

MOVE, PLAY AND LEARN AT HOME

V1.19 Can You Show Me?

GET READY:

- Space: Indoors or Outdoors
- Stuff: Your imagination
- Time: Playtime, weekend fun

GET SET:

- Find some space where you can move around comfortably

GO:

- Issue a challenge (i.e. Can you soar like a plane?)
- As your child is moving, talk about what he or she is doing (i.e. Wow, your plane is flying fast. It is flying very high...now it is going very low. You just flew around the chair...under the table).
- Invite your child to join you: Let's fly like a kite!
- Model some of the movements: Imagine this-Walk like a robot (you show what this might look like).
- Let your child be the "leader." She or he may say, "Be a lion or be a snake." You can add more descriptive language (i.e. watch me pounce like a lion, watch me slither like a snake).
- Keep it fun: Let's get really silly and spin like a blender-what does it look like when the top comes off?

DID YOU KNOW?

The preschool years are a time for learning to enjoy physical activity and to develop fundamental movement skills (i.e. skipping, hopping on one foot, throwing and catching, balancing, etc...). Preschool age children are not ready for team sports so wait until they are older (approximately seven years of age) when they have the attention span, coordination, and movement skills they will need to be successful. Also, preschool age children are not yet ready to understand the complex rules of team sports. For now, keep it simple and fun!

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Nutritious snacks are a part of a healthy lifestyle. **Planned snacking** is key. Avoid mindless snacking by selecting and planning snacks ahead of snack time. As often as you can, **make it easy**. Have healthy snacks readily available and within easy reach. Engage children in creating **Edible Art**. Children are more likely to select snacks that they help to prepare.

Healthy Recipe: Cherry Tomato Crunchers

Ingredients:

Wheat crackers
Reduced fat mozzarella
Cherry tomatoes, halved

Directions:

Top wheat crackers with reduced fat mozzarella cheese and cherry tomatoes.

Source: National Dairy Council at www.nationaldairycouncil.org

Healthy Recipe: Lemon Dipped Strawberries

Ingredients:

Strawberries
Low fat lemon yogurt
Graham cracker crumbs

Directions:

- Rinse berries, then gently blot dry.
- Dip berries in yogurt.
- Roll in crumbs.
- Eat and enjoy.
- Place leftovers in dish lined with parchment/wax paper and refrigerate.

Source: Healthy Kids Snacks at www.healthy-kids-snacks.com

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