

MOVE, PLAY AND LEARN AT HOME

V1.12 Scarf Play

GET READY:

- Space: Indoors or Outdoors
- Stuff: A couple of scarves or light pieces of fabric
- Time: Playtime, weekend fun

GET SET:

- Start with one scarf in one hand.

GO:

- Throw the scarf up in the air and catch it yourself.
- Add some challenges when our child is ready (i.e. Throw the scarf up and clap your hands before you catch it, touch your hand to your tummy before you catch it, touch the floor or sit down and catch it).
- Play catch with a partner. Then try catching it on different body parts such as an arm, elbow, leg, knee or foot.
- Add another scarf if your child is ready for the challenge. Toss them both at the same time and try to catch them, toss one and then the other-catch one and then the other (toss, toss, catch and catch).

DID YOU KNOW?

Scarves move through the air more slowly than a ball. This allows children time to watch the object with their eyes (visual tracking) as it moves through space. Playing catch with scarves helps children to develop their eye-hand coordination. If you do not have a scarf, you can use a plastic grocery bag (cut it open so it is no longer a bag to ensure safety). Increase the challenge by using a dishtowel, which will travel through space more quickly than a filmy scarf, yet still be easier to catch than a ball.

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING – NUTRITION NUGGET

Children must learn to **Make Smart Drink Choices**. Give your children drinks with less sugar as sugared drinks which can lead to weight gain and diabetes. Encourage children to drink water- lots of it! Children ages 2-6 need at least 5 glasses of water each day to maintain body and brain health. Flavor the water with lemon, lime or orange slices to add variety and vitamins.

A 2009 Soda Survey showed that 41% of children ages 2 to 11 drink at least one sugar-sweetened beverage per day. Even 100% fruit juice has large amounts of sugar. Add water to the juice to reduce sugar consumption.

Healthy Recipe: Strawberry Smoothie

Ingredients:

½ c. vanilla soy yogurt
½ c. strawberries
2 ice cubes
2 tsp. vanilla extract

Directions:

- Pour all of the ingredients into the blender.
- Put the lid on the blender and blend for 45 to 60 seconds until smooth.
- Pour your smoothie into a cup and enjoy.

Source: Recipe is provided courtesy of KidsHealth. To view this recipe and more on the KidsHealth website visit <http://kidshealth.org/kid/recipes>.

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