

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.25 Movin' Through the House

GET READY:

- **Space:** Throughout the entire house.
- **Stuff:** Upbeat music.
- **Time:** In the morning, after school, playtime.

GET SET:

- Before starting this game, it is valuable to brainstorm different non-locomotor and locomotor movements. Non-locomotor movements are those done in place, such as reaching, swinging, swaying, twisting, shaking, etc. Locomotor movements are those used to travel across space, such as running, sliding, skipping, bear walking, etc. Once you have a few ideas, turn on the music and start in one room of the house.

GO:

- In the first room, perform 10 repetitions of a non-locomotor movement of your choice (such as jumps, hops, stretches, or twists). Then choose another room and do a locomotor movement to get to that room, again using a movement of your choice (such as walking, running, galloping, skipping or even moving like something like a robot or an elephant). When you get to the new room, perform another 10 repetitions of a new non-locomotor movement of choice, then choose another room and do a locomotor movement to get there. Continue until you have been to every room in your house. End with a high five and a big hug!

DID YOU KNOW?

Integrate some math into this activity by having your children count how many steps it takes to get from one room to another. Have a conversation about “greater than” or “less than.”

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Use mealtime to do a conversational sharing game called “Share Two.” Go around the table taking turns sharing one thing that you are thankful for and one thing that you did during the day that someone else probably was thankful for. This activity requires children to think about and recall events from their day, and then to use their verbal communication skills to share and listen.

Healthy Recipe: Orange Dream Pops

Ingredients

1 package (3 ounces) *orange gelatin*
1 cup *boiling water*
1 cup (8 ounces) *vanilla yogurt*
1/2 cup *2% milk*
1/2 teaspoon *vanilla extract*
10 *plastic cups or Popsicle molds* (3 ounces each)
10 *Popsicle sticks*

Directions

- In a large bowl, dissolve gelatin in boiling water. Cool to room temperature. Stir in the yogurt, milk, and vanilla. Pour 1/4 cup of the mixture into each cup or mold; insert Popsicle sticks. Freeze until firm.

Yield: 10 ice pops.

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