

TAKE IT OUTSIDE! WEEK



Use these simple 15 outdoor activities to get your children moving. The activities listed only require you, your child, and your imagination.

Did You Know?

Physical activity for young children is an important component of early brain development and learning.

When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways- go outside and practice walking, running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow Run- talk about the colors of the rainbow as you name colors, run & touch 3 things that are that color.
5. Go for a walk- breath in the air as you swing your arms and hold your head high.
6. Take a walk; first go in straight lines, then curvy lines, and then try walking backwards.
7. Get outside and practice running. When you are running work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling in different ways...long, straight body and a curled up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal- move and sound like that animal.
12. Pretend to be a growing flower. First you are a tiny seed in the ground and then grow into a big flower.
13. Pretend to be a balloon – first without air, being blown up, floating around, and then being popped.
14. Motions of the weather- use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.
15. Pretend to move like different foods- melt like a popsicle or pop like popcorn.

Developmental Chart

Age	What can they do?	Age	What can they do?
0-3 months	<ul style="list-style-type: none"> focus and follow objects, especially faces and brightly colored or shiny toys spontaneously wave arms and kick legs raise head while on tummy swipe for dangling objects hold rattle placed in hand smile and coo 	9-12 months	<ul style="list-style-type: none"> get on hands and knees crawl, scoot, or creep pull to stand cruise along furniture stand alone may take first steps say "mama" and "dada"
3-6 months	<ul style="list-style-type: none"> on tummy, prop self up and lift head roll over reach for and grasp objects hold head steady while sitting sit with support laugh 	12-24 months	<ul style="list-style-type: none"> walk independently pull toys while walking carry toys while walking stoop and get back up begin to run kick a ball hold railing up and down stairs walk backward
6-9 months	<ul style="list-style-type: none"> sit without support sit and pivot stand with support start to use finger and forefinger to grasp objects wave bye-bye babble 	24-36 months	<ul style="list-style-type: none"> balance one to two seconds on one foot climb well throw ball overhand bend over easily without falling run and jump well kick ball forward alternate feet up and down stairs pedal tricycle

Grocery List
CCW

Flavored Water (2 per day) – cucumber, pear, mint; strawberry & basil; lemon, raspberry & mint; lemon & lime

- 3 Lemons
- 2-3 Limes
- 1 package Raspberries
- 1 package Mint
- 1 Cucumber
- 1 Pear
- 1 package strawberries
- 1 package basil

Snacks (Day 2) –

Brown bag popcorn (2 flavors – Mexican chocolate & cheesy garlic)

- 3 cups corn kernels
- Brown lunch bags
- Olive oil
- Parmesan cheese (grated)
- Dried thyme
- Garlic powder
- Cocoa powder
- Cinnamon
- Confections sugar

Autumn Fruit Salad (Kids Kitchen)



- 2-3 Lemons
- 6 granny smith apples
- 6 pears
- 2 cups dried apricots or cranberries
- 2 large Greek yogurt containers

Edamame Dip with veggies and pretzel chips



- mixed veggies for dipping (carrots, broccoli, snap peas, celery, etc.)
- pretzel chips
- 2 bags cooked, frozen edamame
- 16 oz. ricotta cheese
- 2 lemons
- 1 head of garlic
- 1 package basil (can split with the basil used in water recipe)
- salt and pepper

