

MOVE, PLAY AND LEARN AT HOME

V1.2 Indoor Blizzard

GET READY:

- **Space:** Indoor open space
- **Stuff:** 10 homemade crunched paper balls; laundry baskets, boxes or pillows.
- **Time:** After school or after dinner with the family

GET SET:

- Put all of the balls in the middle of the playing area
- Place laundry baskets, boxes or pillows around the room creating a circle of targets. Place them far enough away to make tossing to them a challenge, but close enough to hit.

GO:

- Ask your child if he/she knows what a blizzard is ... what does it look like, what does it feel like? Tell them they are going to make a blizzard by tossing the balls to all of the targets.
- Ask your child to toss the balls at the targets. After tossing at one target, pick up another ball and toss at a new target; continue tossing at different targets until all 10 balls have been tossed.
- Collect the balls and repeat.
- Challenge your child to do the task quickly and then to slow down and focus more on hitting the target. Challenge him or her to toss underhand and then overhand.

DID YOU KNOW?

Children can learn math skills while practicing tossing skills. Make the connection to math by counting the number of targets they hit each time. Talk about *greater than* and *less than*, each time they repeat the entire game.

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Children develop healthy food preferences and learn new skills from food preparation and nutritional experiences. Preparing food provides opportunities that will develop fine motor skills as well as the child's ability to follow directions and focus their attention. Children also learn social skills such as waiting their turn and sharing with others.

Exposing children to a variety of healthy food, colorful choices, textures, tastes and drink choices is essential for optimal growth and development.

Healthy Recipe: Frostbite Blizzard

Ingredients:

Ice cubes
Fruit nectar, fruit juice or fruit puree

Supplies:

Blender
Plastic Cups
Plastic Spoons
Serving Bowls
Serving Utensils
Napkins

Directions:

1. Wash hands
2. Crush ice using a blender
3. Place ingredients into separate serving bowls with serving utensils
4. Add the following into a cup:
 - 3 scoops of snow (crushed ice)
 - 2 scoops of fruit nectar, juice, puree
5. Eat and enjoy

Source: Creative Cuisine Cookbook developed by City of Phoenix Head Start

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