

# Factsheets for Early Years settings:

## *Ideas for celebrating birthdays without traditional party food*



**HEALTHY EARLY YEARS AWARD**  
Southampton



### **Circle Time Activities**

e.g. singing, special birthday songs, birthday walk, special stickers, birthday train, birthday chair



### **Birthday Hat**

Child gets to wear a special hat for the session, child could make / decorate own birthday hat or crown



### **Party Games**

Special party games, e.g. musical statues / musical bumps pass the parcel



### **Treat Box / Bag**

Child can choose a treat from the bag, e.g. small toy, pencil, crayons, balloon



### **Musical Activities**

Singing, special birthday songs, dancing, musical instruments, e.g. maracas & percussion



### **Craft Activities**

Birthday-related craft, e.g. decorating a birthday banner, making a finger-print card, making snack time fun with fruit kebabs or fruit faces