March 2014

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Duplicated with permission from Head Start Body Start (HSBS). www.headstartbodystart.org				1 Turn on some music and take turns choosing a way to move.
2 Crawling is a great way to work on the muscles in your arms. Try to crawl around your house for a few minutes – take a break and do it again.	3 Using a scarf or handkerchief practice your self- toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.	4 Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.	5 Ask someone to help you make a paper airplane and then practice throwing it around the house. Make an airport and try to get the plane to land in the airport.	6 Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – <i>Rip-Crunch-Throw</i>	7 Where is your? When a member of your family says the name of a body part, put that body part on the floor. Or change it so that body part has to be up high.	8 Get outside and practice the locomotor skills of running, galloping, skipping, and sliding.
9 Be a superhero! Think about all of your favorite superhero’s and then spend some time moving just like they would.	10 Work on your jumping today – how high can you jump? How far can you jump? How many times can you jump in a row?	11 Find a ball and a place where you can practice bouncing it...can you make the ball bounce really high? Low? Can you bounce it more than two times in a row?	12 Ask someone to go for a walk with you and as you walk make up a little song about moving and having fun together.	13 Work on your ball rolling skills today. Roll a ball back and forth with someone or set up some targets and try to knock them down.	14 Movement Memory – One person does three movements as the other person watches. Now the other person repeats those movements.	15 Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way. Be ready to laugh!
16 Go on a walk through your house. Each time you get to a new room you have to change the way you are moving.	17 Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.	18 Pretend to have a beach party – turn on some beach music and dance. Pretend to surf and swim as you work your body.	19 Using paper plates as pretend stones – make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.	20 Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again.	21 Using the balls from yesterday – put them in a pile, crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile.	22 Chair Exercise ...move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle & stretch while sitting in a chair.
23 Take a “spring is here” walk. Swing your arms as you walk quickly. Notice all the signs of spring!	24 Lay on the floor with a pile of marbles. Blow the marbles across the room as you crawl along with them. Be sure to have adult supervision.	25 How many different ways can you carry a sock as you move around the house?	26 Using pillows, stuffed animals, chairs, blankets and other items – create an obstacle course. Move through the course in different ways.	27 Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.	28 Write your name really big on a sheet of paper and then put your body into the shapes of each letter. Can you do this standing up?	29 Get outside today and play “I Spy”. Each time one of you says “I Spy” everyone walks, runs or gallops to that object.
30 Get outside and pick up trash in your yard.	31 Make a tunnel with a blanket and some chairs. Crawl through it, run around it, crab walk into it.					

Calendario de Actividades "A Moverse Hoy"

