

MOVE, PLAY AND LEARN AT HOME

V1.5 Nature Locomotion

GET READY:

- Space: Outdoors
- Stuff: Your imagination
- Time: Playing after school, while you walk to school, weekend fun

GET SET:

- Ask your child to go for a walk.
- Decide together on a destination.

GO:

- Walk to your first stop. When you get there, look for something in nature (a bug, an animal, a flower, a tree, a bird, etc...)
- Choose a movement and another destination (i.e. gallop to the mailbox; skip to the big oak tree)
- When you get to your next stop, look for something in nature again
- Choose another movement and destination
- Repeat again...

DID YOU KNOW?

When you and your child move from one place to another, this is called **locomotion or travelling actions**. There are many different travelling actions, such as walking, skipping, hopping, climbing, jumping, crawling, sliding, marching, galloping, running, and leaping.

Add variety or challenge by asking your child to change his *speed* (slow, medium, fast), *direction* (right, left, forward, sideways, backward), *pathway* (straight, curved, zigzag) or *level* (high, medium, or low).

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING – NUTRITION NUGGET

Help your children learn that **Balance is Better**. Each meal should be “balanced with” or include each of the following: whole grains, low fat dairy, lean meat or fish, fruits and vegetables.

- **Go lean with protein-** Eat lean or low fat meat, chicken, turkey and fish.
- **Get your calcium rich foods-** To build strong bones serve low fat and fat-free milk and other milk products several times a day.
- **Make half your grains whole-** Choose whole-grain foods, such as whole-wheat bread and pasta, brown rice and whole-wheat tortillas.

Help children develop preferences now for a lifetime of healthy eating.

Healthy Recipe: Chicken Melt

Ingredients:

Reduced fat Colby Jack cheese, sliced
Canned chicken, white meat
English muffin, whole wheat preferred

Directions:

- Split an English muffin into two halves.
- Divide chicken into two portions.
- Use a spoon to distribute chicken evenly on each of the English muffin halves.
- Top each muffin with a slice of cheese.
- Heat in a toaster oven or oven until cheese melts.
- Serve each muffin with a vegetable such as baby carrots, broccoli florets or bell red pepper slices and a fruit.
- Enjoy a balanced meal!

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