



Start Off the New Year Happy and Healthy January 2016



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Setting Goals for the New Year

Happy New Year! The beginning of each year is a great time for reflection and change, reflecting on the things you did well in the previous year and making a list of the changes you wish to make in the new year. Changes may include incorporating more healthy foods in your diet, increasing physical activity each week, or simply drinking more water throughout the day. As you identify changes you would like to make and set goals for the new year, remember to think about the children in your care. Set goals for promoting health and nutrition in your child care facility.



S.M.A.R.T. Goals

When setting goals for your child care program, consider using the S.M.A.R.T. criteria.

Specific – Goals are clear so that you know exactly what is expected.

Measurable – Goals are specific, providing a concrete way to measure progress.

Achievable – Goals are challenging but still attainable.

Realistic – Goals are doable.

Timely – Goals are timely, providing enough time for each goal to be achieved but not too much time so that goals do not lose momentum.

Check out this example of a S.M.A.R.T. goal: “I will offer three different fruits and/or vegetables to the children over the course of each day.”



Goal Setting



There are several areas you can focus on when making goals for both you and your child care program.

Set goals for being a better role model for the children in your care. Young children often mimic the behaviors of those around them. If they observe you making healthy choices, they are more likely to make the same choices. Commit to sitting and eating meals with the children family-style. Focus on maintaining a positive attitude during mealtimes and when introducing new foods. Commit to participating in physical activities with the children.

Set goals for promoting healthy eating habits. More and more children are overweight and obese, often due to overeating and limited physical activity. However, many habits are learned at an early age. When children learn how to choose healthy foods early, they are more likely to continue choosing healthy foods as adults. Commit to providing healthy foods that look and taste good. Focus on variety and plan menus that have at least three different colors. Encourage children to try new foods, but never force children to try food or to eat all of their food.

Set goals for incorporating more physical activity throughout the day. Physical activity has a variety of benefits, both short term and long term. When children participate in physical activity on a regular basis, they are more likely to maintain a healthy weight. In addition, physical activity is a great way to release natural energy. Commit to providing both indoor and outdoor physical activity opportunities. Choose activities that are fun, noncompetitive, and that allow all children to participate.

Set goals for increasing nutrition education. Nutrition education is one of the most important and successful ways for helping children develop healthy eating habits. When children know where new foods come from, participate in preparing simple meals or snacks, and are engaged in fun activities, they are more likely to want to try new foods. Nutrition education is also a great source for introducing children to a variety of subject areas, such as math, science, and foreign languages. Commit to including nutrition education in your curriculum each day. Focus on ways you can include nutrition education throughout the day, such as during circle time, free play, or teacher-led activities.

Commit now to set S.M.A.R.T. goals for this year. Your role in promoting a healthy lifestyle can impact children, not just while they are growing up, but for the rest of their life.



Recipe of the Month

Berry Banana Split

Are you looking for a new snack using seasonal fruits? Check out the Berry Banana Split in the resource, *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care*.

Ingredients (24 Servings):

12 bananas
6 cups vanilla yogurt, low-fat
4 cups berries, fresh or frozen, any variety

Directions:

1. Cut bananas in half lengthwise. Then, cut again, so each banana produces 4 long slices (quarters).
2. Put $\frac{1}{4}$ cup yogurt in each bowl.
3. Place 1 banana quarter on either side of bowl.
4. Top with berries.

For additional tips and crediting information, check out this and other recipes at <http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf>.

Nutrition Fact

Did you know Norovirus is the most common cause of foodborne-disease outbreaks in the United States? According to the National Institute of Allergy and Infectious Disease, each year over 19 million people are infected by Norovirus. It is often referred to as the “stomach flu” or “food poisoning.” However, Norovirus is not related to the flu (or influenza). Norovirus affects the stomach and intestines, causing an illness called acute gastroenteritis.

Common Norovirus symptoms include nausea, vomiting, diarrhea, and stomach cramps. Some people also report headache, fever or chills, and muscle aches. Symptoms usually begin one to two days after contact with the virus and usually last for one to three days. Children and adults experiencing Norovirus symptoms should be excluded from the child care facility until they are free of the symptoms for at least 48 hours. For more information on how Norovirus spreads and ways to prevent norovirus, check out *Norovirus Fact Sheet* at <http://www.nfsmi.org/DocumentDownload.aspx?id=3379>.