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		Reproducido bajo autorización de Head Start Body Start (HSBS). www.headstartbodystart.org				1 Pon música y toma turnos con alguien escojiendo una manera de moverse.
2 El gateo es una buena manera de trabajar en los músculos de los brazos. Intenta gatear alrededor de tu casa por unos minutos - toma un descanso y vuelve a hacerlo.	3 Usando una bufanda o pañuelo práctica tus habilidades de lanzar y agarrar. Sigue a la bufanda con los ojos y mueve tu cuerpo para que el pañuelo pueda aterrizar en tus manos.	4 Fuerte y suave – primero camina de puntitas tratando de ser muy silencioso, luego pisa buen fuerte con el pie entero tratando de ser muy ruidoso.	5 Píde a alguien que te ayude a construir un avión de papel y luego practica lanzandolo alrededor de la casa. Haz un aeropuerto y trata de hacer que el avión aterrice en el.	6 Rompe periódico en tiras largas – apreta el papel en bolas - lanza las bolas dentro una canasta - <i>Romper-Apretar-Lanzar</i>	7 ¿Dónde está tú...? Cuando un miembro de tu familia dice el nombre de una parte del cuerpo, pon esa parte del cuerpo en el suelo. O cambia el juego de manera que la parte del cuerpo tenga que estar alto en el aire.	8 Sal a la calle y practica tus habilidades locomotrices como correr, galopar, saltar, y resbalar.
9 Se un superhéroe! Piensa en todos tus superhéroes favoritos y luego pasa un tiempo moviendote igual como ellos lo harian.	10 Hoy practica saltando- ¿Que alto puedes saltar? ¿Que lejos puedes saltar? ¿Cuántas veces puedes saltar sin parar?	11 Encuentra una pelota y un lugar donde puedas practicar rebotandola... ¿puedes hacer que la pelota rebote muy alto? ¿Bajo? ¿Puedes rebotar más de dos veces seguidas?	12 Píde a alguien que salga a caminar contigo y mientras caminas crea una pequeña canción sobre movimiento y diviertanse juntos.	13 Hoy practica tus habilidades de rodar una bola. Rueda una pelota de acá para allá con alguien o establece algunos blancos y trata de derribarlos.	14 Memoria de Movimiento - Una persona hace tres movimientos mientras otra persona observa. Ahora, la otra persona repite los movimientos.	15 Gemelos - durante 2-5 minutos finge que estás conectado a otra persona y los dos tienen que moverse de la misma manera. ¡Prepárate para reír!
16 Da un paseo a través de tu casa. Cada vez que llegues a una nueva sala tienes que cambiar la forma en que te mueves.	17 Hoy toma unos minutos para echarte en el suelo y estirar tu cuerpo de pies a cabeza. Respira profundamente y relájate mientras te estiras y luego relájate nuevamente.	18 Pretende tener una fiesta en la playa - toca música de playa y baila. Pretende navegar y nadar mientras haces trabajar a tu cuerpo.	19 Usa platos de papel y pretende que son piedras - haz un sendero natural en el interior a de tu casa. Camina por el sendero natural sólo pisando las piedras imaginarias.	20 Haz un montón de bolas de papel apretando papel reciclado. Tira estas bolas por un minuto en todo el espacio de juego - haciendo una tormenta de nieve con las bolas. Recogelas y vuelve a hacerlo.	21 Usando las bolas de ayer – ponlas en un monton, camina como cangrejo con una bola en tu estomago, cargala através de la habitación. Haz otro monton moviendo todas las bolas a un nuevo lugar.	22 Ejercicio de Silla... muevete al rededor de, debajo de, y sobre una silla, sientate y ponte de pie usando una silla, pon música y muevete y estírate mientras estás sentado en la silla.
23 Toma una "caminata de primavera." Mueve tus brazos mientras caminas rápidamente. ¡Observa todas las señales de la primavera!	24 Echate en el suelo con un montón de canicas. Sopla las canicas atravez de la habitación, mientras gateas tras ellas. Asegúrate de tener supervisión de un adulto.	25 ¿De cuántas maneras diferentes puedes llevar un calcetín mientras te mueves alrededor de tu casa?	26 Crea un curso de obstáculos usando almohadas, peluches, sillas, mantas y otros artículos. Muevete a través del curso de diferentes maneras.	27 Inicia el mes con un juego de "sigue al líder." Muévete al rededor de tu casa de diferentes maneras, mientras alguien copia tus movimientos.	28 Escribe tu nombre bien grande en una hoja de papel y luego pon tu cuerpo en la forma de cada letra. ¿Puedes hacerlo de pie?	29 Sal a la calle hoy y juegua "Yo Espio". Cada vez que uno de ustedes diga: "Yo Espió..." todos caminan, corren o galopean hacia ese objeto
30 Sal a la calle y recoge basura de tu patio.	31 Haz un túnel con una manta y algunas sillas. Gatea a través de él, corre a su alrededor, camina como cangrejo dentro de él.					



TAKE IT OUTSIDE! WEEK

Moving with Beach Balls

Catch and Do! On each section of a beach ball (traditionally sectioned by color) write an action word such as jump, turn, shake, etc... Children can play catch with a partner or in a group. Roll or throw the ball to each other. When the child catches the ball, they should look to see where their hand is on the ball and do that action. Throw the ball to another child.

Musical Beach Ball: March around as the music plays. When the music stops have children sit on their beach ball. Once the music starts again call out a different locomotor skill such as walk, run, skip, gallop or slide, as children move to the music. Change tempo of music to travel to different speeds. When music stops, sit on top of ball until music starts again.

Traveling Beach Ball: Set up an obstacle course using cones, hula hoops, chairs or other objects to create movement pathways. Children use the beach ball as they go over and around the obstacle course. Create a variety of pathways, straight, curved or zigzag to give children an opportunity to practice moving their bodies in different directions. Carry the ball through the obstacle course. Now try to kick it.

Toss It In: Place laundry baskets around an open space. Toss beach balls into the laundry baskets or other large containers. To increase or decrease the challenge place some baskets closer to the children and others further away to vary the distance in which the ball is thrown. Run, walk, slide or skip to collect beach balls and do it again! Also, include a variety of other rubber or plastic balls to allow children to practice tossing.

