









# Useful Additional Resources

Website	Details
	<p>BHF's <a href="#">Artie's Olympics</a>, a fun activity-based scheme designed by the British Heart Foundation (BHF) for children aged 3 - 8 years old. Send for a FREE pack containing an organiser's guide with lots of activities and information as well as fun stuff for the kids.</p> <p>BHF's <a href="#">Jump Rope for Heart</a> sponsored skipping scheme is now available to out of school children's clubs and settings to register and receive FREE resources</p>
	<p>Posters (bilingual of 5 a day and what is a portion of fruit / vegetables)</p>
	<p>Food Standards Agency (Wales) A list of relevant posters / booklets etc. as well as some freebies.</p>
	<p>Devised to aid speaking and listening skills, coordination, creativity and social skills. Through rhyme and repetition, children learn numbers, colours, body parts and lots, lots more.</p>
	<p>Information on diet for the under 5s (booklet) Tiny Tums</p>
	<p><a href="#">Mabon a Mabli</a> Stockist of Welsh and bilingual resources</p>

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