References

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Fruit of the Month: Clementine

The clementine is believed to have been discovered by Clément Rodier of Misserghin, Algeria in the 1900s. His mandarin tree produced a hybrid orange that was named the clementine. This fruit is the smallest of the mandarin oranges with a glossy, deep orange peel. The skin is loose on the fruit, making it easier to peel, pull apart, and enjoy. Clementine oranges provide an excellent source of vitamin C and are fat-, saturated fat-, cholesterol-, and sodium-free. When shopping for clementines, choose those that are soft and without blemishes. Store them at room temperature for two to three days, or store them in the refrigerator to preserve for longer periods. Serve clementine pieces as a fresh topping for salads or slices during meals or snacks.

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Healthful Eating ... Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The Nutrition Facts label can help you. It is easy to use, even when your shopping trip is hectic.

The Nutrition Facts labels tell you the Serving Size, calories (or food energy), and nutrients in one Serving of food inside the package. Look for the nutrition information in the store near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

READ IT *before you EAT IT!*

How many servings are you eating?

Calories in one Serving

For two Servings, double the calories. Pay attention to choose foods for a healthy weight.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • **Vitamin C 2%**

Calcium 20% • **Iron 4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

% Daily Value (%DV)

%DV is the amount of a nutrient in one Serving compared to dietary recommendations.

Get LESS

5% or less is low
20% or more is high

Get ENOUGH

5% or less is low
20% or more is high

What's the Best Choice for You?

Use the 5%–20% Guide to Daily Values to choose foods.

Provided by _____

Menus for Child Care



Week 6 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh strawberry slices (½ cup fruit) ¼ Cream of Wheat® (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ waffle (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange juice (½ cup fruit) ½ Drop Biscuit A-09A ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup peach halves (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) ½ slice French toast (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Cheese quesadilla (1 oz cheddar cheese, ½ slice bread) ¼ cup black beans (½ oz cooked lean meat) ¼ cup corn (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Pizza with Ground Beef Topping D-23 ² (1 ½ oz cooked lean meat, ⅛ cup of vegetable, 1 ½ slices bread) ¼ cup shredded lettuce with 1 Tbsp Ranch Dressing E-18 ² (¼ cup vegetable) ¼ cup grape halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ peanut butter ³ and jam sandwich on whole wheat bread (1 Tbsp peanut butter, 1 slice bread) 4 oz lowfat yogurt (4 oz yogurt) ¼ cup apple slices (¼ cup fruit) ¼ cup peas and carrots (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Vegetable Lasagna D-27 ² (1 ½ oz cheese, ½ cup vegetable, ¾ slice bread) ¼ cup mixed fruit (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz roasted chicken (1 ½ oz cooked poultry) 1 serving Orange Couscous Salad ⁴ (½ cup vegetable, 1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ hard boiled egg (½ egg) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water ⁵	2 oz lowfat yogurt sprinkled with ⅓ cup Cheerios® (2 oz yogurt, ⅓ cup dry cereal) Water ⁵	½ oz mozzarella cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water ⁵	1 piece Whole Wheat Muffin Square A-11A ² (1 slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁵	½ oz cheddar cheese cubes (½ oz cheese) ½ cup grape halves (½ cup fruit) Water ⁵
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¹Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

²*USDA Recipes for Child Care*. Available online at www.nfsmi.org.

³Sunflower butter may be substituted for peanut butter.

⁴*5 a Day Quantity Recipe Cookbook*. Available online at www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf.

⁵Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.



National Food Service Management Institute
The University of Mississippi



Recipe of the Month: Stir Fried Green Rice, Eggs, and Ham (Turkey Ham)

Each month's packet will include a recipe created by a school. The following pages include information about the school's recipe creating process, the required ingredients, and the steps to make it!



Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

MCDOUGLE ELEMENTARY SCHOOL/CULBRETH MIDDLE SCHOOL

Chapel Hill, North Carolina

Our Story

A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. The Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented colorful dish that will be an instant kid favorite, not only due to the recipe's name, but also its taste!

Students from three area elementary schools, a middle school, and the local high school participated in developing the recipes and tasting the food. The students were very excited to participate in the program knowing that their decisions could help make changes on their school menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Ryan McGuire

CHEF

Andrea Reusing (Owner, Lantern Restaurant)

COMMUNITY MEMBERS

Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)

STUDENT


Bridget P.