Batter Up! Set the beach ball atop a cone. Children can hit the ball across an open outdoor space with a flat open hand or strike it with a thick wiffle bat. Once it lands on the ground, run after the ball and strike it again, and again!

Cooperation Carry: Pair two children to walk across a play area carrying the beach ball together. First they might use two hands, then one hand each. No hands?! What fun and silly ways will they think of to carry the ball?

Use beach balls or other type of balls to help your child practice throwing, catching, collecting, kicking, and striking. These skills help children move in new ways and improve coordination.

Did You Know? Outdoor play, compared to indoor play, provides more opportunities for physical activity in children and opportunities for whole body exercise.

TAKE IT OUTSIDE! WEEK



Hula hoops are fun, but may be challenging for young children to use. Try these activities using hula hoops in different ways to develop a feeling of success for your children.

Did You Know?

By adding and modeling the use of a variety of equipment and materials to outdoor play spaces, young children can have higher levels of physical activity.

Moving with Hula Hoops

Musical Hoops Boogie around an open area to the music until it stops, then jump into any hula hoop that is on the ground (one per person). Add some extra fun and movement practice by giving a designated movement skill to do inside the hoop before boogie time starts again.

Driver's Seat Get inside the Hula Hoop with your child. Pretend it is a car. Who will be in front and be the driver and steer as you move around? When your child takes the driver's seat he is practicing stability. Make it a bit harder by adding some resistance to the child's pull. What type of car are you driving and where are you going? Use your imagination!

Hoop Toss Create a big target such as milk jug or soda bottle (filled with some sand to weigh it down) and toss the hoop to land around the target. Start close and slowly increase the distance.

Get Rolling! Roll hoops across an open area to get children practicing running and catching. Vary the distance to vary the challenge. Increase the fun by rolling more than one hoop at a time and see which one the child decides to catch.

Run and Roll Lay a hula hoop on the ground for one partner to stand inside. The other partner stands beside the hula hoop and rolls the hula hoop across an open space. The partner standing in the hoop runs to catch the hula hoop before it falls to the ground and brings the hula hoop back to its original spot. Partners take turns rolling and running to catch the hoop.

Jumping Around Arrange several hula hoops in a circle on the ground close enough to that they are touching. Each child stands in a hoop, once a signal has been given, each child jumps from one hoop to next in the circle. Give the signal again to stop, turn around and jump the opposite way.

Through the Hoop Form a single file line of several children. Give the first child in the line a hula hoop to hold over their head. Children will pull hula hoop down over their bodies and then give the hoop to the next person in line. Time the activity and see how fast the hula hoop can move through the line.



**TAKE IT
OUTSIDE!
WEEK**

Moving with Pool Noodles

Row, Row, Row Your Boat Children sit in pairs facing each other and hold onto the same noodle. Children pretend to “row the boat” by pulling back and forth. Increase the challenge of this activity by sitting on big balls. This will challenge stability and engage more core (trunk) muscle strength.

Tug of War A great partner activity for adult and child. Each person holds onto an end of the noodle and tries to pull it from the other. Vary positions to increase the fun and benefit. Try sitting, kneeling, and then standing. Try kneeling while the child stands. Challenge him/her to pull you over—you will both have fun when you fall over! This activity increases muscular strength and endurance.

Copy Cat What fun ways can we move with the pool noodle? Let the children create the fun. Take turns being the “leader” and everyone copies. Beware this could get silly while children practice moving through self space and taking on the roles of leader and follower.

Rocket Ships Cut pool noodles in half or into thirds. Count 1,2,3 Blast Off! And then throw the pool noodle high in the air. Try to catch it. Or, throw the noodle high in the air and call out an action to do before it lands (i.e. jump, touch the ground, turn around).

Jack be Noodle Using an electric bread knife, cut the pool noodle into 2-3” segments. Children can jump over the noodles. Line the pieces up to make a low “wall” for children to jump over. Or, jump over one piece, then stack one more piece with each successful jump. See how many you can stack before the jumper knocks them down. For a variation, children can do standing broad jumps starting on a spot marked on the floor. Mark the landing spot and then let children “measure” the length of their jump using pool noodle segments.

