

# MOVE PLAY & LEARN

## AT HOME

# HEALTHY HOMES

## MOVE, PLAY AND LEARN AT HOME

### V1.16 Obstacle Course

#### GET READY:

- Space: Outdoors (or indoors)
- Stuff: Variety of objects such as lawn chair, sheet/tablecloth, hula-hoops, pool noodles, etc.
- Time: Playtime, weekend fun

#### GET SET:

- Use a variety of objects to create obstacles, which your child must move over, under, around or through. For example:
  - Make a tunnel with a sheet and a table or some chairs
  - Place hula hoops on the ground to create a jumping or hopping path
  - Put paper plates or newspaper squares down to create stepping stones for balancing
  - Set up a pool noodle held up by two chairs to climb over or crawl under
  - Place chairs, buckets or other yard objects out for children to run, skip or gallop around

#### GO:

- Encourage your child to get moving.
- Demonstrate the obstacle course.
- Talk to your child as he or she moves through the course, noting direction, speed, force and body parts.

#### DID YOU KNOW?

Obstacle courses provide opportunities for children to develop **body awareness** or a sense of their bodies in relationship to objects. Children also benefit from the variety of sensations to their muscles and joints (such as jumping and crawling), which can contribute to planning and coordinating movements. Obstacle courses encourage the use of thinking skills to problem solve and plan and promote language development related to location and direction words.

*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

**Family Meal Time:** Use mealtime as a time for families to work together to help select and prepare food, set the table, and clean up afterwards. While preparing and eating food together, families can discuss their day, what they are eating, and how food will help their bodies grow and stay healthy. Conversation during family time is a great bonding experience for families. When families eat meals together, children's academic performance can improve because of increased vocabulary development. As summer comes close to an end, take your family time and meal outdoors for a picnic or cookout. Try the following recipe and eat outside with your family.

#### **Healthy Recipe: Vegetable Pasta Salad**

##### **Ingredients:**

1 lb. wagon wheel pasta or other type of pasta  
2 carrots, thinly sliced  
1 cup of frozen peas  
1 cup cherry tomatoes, halved  
About 1 1/4 cups light salad dressing

##### **Directions:**

- Fill a large saucepan with salted water and bring to a boil.
- Add the pasta and cook until tender but not mushy (about 8 minutes).
- Add the carrots and peas to the pot and remove from the heat.
- Drain the pasta and vegetables, run under cold water, and shake dry.
- Transfer to a large bowl. Toss with the cherry tomatoes and just enough vinaigrette salad dressing to coat everything lightly.
- Eat hot or cold.

Serves 4 to 6.

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