

# MOVE PLAY & LEARN

## AT HOME

# HEALTHY HOMES

## MOVE, PLAY AND LEARN AT HOME

### *V1.20 Ride'm Cowboy!*

#### GET READY:

- Space: Indoors or Outdoors
- Stuff: A pool noodle and your imagination
- Time: Playtime, weekend fun

#### GET SET:

- Find some space where you can move around comfortably
- Put on your imaginary cowboy hat and spurs.

#### GO:

- Pretend the pool noodle is a horse and gallop.
- Add some fun by giving signals to go fast/slow or start/stop.
- Get creative. What other animals might you like to ride and how do they move--walk, crawl, run, waddle, etc.
- Children can experience a variety of locomotor patterns such as sliding from side to side; twisting back and forth; walking in straight, curved or zig-zag paths.

#### DID YOU KNOW?

Gross motor or large muscle activities provide children with a variety of sensory input that helps them achieve and maintain an optimal level of arousal. This means that when quiet activities follow gross motor activities, children are usually calmer and better able to focus on learning experiences. In the home, you can try providing a gross motor activity before you need children to sit and be attentive (i.e. a meal time or tabletop activity).

*Funding for this project was provided by the Office of Head Start Administration for Children and Families, U.S. Department of Health and Human Services*

# HEALTHY HOMES

## I AM MOVING, I AM LEARNING NUTRITION NUGGET

### I AM MOVING, I AM LEARNING - NUTRITION NUGGET

**Keep Trying New Foods:** Provide fun and non-threatening ways for children to taste new foods, especially fruits and vegetables. Remember that young children may need to try or taste a food ten to fifteen times before they accept it, so what is “old” to you will take awhile to become “new” to them. The salsa recipe below contains a variety of colorful fruits and vegetables so that you and your family can get a variety of nutrients. Fresh foods are the best source of vitamins, minerals and fibers and are low in calories. Because children get to “create their own” salsa, they are more likely to eat it and try some new or different foods.

#### **Healthy Recipe: Create Your Own Salsa**

##### **Ingredients:**

Any of the following:

Green Peppers	Black pepper
Red Peppers	Chili Powder
Garlic	Canned Diced Tomatoes
Canned Black Beans	Canned whole kernel corn
Avocado	Jalapeno Peppers
Onion, Mango	Strawberries
Cumin, Cayenne Pepper	Kiwi
Lime	Cilantro
Toasted Whole wheat Pita Bread	

##### **Directions:**

- Cut or chop ingredients into small pieces
- Mix together ingredients of your choice into a bowl
- Season to taste
- Serve with toasted pita chips

\*Each family member could have a small bowl and create an individual style salsa, spooning a different selection and/or amounts or ingredients into his or her personal salsa recipe. Have a taste test and see who has the tastiest healthy salsa.