Noodle Limbo Adults or two friends hold ends of the noodle, starting up high—over their heads. Children walk under the noodle. The holders lower the noodle in increments (i.e. shoulder height, chest, belly button, hip, thigh, knee, shin) so that children need to get down lower to move under the noodle. Let all children continue as the noodle gets lower without eliminating anyone. Children learn to move their bodies through space at different levels-high, medium and low. What creative ways will they generate to get under the noodle as it gets lower? Get in the fun and model some!

Ride'em Cowboy! Put on your imaginary cowboy hat and spurs. Children pretend the noodle is a horse and gallop. Add some fun by giving signals to go fast/slow or start/stop. Get creative. What other animals might they like to ride? How do those animals move—walk, crawl, run, waddle, etc. Children can experience a variety of locomotor patterns such as sliding from side to side; twisting back and forth; walking in straight, curved or zig zag paths.

Pool noodles are inexpensive and typically not used after summer is over. Pull out your pool noodles to help your child develop a variety of gross motor (large muscle) skills.

Did You Know? Children are smarter, more cooperative, happier, and healthier when they have had many opportunities for varied outdoor play activities.

monday

tuesday

wednesday

thursday

friday

saturday

sunday

what's on?

breakfast

lunch

dinner

extras

Snack Recipes

Edamame Dip

Ingredients:

- 1 bag frozen shelled edamame, thawed
- 8 ounces ricotta cheese
- 1/4 cup water
- 1 tsp. lemon zest
- 2 tbsp. lemon juice
- 1-2 garlic cloves
- handful of fresh basil
- pinch of sea salt and pepper



Directions:

Add all of the ingredients (except salt and pepper) to the bowl of a food processor and puree until smooth. Season with salt and pepper to taste. Cover and chill until ready to serve. Tastes great with veggies, crackers or spread on a sandwich.

Autumn Fruit Salad (adapted from Color Me Healthy Cookbook)

Ingredients:

- 2 tbsp. honey
- 2 tbsp. lemon juice
- 2 granny smith apples, cubed
- 2 pears, cubed
- 1/2 cup dried apricots, sliced thin (or another dried fruit)
- 3 8oz containers of yogurt

Directions

In a medium bowl, whisk together honey, lemon juice and yogurt. Add fruit and toss well.

Modifications: use any fruit that is in season, add nuts or seeds for more protein, have kids bring in a variety of fruit and call it a friendship fruit salad.

Brown Bag Popcorn

Ingredients:

- 2 tbsp. popcorn kernels
- 1 brown bag

Directions

Place kernels in brown lunch bag, fold top down twice to close and microwave for about 2-3 minutes until popping slows to a stop. Makes 3 cups.

Flavor options

Cheesy Garlic

ingredients:

- 3 cups popcorn
- 1 tsp. olive oil
- 1 tbsp. grated parmesan
- 1/4 tsp. sea salt
- 1/4 tsp. dried thyme
- 1/4 tsp. garlic powder



Directions:

Drizzle popcorn with olive oil then toss with remaining ingredients.

Mexican Chocolate Popcorn

ingredients:

- 3 cups popcorn
- 1 tsp. olive oil
- 1 tbsp. cocoa powder
- 2 tsp. confections sugar
- 1/4 tsp. cinnamon
- 1/8 tsp. sea salt

Directions:

Drizzle popcorn with olive oil then toss with remaining ingredients.

MUEVETE, JUEGA Y APRENDE EN CASA

Patinando con Platos de Papel V1.9

EN SUS MARCAS:

- Espacio: Adentro
- Materiales: Platos de Papel
- Hora: Hora de juego/diversión, fin de semana o cualquier momento cuando tienes que moverte de un lado para el otro

LISTOS:

- Pon platos de papel en el piso.
- Párate en cada plato y pretende patinar resbalando atreves del piso.

