are assigned different types of fruit by counting them off, e.g. apple, pear, plum, cherry. The child without their own chair goes to the center and calls out a type of fruit. All the children assigned to this fruit change places and try to get a seat. The child without a chair now also quickly looks for a seat. Whoever is left at the end and cannot find a chair goes to the center of the circle and calls out another type of fruit.

When „fruit salad“ is called out, everyone changes places.

Variation:

Each child receives a fruit card at the beginning and keeps it in their hand as a reminder.



Freeze dance



Children



Any, min. approx. 2 people



Based on the number of participants



To encourage creativity and movement, boost self-confidence and concentration



Material:

Music, balls, scarves

Preparation:

Gather materials, prepare the room.

Implementation:

Children love to move, and they are particularly enthusiastic about music. This game focuses on the fun of dance, music and movement. To do this, one child operates the music while the other children dance around the room. The music is suddenly stopped by the child. All the children have to freeze and are not allowed to move until the music starts again. If someone doesn't stop moving in time, the child at the jukebox may choose another child as the person in charge of the music and join the other kids. The second child is now the DJ.

The children can dance alone or together, having fun and expressing their personality with all kinds of garments, ribbons and wild contortions, while at the same time having to listen carefully to the music.

Variation:

If you want to initiate a little competition, you can also pay close attention to who moved last or who is still wiggling after the music stops. This child is eliminated. The game continues until there is only one child left.



Animal rescue



Children



Any, min. 2 persons



Based on the number of participants, approx. 5-10 minutes



Strengthen a sense of community, promote concentration



Material:

Exercise sticks or scarves; cuddly toys, balls or balloons; mat or upturned small box, possibly a bench or masking/duct tape

Implementation:

Two children play together and stand opposite each other. They each hold a stretcher (two exercise sticks or cloths) on which a sick animal (ball, balloon or cuddly toy) is lying. The animal should now be taken to the animal hospital (mat or small upturned box). The animal is not allowed to fall off the stretcher! Through cooperation, the animal can be carefully transported and thus rescued.

Variations:

- Handover: Depending on the level of difficulty, the animals can also be handed over to two other transporters at a previously marked point, e.g. an impassable river (denoted by masking tape or a bench), making sure the animal does not fall off the stretcher
- Obstacle: The animals must be transported together over an obstacle (bank) without falling off.



Valley of silence



Children



Any, min. 5 persons



Approx. 15 minutes



Strengthen concentration, self-awareness, sensitization for and perception of the environment



Preparation:

This activity will ideally take place outdoors in a forest, meadow or path. In preparation, various objects must be hidden (not too well) along the path in the valley of silence.

Implementation:

The group leader gets everyone in the mood by asking the group to come together, already starting to whisper and explaining to the children that in front of them is the „valley of silence,“ where you are not allowed to speak. To the right and left of the path, a little further up and down, unusual objects are „hidden.“ Everyone should now look for these objects carefully and remember their location without picking them up or pointing them out to others. At the end of the path, the objects are then listed together.

Variations:

- Creativity: The participants can be asked to come up with a story about the objects, which is then told to the group.
- Special objects: There are no limits to the choice of objects. For example, massage utensils can also be used, which are then used by the participants in another activity.
- Indoor: The activity can also be played indoors, for example for a varied room change through the hallway.
- Way back: On the way back, the children can collect the objects and then use them accordingly.



Mandala



Children



Any, min. 5 persons



Approx. 20 minutes



Creativity, sensitization for and perception of the environment



Materials:

A large cloth and various natural materials of a preset theme

Preparation:

The materials are collected, ideally according to specific themes and together with the children, e.g. autumn (colorful leaves, chestnuts and acorns).

A cloth is laid out on the floor for the mandala.

Execution:

Everyone sits in a circle around the cloth. The materials lie in front of the cloth. Each child chooses one object in turn and places it on the cloth. After one round, all children are allowed to take a second object and place it on the cloth. In this way, everyone gradually puts their materials together to form a picture. Then each child may change the picture ONCE by moving an object. Question from the game leader: „Do you like your picture? Look at it for a while!“

Then a child is chosen who is „allowed“ to tidy up. This child turns away so that the other children can choose an object on the cloth without this child being able to see which object is meant. The child who „tidies up“ turns back around and starts to tidy up various objects. When they touch the chosen object, the other children hum. The child is allowed to tidy up this object, but then it is the next child's turn to tidy up. The game continues until all the objects have been cleared away.



