

# MOVE PLAY & LEARN

## AT HOME

# HEALTHY HOMES

## MOVE, PLAY AND LEARN AT HOME

### *V1.15 Water Painting*

#### GET READY:

- Space: Outdoors
- Stuff: Bucket, large paintbrushes, sidewalk chalk
- Time: Playtime, weekend fun

#### GET SET:

- Fill bucket with water

#### GO:

- Dip paintbrush in water and “paint” on wall or blacktop
- Use big arm motions to create large pictures and/or letters

#### DID YOU KNOW?

Painting with water will promote gross motor (large muscle) development as well as drawing and writing skills. After children learn to create shapes and letters on a larger “canvas” they are better able to draw them on a smaller space. You can help your child learn how to write the letters of his/her name or other meaningful words by writing them with sidewalk chalk on the driveway or the side of a building. Your child can then trace them with the paintbrush dipped in water. He will delight as the colors come alive.

*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

Help children learn early to **Be Sugar Free**. Sugar can cause metabolic imbalance leading to weight gain and diabetes. Water hydrates the body and brain, gives us energy, helps with digestion, and helps us think better. Experts find that if water is offered early, young children will be more likely to keep drinking it as they get older rather than sugar laden, empty calorie alternatives such as soda. Make water tastier for children by flavoring it with lemon, lime, cucumber or orange slices. Fruit slices also add variety and vitamins. Add water to dilute store bought fruit juices.

You can also offer healthy snacks that are low in sugar such as the homemade Pineapple Popsicles below made with fresh fruit and no added sugar.

#### **Healthy Recipe:** Pineapple Popsicles

##### **Ingredients:**

1 cup unsweetened pineapple juice  
1 cup finely chopped fresh pineapple (or canned)  
Popsicle molds

##### **Directions:**

- Stir together juice and pineapple
- Pour mixture into popsicle molds
- Freeze and enjoy!

Makes 6 popsicles.

Source: *Healthy Kids Snacks* at [www.healthy-kids-snacks.com](http://www.healthy-kids-snacks.com)

*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*