FUERA:

- ¡Ponte activo! Patina en la sala. Pon música para coger el ritmo del paso.
- Patina a otra habitación para obtener un juguete favorito y regresa. Cuenta el número de resbales que se necesita para llegar a diferentes lugares (¿Cuántos resbales para llegar a la mesa? ¿Cuántos resbales para ir al baño? Etc.).
- ¡Se un ayudante! Cuando mamá esté preparando la cena, ponte tus patines de platos de papel y ayuda. Patina con la sal y pimienta hacia la mesa. Regresa. Ahora lleva las servilletas a la mesa patinando y regresa. ¿Qué más puedes llevar a la mesa patinando?

¿SABIA USTED?

Los niños necesitan desarrollar preferencias para un estilo de vida saludable temprano. Esto incluye tanto el disfrutar de la actividad física como también el deseo de comer saludablemente. Ayude a los niños a desarrollar y disfrutar de la actividad física mediante su incorporación como parte de la rutina regular y asegúrese que sea algo divertido. Sea creativo. Sugiera que su niño patine con platos de papel al ayudar a poner la mesa o para hacer la limpieza divertida (es decir, que lleve sus juguetes a su habitación y que los guardé mientras patina). Cuando estén doblando la ropa, enrollen pares de calcetines y tírenlos en la cesta. ¡Prendan música y bailen!

HOGARES SALUDABLES

ESTOY EN MOVIMIENTO, ESTOY APRENDIENDO BOCADITO DE NUTRICION

Inténtalo, Te Gustará: Es importante que los niños coman una variedad de alimentos para que estén sanos. Si su niño trata un nuevo alimento solo una vez y no le gusta, no se desanime. Los niños entre 2-5 años de edad tienen más probabilidades de que les gusten alimentos nuevos si son expuestos repetidamente a ellos. Puede tomar entre diez a quince veces antes de que un niño acepte un alimento nuevo, así que siga ofreciendo nuevos alimentos y finalmente, tal vez le guste a su niño.

Trate de tener una regla familiar para probar un alimento nuevo donde todos tienen que tomar una mordida de "cortesía". Esta práctica estimula a los niños a probar nuevos alimentos sin consecuencias negativas. Los niños siempre son animados a tomar por lo menos una mordida pequeña de un nuevo alimento para probarla. Si realmente no le gusta, se les permite escupir la comida en una servilleta. Recuerde que un niño puede tener que probar un alimento entre diez a quince veces antes de que le guste ese nuevo alimento.

Receta Saludable: Pizza de Pita

1 pan pita de trigo integral

1-2 cucharadas de salsa para spaghetti o pizza

1-2 cucharadas de queso mozzarella de baja grasa

1-2 cucharadas de cada una picada: verdura, fruta y carne cocida

- Precalentar el horno a 400°F.
- Untar el pan de pita con salsa.
- Agregar el queso y otros ingredientes de su elección.
- Hornear durante 8-10 minutos hasta que se dore y el queso se haya derretido.
- Dejar que enfríe un poco antes de comer.
- Refrigerar las sobras dentro de 2-3 horas.

Probar una **variedad** de frutas y verduras como cebollas, pimientos, hongos, piña y tomate.

MOVE, PLAY AND LEARN AT HOME

Paper Plate Skate

V1.9

GET READY:

- Space: Indoors
- Stuff: Paper plates
- Time: Playtime, weekend fun, or anytime you need to move from one place to another

GET SET:

- Put paper plates on the floor.
- Stand on each plate and slide across the floor.

GO:

- Get active! Skate around the room. Turn on some music to pick up the pace.
- Skate to another room to get a favorite toy and come back. Count the number of skates/slides it takes to get to different places (how many skates to get to the table? How many skates to get to the bathroom? Etc...)
- Be a helper! When mom is preparing dinner, step onto your paper plate skates and help out. Skate the salt and pepper over to the table. Come back. Now skate the napkins over to the table and come back. What else can you skate to the table?

DID YOU KNOW?

Children need to develop healthy lifestyle preferences early. This includes both enjoyment for physical activity and desire for healthy eating. Help children develop an enjoyment for physical activity by incorporating it as part of your regular routine and making it fun. Get creative. Paper plate skate to help set the table or make cleaning up fun (i.e. skate your toys to your room and put them away). When you are folding laundry, roll up pairs of socks and toss them into the basket. Turn on music and dance!