Pizza massage



Children



Any, min. 2 persons



Approx. 15 min



Relaxation, development of confidence, vitalization, stimulation of the senses, creativity, calming down



Preparation:

Provide materials, create a calm atmosphere and explain the rules

Execution:

The children walk together in pairs. One child lies on their stomach on a mat or blanket and is the pizza tray. The other child bakes a pizza on their back.

- First, the tray is greased - brush over your partner's back with your hands.
- Flour is added - make light rolling motions with your fingers.
- Now add water - make waving movements over your partner's back with your fingers.
- Mix the flour and water - push your hands into the center of your partner's back from all sides.
- Knead the dough - make vigorous kneading movements on your partner's back.
- Now roll out the dough - imitate rolling dough on your partner's back with your forearms.
- Now the pizza is topped - imitate tomatoes, eggs, slices of salami etc. with various finger movements.

- The pizza is placed in the oven - to do this, the pizza maker warms their partner's back with their hands or body.
- Now the pizza is ready and small slices are cut - brush over your partner's back with the edge of your hand.
- The pizza is eaten and the tray is cleaned - rub the back with your hands.

Now the children change roles.

Notes:

- The back should only be gently kneaded and warmed.
- The lying child may express what they like and dislike.
- Make sure that any fear of contact is carefully reduced.
- PARTICIPATION IS OPTIONAL!
Anyone can be a spectator.



Light meditation



Children



2-10 People



Based on the number of participants



To calm down, self-awareness, mindfulness



Material:

Candle, lighter or match, relaxation music if necessary

Preparation:

Prepare a quiet room and ensure a distraction-free environment.

Execution:

The children sit in a circle and look at the flame of a burning candle in the middle of the circle. The children concentrate on their breath and breathe in and out twice. They should observe the flickering flame. They will experience that the candle is flickering, but they can also recognize that it is moving even though it is not. This is normal and shows how busy they are with their mindfulness. If, after a while, they see the candle and everything around it has gone dark, their mindfulness has become particularly deep. They slowly return to the now.



What's that sound?



Children



Any number, min. 10 people



Based on the number of participants



Mindfulness



Execution:

The group spreads out over an area. Everyone looks for a small, comfortable place where they can sit, lie down or stand. Then there is absolute silence for 30 seconds and everyone has to memorize as many different sounds they hear as possible.

After 30 seconds, the group collects all the sounds. What did the children hear? How many different sounds were there? Maybe there is even someone who can tell individual birds apart?



Balance yourself and find your center



Children



Any number, min. 10 people



Approx. 5 minutes



Body awareness, encourages concentration



Materials:

A rope (several ropes if necessary for variations)

Preparation:

The rope lies in a snaking line (snail-like) on the floor.

Execution:

The children try to balance slowly and calmly barefoot on the rope without stepping off and vary the task with the following exercises:

1. Two ropes lie next to each other and two children balance at the same time.
2. The children balance with their eyes closed and are accompanied and, if necessary, guided by another child.
3. There are several knots in the rope and everyone has to find the knots barefoot with their eyes closed.
4. Walk backwards, sideways, on their toes or in a squat.
5. Simultaneously balance something on the back of your hand, on your head or on a wooden spoon.



Conversation rules



Children / parents / family members



Any



Approx. 30 minutes



Creating common rules for cooperation, motivation to participate



Material:

Large paper, pens, pins, possibly cards.

Preparation:

Label paper and cards or paint them for the activity with children.

Implementation:

Together with the children (parents, families), rules for coexistence are collected. These are drawn or written on a large piece of paper. In addition, cards can also be painted, which are then laid out in the middle of the circle and can be used by everyone. The instructor explains the symbols, moderates the discussion and reacts to the signs accordingly.

Example rules:

- Raised hand: „I would like to say something“
- Thumbs up: „I think that’s good“
- Thumbs down: „I don’t like it“
- Question mark „Please explain.“

The list can be extended depending on the group, e.g. symbol for a break, symbol for an important message.



Flashlight



Children / parents /
family members



Any



Approx. 10 minutes



Start a day or end a day,
ask about sensitivities



Implementation:

The participants sit in a circle. The instructor explains the rules:

- Everyone may speak in turn, but no one has to.
- Everyone says only one (or two) sentences.
- No comments are made on what is said.

