

MOVE, PLAY AND LEARN AT HOME

V1.21 I See It - You Move to It

GET READY:

- **Space:** This activity is best played outside, but it could be modified to be played indoors. This game is fun to play at a park, too.
- **Stuff:** The only stuff is whatever is in the space normally (i.e., trees, mailbox, light pole, garage).
- **Time:** Fun game to play after school, but suitable most any time.

GET SET:

- Go outside, decide who will 'see' first and who will 'move' first, and choose a movement form such as walking, running, jumping, skipping etc.

GO:

- One person says, "I see _____." This person fills in the blank with anything that is visible and could be moved to in a safe manner (i.e., does not require crossing the street)
- The other person moves to that object and back using the movement that was chosen. For example he/she might gallop to the sand box and back, or run to the tree swing and back.
- Switch jobs.

DID YOU KNOW?

When young children move they tend to use every part of their bodies, which causes them to tire quickly. This game allows them to rest as they become the one who gets to see and you become the one who gets to move. If they don't need the rest, you can change the game to "I see - WE move."

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING. I AM LEARNING - NUTRITION NUGGET

Since a child's stomach is much smaller than adult's, it fills up more quickly with less food. It is healthy for young children to eat smaller meals more often rather than relying on eating three big meals. When your child gets hungry, tell them to find something that is the size of their fist. This often is enough to fill them up for the short term.

Healthy Recipe: Apple Cartwheels

Ingredients:

- 1/4 cup peanut butter
- 1-1/2 teaspoons honey
- 1/2 cup miniature semisweet chocolate chips
- 2 tablespoons raisins
- 4 medium unpeeled Red Delicious apples, cored

Directions

- In a small bowl, combine peanut butter and honey; fold in chocolate chips and raisins.
- Fill centers of apples with peanut butter mixture; refrigerate for at least 1 hour. Cut into 1/4-in. rings.

Yield: about 2 dozen.

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