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Try It, You'll Like It: It is important for children to eat a variety of foods to be healthy. If your child tries a new food once and does not like it, don't be discouraged. Children 2-5 years of age are more likely to like new foods introduced to them if they have repeated exposure to the new foods. It may take as many as ten to fifteen tries before a child accepts a new food, so keep offering new foods and eventually your child may like it.

Try having a family rule around taking a "thank you" or "courtesy" bite. This practice encourages children to try new foods without negative consequences. Children are encouraged to always take at least one small bite of a new food. If they really don't like it, they are permitted to spit the food into a napkin. Remember it may take ten to fifteen "trys" before the child likes the new food.

Healthy Recipe: Pita Pizza

1 whole wheat pita

1-2 tablespoons spaghetti or pizza sauce

1-2 tablespoons reduced fat mozzarella cheese

1-2 tablespoons each chopped vegetables, fruits, or cooked meat

- Preheat oven to 400 degrees
- Spread pita bread with sauce
- Add cheese and toppings of your choice
- Bake for 8-10 minutes until lightly browned and cheese is melted
- Allow to cool slightly before eating
- Refrigerate leftovers within 2-3 hours

Try a **variety** of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple and tomato.

MUEVETE, JUEGA Y APRENDE EN CASA

Baile de Corazón Sano

V1.10

EN SUS MARCAS:

- **Espacio:** Espacio adentro
- **Materiales:** Música
- **Hora:** Hora de juego/diversión

LISTOS:

- Prendan música divertida y alegre.

FUERA:

- Tomen turnos creando un movimiento simple mientras las otras personas sigan los movimientos
- Pon tu mano sobre tu corazón y siente como late más rápido
- Jueguen "Congelar". Apaguen la música sin previo aviso. Cuando la música se detiene, todo el mundo se congela como una estatua en su lugar. Cuando empieza la música, todo el mundo se mueve.
- Piensen en algunos retos divertidos, tales como:
 - Baila sin mover tus pies de un solo lugar. ¿Como puedes torcer, girar y agitar tu cuerpo sin mover los pies?
 - Sostiene algunos pañuelos o cintas para mover por el aire mientras bailas.
 - Baila en pareja. Elijan una parte del cuerpo que tienen que tocar mientras estén bailando (es decir, tú y tu pareja de baile mantienen sus manos tocando mientras bailan, ahora intenten los codos o las caderas)

¿SABIA USTED?

Acciones no locomotrices son movimientos que se hace en un lugar sin necesidad de tomar un paso. Estas también a menudo se llaman acciones de estabilización e incluyen movimientos tales como: torcer, darse vuelta, el equilibrio de pie, sentarse, ponerse de cuclillas, arrodillarse, mecerse, sacudir, jalar, empujar, estirar, doblar, temblar, esquivar, y aterrizar. ¿Cuál de estos puedes incorporar en tu Baile de Corazón Sano?

HOGARES SALUDABLES

ESTOY EN MOVIMIENTO, ESTOY APRENDIENDO

BOCADITO DE NUTRICION

La proteína es esencial para un crecimiento saludable. Los alimentos con proteínas incluyen carne, pescado, aves, legumbres, semillas y nueces. El cuerpo descompone las proteínas en aminoácidos para construir y mantener los músculos, huesos, órganos del cuerpo, la sangre y el sistema inmunológico. Los alimentos con proteínas son también una buena fuente de vitaminas y minerales como hierro y zinc. La siguiente receta es una buena fuente de vitamina C la cual mantiene las encías y los vasos sanguíneos sanos.

Niños de edad preescolar (2-6 años) deben tener 2 porciones de alimentos ricos en proteínas por día. Por ejemplo, esto podría incluir dos de los siguientes: 2-3 onzas de carne magra (baja en grasa) cocida, ½ taza de frijoles secos cocidos, 1 huevo, 2 cucharadas de mantequilla de maní, 2 onzas de queso bajo en grasa.