The facilitator asks a question, e.g. „How was the afternoon for you?“, „What do I take away from this afternoon?“, „What was particularly important?“ or in between „How are you?“ It is important that no one discusses after the flashlight round, but that what has been said is left without comment.

Questions such as „How are you today?“ or „What do you expect from today?“ could be used as an introduction.



Brainstorming



Children / parents / family members



Any



Approx. 30 minutes



Collecting ideas, stimulating the creativity of a group, getting into a topic



Materials:

Enough flipchart paper, pens, 1 facilitator, 1 person writing down, magazines, scissors

Preparation:

Get materials, formulate question/topic

Execution:

All suggestions for a question/topic are collected and written down. It is important that this is not evaluated in order to guarantee an undisturbed and creative flow of ideas. The more the merrier! They are sorted later. Ideas from others may be expanded upon, but not criticized. The instructor must ensure that everyone has their say and that the person taking notes writes everything down. Example: „What can we do to make our daycare center more beautiful?“

Variations:

- In a further step, the ideas are allowed to evolve further. This can be done, for example, through discussions and voting such as the „points“ method. It is important to take a clear break beforehand.
- For children: Provide magazines etc. where they can cut out the things they want to contribute.



Who would have known? (What does my child like?)



Family members /
parents



5-10 Parents per group



Approx. 20 minutes



To start a conversation about
a balanced diet and daycare
center routines



Preparation:

Invite parents to a parents' evening and prepare it. Prepare and display food or photos of food (as postcards or made of cardboard; preferably of „healthy“ and „unhealthy“ foods). Provide an empty plate for each family. Take photos of the children's filled plates in advance

Implementation:

The various healthy and unhealthy foods are laid out in the daycare center and the children are asked to put together a breakfast (as healthy as possible) of what they would like to eat. Photos are taken of the finished plates and labeled with the child's name.

Parents are invited to a parents' evening at the same time. The same food is displayed there. The participating parents are asked in small groups which foods their children would choose in order to put together a healthy breakfast plate that they also like. After the groups of parents have put together the plate, the professionals show them the plate actually put together by their child. The plates are then compared with each other. This allows the professionals and parents to discuss the topics of healthy breakfasts, lunch boxes and their child's eating habits.



Café house



Adults



Larger groups



Depending on the number of participants, min. 90 minutes



To find creative ideas and solutions through intensive exchange



Material:

Tables, chairs, paper tablecloths, pens

Preparation:

Select topic, set up café atmosphere, label tablecloths.

Implementation:

A pleasant café atmosphere is created. Each table is covered with paper tablecloths and equipped with pens. One or more questions or theses on an overarching topic are written on the tablecloth for each table. Each table has a host who welcomes the guests. The other guests discuss a topic and write their ideas / questions / suggestions on the paper tablecloths. After approx. 4-5 minutes, everyone rotates to the next table, except for the host - ideally, the previous group splits into several new groups. The host welcomes the next guests and explains what has happened so far. The remaining guests then discuss the ideas, questions and suggestions that have arisen at their table in detail and write the answers and other ideas on the tablecloth. The participants then change tables again and new groups are formed. This is repeated until all participants have been to all tables.

Finally, there is a joint discussion about the results at all tables. The topics are thus deepened and networked.



Voting jars



Children and adults



Any



Depending on the number of participants, min. 5 minutes



Visualization of decisions



Material:

Transparent canning jars (cans can also be used, those who wish can also make a voting jar out of cardboard tubes); cardboard cards for each jar or can, on which the topic to be chosen can be seen, either in writing or as a picture; glass marbles, chestnuts or nuts as voting material

Preparation:

Obtain materials and prepare voting containers.

Execution:

All the cards with the themes and the voting materials are laid out next to each other on a table. Each person now receives a marble (chestnut, nut) to place in the jar with their favorites. The jar with the most contents is the favorite chosen by everyone.

Example:

We are looking for a theme for an afternoon event. Many ideas have already been collected. The barometer should be consulted to help decide. Theme cards with motifs are painted, stuck on or labeled (e.g. circus, pirates, fairy tales). The marbles are then placed inside by everyone. When everyone has voted, the number is counted and the result is announced.

Variation:

Instead of one marble, everyone can be given several marbles, which they can distribute according to certain rules. This gives a more differentiated picture.

