Pete is in a bad mood. It's raining and he can't play out. But never fear, Pete's dad has just the idea to cheer Pete up - turn him into a pizza! He kneads the dough, adds oil and tomatoes, and with some tickles and giggles along the way, before long the sun comes out...

A picture book classic from the creator of Shrek.

Make your own pizza. For meal ideas and fun recipes to help your kids stay healthy visit the Change4Life page at the NHS website: [www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)

Pizza Massage. Storytelling is a wonderful way for parents to communicate with their child during massage. For more information watch Calm Kids Pizza Massage on YouTube [www.youtube.com/watch?v=WuOZ0LT5pvl](http://www.youtube.com/watch?v=WuOZ0LT5pvl)

Get the whole family to join in, take it in turns to give a relaxing pizza massage!

P.E. with JOE
Exercise is an amazing way of helping us feel happier, more energised, and more optimistic. These workouts are fun and suitable for all ages and even adults can get involved. You don't need any equipment, just tune to the Joe Wicks YouTube channel at 9am each morning for a 30-minute, fun workout. [www.youtube.com/watch?v=hyBelN_EgS8&feature=youtu.be](http://www.youtube.com/watch?v=hyBelN_EgS8&feature=youtu.be)

Sing and dance along to NE-YO: You've Got a Body So Move It at the Sesame Street website: [www.sesamestreet.org/videos?vid=20935](http://www.sesamestreet.org/videos?vid=20935)

Making ten minutes a day to share books with your child will make a huge difference to their development [www.northlincs.gov.uk/imaginationlibrary](http://www.northlincs.gov.uk/imaginationlibrary)