Receta Saludable: Sabrosa Hamburguesa al Sartén

1 lb carne magra (sin grasa) molida	1 cuchara de polvo de chile
½ taza de cebolla picada	1 cucharadita de ajo en polvo
1/3 taza de pimienta verde picado	¾ taza de maíz de grano entero en lata, escurridos
2 tazas de agua	¾ taza de frijoles rojos escurridos
1 taza de arroz blanco (grano largo)	½ taza de queso cheddar rallado
1 taza y ½ de tomates cortados en cubitos enlatados, con jugo	

- Cocinar la carne molida, la cebolla y el pimienta verde en un sartén grande (fuego medio) hasta que la hamburguesa ya no esté rosada. Escurrir el exceso de grasa del sartén.
- Agregar el agua, el arroz, ajo en polvo, polvo de chile, tomates con su jugo, maíz y frijoles.
- Cocinar tapado, durante unos 20 minutos o hasta que el arroz esté suave.
- Remover de la estufa, agregar queso rallado y servir caliente.

Trate de adornar este plato con una cucharada de crema agria baja en grasa. Puede añadir más sabor usando uno o más de los siguientes ingredientes: chile verde, jalapeños, más ajo.

Fuente: Oregon State University Extension Service, disponible en:
<http://healthyrecipes.oregonstate.edu>

MOVE, PLAY AND LEARN AT HOME

Healthy Heart Boogie

V1.10

GET READY:

- Space: Indoors
- Stuff: Music
- Time: Playtime

GET SET:

- Turn on some fun, upbeat music.

GO:

- Take turns creating a simple move as the others follow along.
- Put your hand over your heart and feel it beating faster!
- Play “Freeze.” Stop the music without notice. When the music stops, everyone freezes like a statue in place. When the music starts, everyone gets moving.
- Think up some fun challenges, such as:
 - Dance with your feet in place. How can you twist, turn and shake your body without moving your feet?
 - Hold some scarves or streamers to move through the air as you dance.
 - Dance as a pair. Pick a body part that has to touch while you are dancing (i.e. you and your partner dance while keeping your hands touching, now try elbows, or hips)

DID YOU KNOW?

Non-locomotor actions are movements that you do in place without traveling. These are also often called stabilizing actions and include movements such as: twisting, turning, balancing, standing, sitting, squatting, kneeling, swinging, swaying, pulling, pushing, stretching, bending, shaking, dodging, and landing, Which of these could you incorporate in your Heart Healthy Boogie?

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Protein is essential for healthy growth. Protein foods include meat, fish, poultry, legumes, seeds and nuts. The body breaks down protein into amino acids to build and maintain muscles, bones, body organs, the blood and the immune system. Protein foods are also a good source of vitamins and minerals such as iron and zinc. The following recipe is a good source of vitamin C which keeps gums and blood vessels healthy.

Preschool aged children (2-6 years old) should have 2 servings of protein foods per day. For example, this might include 2 of the following: 2-3 oz of cooked lean meat, ½ cup of cooked dried beans, 1 egg, 2 tablespoons of peanut butter; 2 oz of low-fat cheese.

Healthy Recipe: Tasty Hamburger Skillet

1 lb lean ground beef	1 teaspoon chili powder
½ cup chopped onion	1 ½ cups canned diced tomatoes, with juice
1/3 cup green pepper, chopped	¾ cup canned whole kernel corn, drained
2 cups water	¾ cup canned red kidney beans, drained
1 cup long grain white rice	½ cup grated cheddar cheese
1 teaspoon garlic powder	

- Cook ground beef, onion and green pepper in large frying pan (medium heat) until hamburger is no longer pink. Drain excess fat from pan.
- Add water, rice, garlic powder, chili powder, tomatoes with juice, corn and beans.
- Cook, covered, for about 20 minutes or until rice is soft.
- Remove from stove top, sprinkle with grated cheese and serve hot.

Try garnishing this dish with a tablespoon of low fat sour cream.
Add more flavor with one or more of the following: green chilis, jalapenos, more garlic.

Source: Oregon State University Extension Service at
<http://www/healthyrecipes.oregonstate.edu>