

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.27 Opposites: Big to small, fast to slow

GET READY:

- **Space:** This activity can be organized indoors or outdoors, and can be adapted for small or large areas.
- **Stuff:** No equipment is needed for this game.
- **Time:** Anytime for a short movement break; morning wake up time.

GET SET:

- Brainstorm opposites such as big/small, fast/slow, loud/quiet, wide/narrow, high/low, strong/light...

GO:

- In a big space: Move across the space starting with the first concept and ending with its opposite. For example, players could begin by running very slowly, gradually getting faster until they reach the other side of the yard. Or, they could start out marching with a really big body and, as they cross the yard, gradually become smaller and smaller until they reach the end.
- In a small space: Instead of moving across the space, play the game using non-locomotor movements or movements done in place (such as marching in place). Start with one concept (such as marching with a lot of force) and gradually move to the opposite (such as marching with very little force).

DID YOU KNOW?

You can mix this game up a bit while still working on the idea of opposites. Give your child a movement command such as “Reach really high,” – but instead of doing the movement as directed, the child has to think first and then do the opposite. In this case he/ she would reach really low. This version of the game can be frustrating if the child is not ready – but if it is approached in a fun, playful manner, it can often end in laughter (especially if you let your child catch you making a mistake☺).

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Can you find the rainbow on your plate? Healthy meals typically are full of a variety of colors – red, orange, green and purple. Go through your kitchen with your child, identifying and sorting food colors. Are any missing? Next time you go shopping with your child try to create a rainbow in your grocery cart by choosing a variety of colorful, healthy foods. Consider green peppers, beans and leafy lettuce; juicy red apples, tomatoes and pomegranates; bright yellow squash, peppers and pineapple; blue or purple berries, grapes or eggplant.

Healthy Recipe: Edible Animals

An assortment and variety of ingredients is the key for this fun, active snack.

Ingredients:

Chunks of fruit and vegetables
Pretzels and crackers
Raisins, nuts, seeds
Peanut butter, hummus, or cream cheese
Paper plates
Toothpicks

Directions:

Let your children create an edible zoo or farm of animals using the ingredients in front of them.

Source: For a little fun and inspiration, check out the Play With Your Food book series.

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