

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.11 Parachute Play

GET READY:

- Space: Indoors or Outdoors
- Stuff: Bed sheet or tablecloth, small balls, rolled up socks and/or small stuffed animals
- Time: Playtime, weekend fun

GET SET:

- Spread out a tablecloth or bed sheet on the ground/floor
- Place a few small balls, rolled up socks and/or small stuffed animals in the center

GO:

- Stand around the tablecloth
- Grab hold of the edges with both hands (you will need at least 2-3 people)
- Flap your arms up and down making the objects “jump” or “pop” in the air
- Experiment with small arm movements and big ones. Once you “pop” all the objects off the “parachute” and onto the floor, gather them and then stand back and toss them onto the large target practicing underhand or overhand throwing skills.
- Start over again

DID YOU KNOW?

You can connect movement and healthy eating to promote learning. Pretend to make a healthy “soup” of yummy colors during parachute play. Using plastic fruits and vegetables throw each on into the “pot” (parachute/sheet) and make a yummy, pretend soup.

- **YELLOW is YUMMY:** Peel your yellow bananas, corn and apples
- **GREEN is GREAT:** Chop your green broccoli, spinach and pears
- **RED really ROCKS:** Pick your cherries, beets and tomatoes

Make it more active by pairing a movement action to each fruit or vegetable. For example, when you say “pick your red cherries” tell children to reach high with their arms, as if to pick cherries off a tree limb.

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Crave Your Colors by eating a variety of colors of fruits and vegetables daily with your child. Fruit and vegetables not only add a variety of flavor, color and texture to your diet, but also keep your body healthy. Each color offers specific benefits to your health.

- **RED** fruits and vegetables help maintain a healthy heart, memory function and urinary tract health, and lowers risk of some cancers.
- **ORANGE and YELLOW** fruits and vegetables help maintain heart, vision and immune system health, and lowers risk of some cancers.
- **BLUE, PURPLE and BLACK** fruits and vegetables provide antioxidants that help lower risk of some cancers, promote healthy aging, and improve urinary tract health, memory function and heart health.
- **GREEN** fruits and vegetables help lower risk of some cancers, reduce risk of heart disease, maintain vision health, protect against birth defects, and keep red blood cells, bones and teeth strong.
- **WHITE, BROWN and TAN** fruits and vegetables can help maintain heart health and lower cancer risk.

Healthy Recipe: Soup Sippers

Ingredients:

- 1 cup tomato or vegetable juice
- 1 Pinch of desired seasoning (chili powder, onion powder, basil, etc.)
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Directions:

- Stir seasoning into juice.
- Microwave and serve.

Makes 1 serving

Drink your soup with a straw to develop oral motor strength. This can be calming and organizing.

Source: Recipe is provided courtesy of Healthy Kids Snacks. To view this recipe and more please visit: www.Healthy-Kids-Snacks.com.

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