

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.14 Basket Sox

GET READY:

- Space: Indoors
- Stuff: Rolled-up socks (or other small objects) and a laundry basket (or box)
- Time: Playtime, weekend fun

GET SET:

- Make a pile of small objects to throw set and out a large target such as a laundry basket

GO:

- Take one or two giant steps away from the basket and toss the objects into the basket
- Move a little further away and try again!
- Decrease the challenge by getting closer to the target and making the target big
- Increase the challenge by moving further away from the target and making the target smaller

DID YOU KNOW?

Children need to feel successful in order to enjoy physical activity and to be motivated to continue practicing movement skills. Parents and teachers can set up activities so that children are successful and want to play. Research shows that children should be successful 80% of the time they are practicing a skill in order to learn or gain a new skill. Observe your child and adjust an activity to make it a little bit more or less challenging as needed. For example how could you make the target bigger or smaller to ensure 80% success?

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Plant and Prepare: The recommended serving of fruits and vegetables for children is five servings daily. To encourage your child to eat more fruits and vegetable, allow children to **plant and prepare** their own food. Children are more likely to eat foods they grow and help prepare.

- Take your child to go grocery shopping with you. Give them the opportunity to pick fruits and vegetables from the produce section of your local grocery store, or take a trip to a nearby farmers' market. Use the fruits and vegetables to prepare a healthy snack or meal together.
- Plant a vegetable garden or plant in a flower pot. Allow your child to pick the seeds and water the plants as needed. When the plant is ripe, give your child an opportunity to help use it to make a healthy meal.

Healthy Recipe: Apple Shakers

Ingredients:

1 1/2 lb of apples

1/2 small package of no sugar strawberry Jell-O

Directions:

- Cut apples into quarters or wedges
- Place apples and dry Jell-O mixture into Ziploc bag.
- Shake bag to allow all Jell-O to cover the apples.
- Eat and enjoy!

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