

MOVE, PLAY AND LEARN AT HOME

V1.4 Throwing Sponges

GET READY:

- Space: Outdoors, side of a building such as the garage, house, or storage shed
- Stuff: Variety of different sized sponges, bucket of water
- Time: Playtime, weekend fun

GET SET:

- Fill a bucket full of water
- Put the sponges in the water
- Find a spot or line from which your child could throw – make the distance far enough for a challenge but close enough for success
- Move the line closer or further away to vary the task

GO:

- Ask your child to take the sponge full of water out of the bucket and throw it as hard as he/she can at the wall
- Tell them to try to leave a wet mark on the wall
- Vary the task by having them throw the sponge underhand or overhand, and high, low, or medium on the wall

DID YOU KNOW?

Encourage your child to step at the wall, with their opposite foot as they throw. When children wring out the sponges, they will build the muscles in their hands and wrists that are necessary to fine motor (small muscle) tasks including drawing and writing.

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Teach your children to **eat colorful food (healthy fruits and vegetables)**. This month, cool off with a colorful and fruity snack. Adding blueberries to your snack or meals boosts nutrition. Blueberries are rich in protein, soluble fiber, and ranked No. 1 in antioxidant benefits compared other fruits and vegetables. They are available all year round and in a variety of forms including, fresh, frozen, juice and dried.

Healthy Recipe: Very Berry Popsicles

Ingredients:

- 2 cups low fat strawberry milk
- 1 cup of fresh blueberries and raspberries or strawberry slices

Directions:

- Pour low fat strawberry milk in a bowl
- Mix with fresh fruit
- Pour combination in Popsicle containers and freeze before serving.

Create your own Popsicle containers using Dixie cups and plastic spoons. The Dixie cups can easily be torn away and the frozen treat will be ready to eat!

Source: Adapted from the National Dairy Council at www.nationaldairycouncil.org

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