



# Teddy Toddle

A fun short sponsored toddle, walk or wheel .

In aid of of Watford Mencap's Bumble Club for the under 5's

## Information and activity booklet

## About Watford Mencap

Watford Mencap is a local independent charity working for people with a learning disability in South West Hertfordshire. All the funds that we raise are spent on services for local people in Three Rivers, Watford and Hertsmere.

### *What is a learning disability?*

The term learning disability covers a broad spectrum of conditions such as autism and Down's syndrome; all of these conditions are lifelong disabilities and often our clients are excluded from activities that you and I take for granted.

### *What do Watford Mencap do?*

We offer a range of services including advice and advocacy, residential homes, community support, leisure activities and children's services. We need to raise funds every year to keep these services going, and couldn't do it without the support of the local community. Last year we supported over 1,500 people with a learning disability and their families.

One of our key services is our Children's Centre, based at the Lemarie Centre near Asda. Here we support children and young people aged 5 to 19 with a learning disability and help them to achieve their full potential.

**“Without Watford Mencap I'd be in trouble – they are my life and my son's life. If it was not here, part of my life would be taken away”**



**By joining in with our Teddy Toddle you will be raising funds in aid of The Bumble Club Supporting under 5's and their families.**



## Taking part in Teddy Toddle

### **How do I take part in Teddy Toddle?**

The Teddy Toddle is a fun sponsored walk, toddle or wheel in aid of Watford Mencap's Bumble Club for children under 5 with learning disabilities.

Teddy Toddle is a sponsored toddle, walk or wheel around a set course.

The course can be set with markers for example; cones, the feet cut outs in this booklet or use people!

Set a challenging number of laps of your inside or outside space dependent on age and mobility.

You can make the course more challenging by encouraging more mobile children to travel in different ways such as hopping, skipping or jumping.

You can make the route more exciting by adding obstacles such as a slide or balances.

You can encourage children to bring in their own teddy which they can toddle around the course with.

We provide certificate templates and each child's efforts are recognised with one of these.

### **How do we raise money for Watford Mencap?**

In your pack is a sponsorship form template. Please pass a copy to each of the children taking part a few weeks before the event so that their families and friends can support them. Each family can then collect in their sponsorship and pass to you to collect in and pass on to Watford Mencap.

### **Why raise money for Watford Mencap's Bumble club for the under 5's?**

The money you raise will go towards the costs of keeping the Bumble club running. The Bumble Club offers support locally to families with a child under 5 who have a learning disability. These families each have differing and individual needs which are not catered for in mainstream playschemes.

Instead of these families feeling isolated we help the child to make friends, get out and about, play and learn. Their family may need support in understanding their child's diagnosis, finding the right support, changing how they communicate, and focussing on their child's strengths so that they can look forward to a fulfilling future. Our qualified Play Workers work with the families to show them appropriate ways to communicate and play with the children but will also run one-to-one sessions where specific needs are identified. Importantly, we want to help families to support each other and receive encouragement from others who have already been through similar situations.



## Teddy Toddle

### Ideas for extra activities

- Teddy bears picnic
- Dress up
- Teddy hunt
- Sing teddy themed songs
- Make/ paint feet for the walk
- Colour in teddy
- Read Teddy Tales, such as Jez Alborough's 'Where's my Teddy'.

### Links to EYFS

Teddy Toddle links brilliantly with the EYFS. Physical development is now a prime area of the EYFS. Pre school settings can encourage physical development through walking, running, jumping, hopping etc.

There will be many opportunities for links with Communication and Language within the EYFS. For example reading Teddy stories and encouraging use of language talking about the event or while taking part in one of our activities.

The Teddy toddle will also contribute to a child's personal, social and emotional development by building confidence with the sense of achievement the Teddy Toddle will bring.



## Teddy Bear, Teddy Bear.

Teddy bear, teddy bear,  
Turn around!

Teddy bear, teddy bear,  
Touch the ground!

Teddy bear, teddy bear,  
Jump up high!

Teddy bear, teddy bear,  
Touch the sky!

