

MOVE, PLAY AND LEARN AT HOME

V1.17 Let's Go Bowling!

GET READY:

- Space: Indoors
- Stuff: 2 pool noodles, empty water bottles or 2 liter drink bottles, ball(s)
- Time: Playtime, weekend fun

GET SET:

- Tape 2 pool noodles parallel to each other approximately 1 to 2 feet apart from each other as bumpers in a bowling alley.
- Line empty bottles at the end of the 2 noodles.

GO:

- Encourage children to roll a ball down the “bowling alley” to knock down the pins.
- To vary the activity, provide different size balls and bottles weighted with water to encourage children to use a variety of speeds and force when rolling the ball.

DID YOU KNOW?

Summer may be over, but you don't need to put away your pool noodles. These water toys can be used on “dry land” to create fun physical activities for you and your child. Build upper body strength with a game of “Tug of War.” You and your child each holds onto an end of the noodle and tries to pull it from the other. Vary your positions to increase the fun and benefit. Try sitting, kneeling and then standing. Cut pool noodles in half or into thirds to create “Rocket Ships.” Count 1, 2, 3 Blast Off! And then throw the pool noodles 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).

What other creative ideas do you have for getting your child up and moving in different ways?

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Focus on Fiber: Fiber aids digestion by keeping food moving through the system and fighting constipation. Fiber is believed to lower bad cholesterol (LDL) and to help prevent diabetes and heart disease. Preschool age children typically need 8 - 10 grams per day of fiber. Daily requirements can easily be met by eating plant products, such as breads and cereals as well as fruits and vegetables. Good fruit and vegetable choices include apples, oranges, berries, prunes, broccoli, carrots, green peas and beans. Choose whole grain breads, pastas and cereals.

Healthy Recipe: Alphabet Sandwiches

Ingredients:

4 slices soft whole wheat sliced bread
4 to 8 slices part-skim mozzarella or American cheese
Variety of vegetables, pepperoni, olives, etc...

Directions:

- Preheat oven to 350 degrees.
- Cut each slice of bread into two letters using a knife or alphabet cookie cutter -
- perhaps spelling your child's name.
- Place bread on a baking sheet.
- Cut cheese with the same cookie cutter and place directly on top of the bread.
- Decorate with pieces of vegetables, pepperoni or olives.
- Bake for 3 to 4 minutes just until cheese is soft but does not run down the sides. Cool slightly before serving.

Source: *The Wheat Foods Council* at www.wheatfood.org

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