



Solano Family & Children's Services, Child and Adult Care Food Program

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Nutrition Nuggets

Moving Our Bodies Tips and Activities

Physical activity is crucial for children's growing bodies and minds. Being active together helps channel kids' natural energy and keeps them healthy and strong. Our friends at Sesame Street in Communities have created useful tips and activities as part of their Moving Our Bodies initiative.

Kids don't need a big outdoor space to move their bodies. Check out some tips below for getting moving in everyday areas:

- ***On the Go***

Instead of walking to the car, encourage kids to jump like frogs or hop like bunnies. Even when buckled into a car seat, kids can stretch: reach up high, twist from side to side to look out both windows, and reach down low to tickle their toes!

- ***In Front of the Television***

Turn commercial breaks into quick dance parties. Get up and dance until the commercial is over!

- ***In the Bedroom***

Sometimes kids need to "shake out some energy" before getting into bed. Ask children to hop to your directions: hop on their left foot and then their right, from one side of the room to another or in place, in a circle or a line, and so on.

Mix up movement, math, and literacy skills with these healthy activities for kids. Try out the following activities:

- ***Follow My Pattern***

Take turns creating dances that repeat patterns. Everyone else follows along! For younger children, keep the patterns simple (jump, wiggle, jump, wiggle). For older children, the pattern might be "jump, jump, wiggle, hop, jump, jump, wiggle, hop."

- ***ABC Stretch With Me***

Draw a letter on paper, call out its name, and tell children to bend, stretch, and twist to form that letter the best they can. (Challenge older children to think of different words that begin with the letter while they move. Small groups may even spell out a short word, like "cat," with their bodies.)

- ***Move & Count***

Invite children to move their bodies in a certain way, a specific number of times ("Hop 5 times...spin 3 times!"). With younger children, count out loud on your fingers as they follow your directions. With older children, you might use simple number sentences in your directions ("Hop 3 plus 2 times, how many hops in all? Spin 2 plus 1 times, how many spins in all?").

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Fall Pumkin Apple Oatmeal

1 cup quick cooking oats
1 1/2 cup water
2 cups applesauce
1 cup pumpkin puree
1 tsp cinnamon
1 tsp vanilla extract
4 bananas

Add all ingredients to a medium saucepan. Cook on medium/high heat until liquid is almost nearly absorbed by the oats. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.

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Fall Leaf Wreath Craft

Kids will enjoy making this cool leaf wreath during the fall season. All you need are a few basic craft supplies like a paper plate, some construction paper, a little paint and a couple other basic things you're sure to have around. Follow the simple instructions below to create yours and when complete, hang it on the door for a nice fall season or Thanksgiving decoration!

Paper Plate

Brown Paint

Paint Brushes

Fall Leaf Template (from website listed at the bottom)

Scissors

Brown, Orange, Red and Yellow Construction Paper

Pencil

Bottle Glue

Use the scissors to cut out the center of the paper plate. Then paint the paper plate brown and let it dry. While that dries, cut out a leaf and trace it onto the construction paper. Make 2 leaves with each color of construction paper. Cut the remaining scrap construction paper into little rectangles. Glue the little construction paper rectangles onto the brown paper plate, then glue the leaves onto the paper plate. Hang it up and then you are done. Congratulations on making the thanksgiving wreath craft!



www.allkidsnetwork.com/crafts/fall-leaf-wreath