

# MOVE PLAY & LEARN

## AT HOME

# HEALTHY HOMES

## MOVE, PLAY AND LEARN AT HOME

### *V1.13 Catch and Do*

#### GET READY:

- Space: Indoors or Outdoors
- Stuff: Beach Ball and permanent marker
- Time: Playtime, weekend fun

#### GET SET:

- Blow up a beach ball
- On each of the colored sections, write an action word such as jump, turn, shake, wiggle, hop

#### GO:

- Play catch with a partner or in a group.
- Roll or throw the ball to each other.
- When the child catches the ball, he/she should look to see where his/her hand is on the ball and do that action.
- Throw the ball to your partner.
- Add a twist to the game. Instead of actions, write the name of a body part on each section of the ball (or draw it). Let the child decide how she or he will move that body part after he catches the ball.

#### DID YOU KNOW?

Catching is a skill that takes lots of practice. It is considered a **manipulative or object-control skill** because it involves receiving and controlling the ball. Children begin by catching a ball with their whole body. They trap it with their arms and hands against their body and eventually progress to catching with only their hands. You can help children become successful by telling them to “watch the ball,” “put your arms and hands out and get ready to catch,” and/or “reach for the ball.”

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# HEALTHY HOMES

## I AM MOVING, I AM LEARNING NUTRITION NUGGET

### I AM MOVING, I AM LEARNING - NUTRITION NUGGET

**Edible Art:** Children are more likely to choose healthy food if they participate in the preparation of edible, creative snacks. Not only do children develop healthy food preferences, they develop other important skills such as fine motor and social skills. By preparing foods, children learn to follow directions and gain experience with sequencing, matching, observation, sorting and classification. With a little planning, most learning domains can be integrated into a nutrition experience.

#### **Healthy Recipe:** Alphabet Sandwiches

##### **Ingredients:**

Whole wheat bread

Spread of your choice: cashew butter, almond butter, apple butter

Raisins and/or dried fruit

Letter shaped cookie cutter

##### **Directions:**

- Place ingredients into separate serving bowls with serving utensils
- Spread bread with your choice of spread.
- Add raisins and/or dried fruits
- Cover with another piece of bread
- Cut sandwich using letter shaped cookie cutter of your choice
- Eat and enjoy.

*Source: Recipe adapted from Creative Cuisine Cookbook developed by City of Phoenix Head Start.*

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