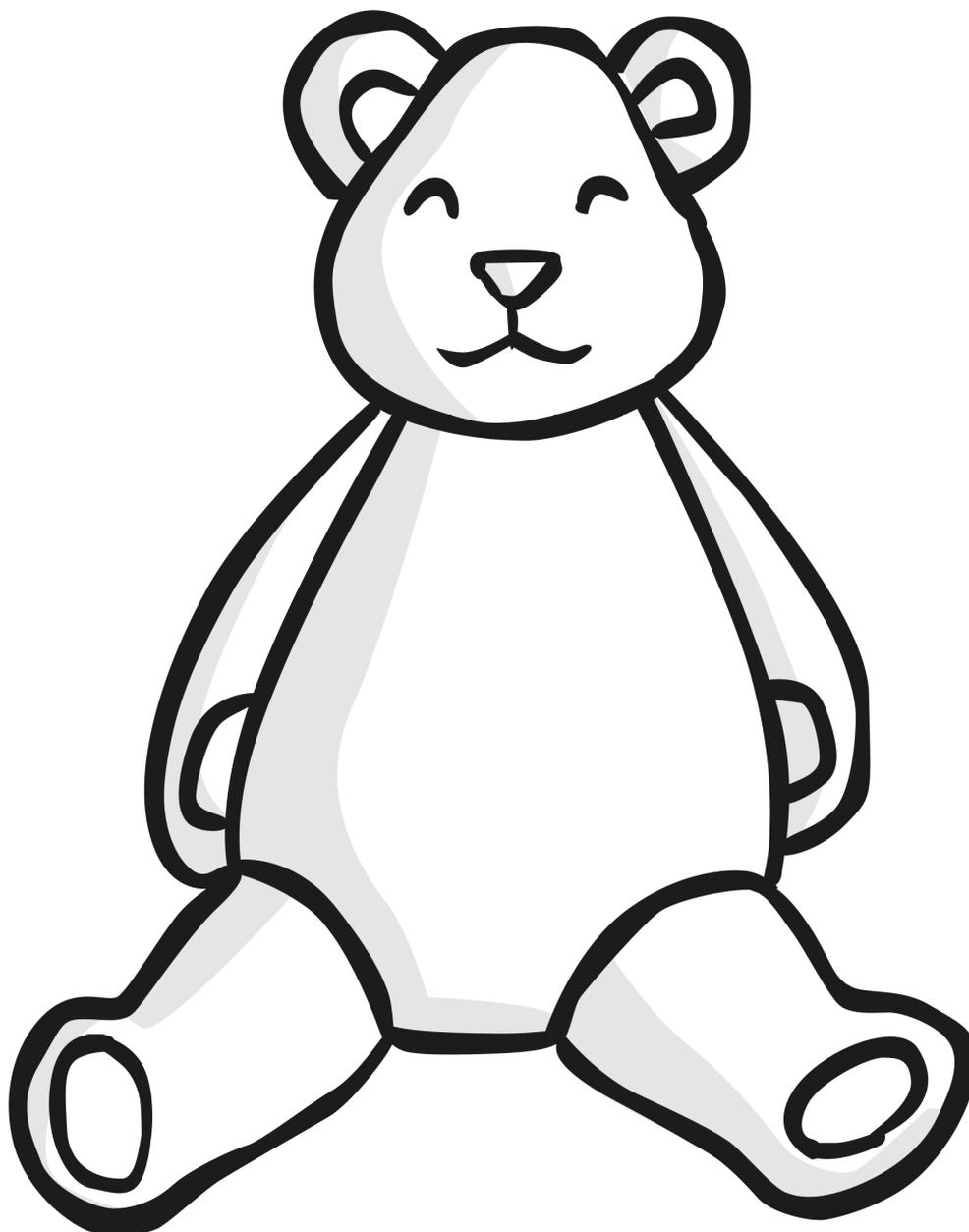
Teddy bear, teddy bear,  
Bend down low!

Teddy bear, teddy bear,  
Touch you toes!

Teddy bear, teddy bear,  
Turn out the light!

Teddy bear, teddy bear,  
Say good night!

# Colouring teddy bear



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