

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.24 T-Shirt Fun

GET READY:

- **Space:** Any space will work for most of these activities. Playing inside on a hard floor makes some of these activities really fun!
- **Stuff:** Large T-shirts for everyone
- **Time:** During meal preparation, laundry time, playtime

GET SET:

- No preparation required for this simple, unique activity. Every player needs a big T-shirt and a little space. Background music is always fun and highly motivating.

GO:

- Start with the T-shirt on the ground – stand on it and twist.
- Move in relationship to the T-shirt – over, around, next to, in front of. As you move, use different ways to move, such as: tiptoe, crawl, crab walk, run, skip or jump.
- Put hands on the T-shirt and push it around the space.
- Roll the T-shirt up into a snake, put it on the floor, jump and hop over it and around it.
- Pick up the rolled up T-shirt and swing it over your head like a lasso. Use both hands.
- Spread it out and sit on it. Put your hands on the floor and using only your arms; push yourself around the floor.
- Repeat the above challenge while lying on the t-shirt on your tummy.
- Practice tossing and catching the T-shirt.
- Toss it up and let it land on your arm, your back, your head and your chest.
- Partner challenge: one person sits on the shirt and holds on to the end of a rolled-up shirt, while the other person holds on to the other end and pulls his/her partner around the room. (Careful, though! Try not to yank the T-shirt. This could cause a small child to tumble backward quickly.)

DID YOU KNOW?

When pulling your child, encourage him or her to use the tummy muscles to sit in a strong position, leaning into the pull a little bit.

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Healthy Recipe: Berry Tasty Muffins

Ingredients:

- 1 c. flour
- 1 c. oatmeal
- 3 tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- ¼ c. vegetable oil
- Nonstick cooking spray

Utensils:

- Oven (you'll need help from your adult assistant)
- Mixing spoon
- 2 large bowls
- Fork
- Muffin/cupcake tin
- Paper muffin/cupcake liners
- Wire rack for cooling muffins
- Measuring cups and spoons

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, mix together the flour, oatmeal, sugar, salt and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil and mix.
5. Add egg mixture to the dry ingredients in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
10. Enjoy your berry tasty muffins! (Serves 12)

Source: KidsHealth <http://kidshealth.org/kid/recipes/index.html>

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