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Meal Components: Meat/Meat Alternate-Grains

Main Dishes D-57r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt 1 cup		1 gal 2 ½ qt	1. Boil water.
Brown rice, long-grain, regular, dry	2 lb 13 oz	1 qt 3 cups	5 lb 10 oz	3 qt 2 cups	2. Place 2 lb 13 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour boiling water (3 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Salt		1 ¼ tsp		2 ½ tsp	6. Add salt to brown rice. Mix well. Set aside.
Liquid eggs OR Fresh large eggs, beaten		2 ½ cups OR 12		1 qt 1 cup OR 24	7. Whisk eggs and water. For 25 servings, ¼ cup water. For 50 servings, ½ cup water. 8. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step 12. Reserve other half of egg mixture for step 11.
Vegetable oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	9. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
Extra-lean turkey ham, diced ¼"	12 oz	2 cups	1 lb 8 oz	1 qt	10. Reduce heat to medium. Mix in brown rice. 11. Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked.
*Fresh green onions, diced	5 oz	2 cups	10 oz	1 qt	12. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



Whole Grains

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Meal Components: Meat/Meat Alternate-Grains

Main Dishes D-57r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Frozen chopped spinach, thawed, drained OR * Fresh spinach, chopped	1 ½ lb OR 2 lb 8 oz	3 cups OR 1 gal	3 lb OR 5 lb	1 qt 2 cups OR 2 gal	
Sesame oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Low-sodium soy sauce		1 Tbsp		2 Tbsp	
					13. Critical Control Point: Hold for hot service at 135 °F or higher. 14. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 1 oz equivalent meat/meat alternate and 1 ½ oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 quart
	50 Servings: about 19 lb 8 oz	50 Servings: about 2 gallons 2 quarts

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Green onions	6 oz	12 oz
Spinach	2 lb 14 oz	5 lb 12 oz







Nutrients Per Serving

Calories	238.44	Saturated Fat	1.36 g	Iron	1.33 mg
Protein	8.76 g	Cholesterol	73.69 mg	Calcium	53.46 mg
Carbohydrate	34.96 g	Vitamin A	1960.62 IU (120.34 RAE)	Sodium	312.64 mg
Total Fat	7.09 g	Vitamin C	0.82 mg	Dietary Fiber	3.24 g

JANUARY

Get Moving Today!






ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Start the New Year off with a family walk. As you walk, share the ways that your family can stay healthy this year.</p> 	<p>Get outside again and work on the concept of big and small. Can you take big steps and small steps? Big jumps and small jumps?</p>	<p>Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.</p>	<p>Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil and small like a marble?</p>	<p>Make a hopscotch pattern on the floor using paper plates, and work on your hopping/jumping skills while you help your body get fit.</p>	<p>Recycle the paper plates from yesterday and set up targets on the floor – close and far. Using rolled up socks practice your underhand tossing skills. Remember to follow through by pointing at the target.</p>	<p>Rainbow Game – find as many things in your home that are different colors of the rainbow. When you get to each item, jog in place and count to 10.</p>
<p>Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.</p>	<p>Shut off the lights and have fun with a flashlight dance. When the flashlight is shinned onto a body part, move it in different ways – wiggle, reach, bend and stretch.</p>	<p>Move across the room acting like something. When you get to the other side someone has to guess what you were and then they have to copy your movements.</p>	<p>Go for a winter wilderness walk. As you walk, take deep breaths.</p> 	<p>Make a big pile of clean socks. Move quickly as you match the pairs and run them to a different part of your home.</p>	<p>Twist, turn, bounce, bend. Try doing each of these movements with different parts of your body. Can you think of other ways to move?</p>	<p>Using a make believe paintbrush, paint your house. Stretch high, reach low, paint fast and paint slow.</p>
<p>Find a bunch of pillows and set up an obstacle course. Use the pillows as rocks to step on as you cross the river. Don't get wet!</p>	<p>Read a book with your family – act out the movements in the book.</p> 	<p>Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.</p>	<p>Build your muscles today by acting like a crab, a bear and a seal.</p>	<p>Play "add-on". Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.</p>	<p>Go ice skating inside! Put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line.</p>	<p>Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.</p> 
<p>Roll up some socks, put them on a big beach towel, hold one the ends of the towel and fling the socks into the air.</p>	<p>Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.</p>	<p>Copy me. Toss a mitten in the air, do a trick and catch the mitten. Can someone copy you? Now you copy them!</p>	<p>Sit on a t-shirt and move around the floor using only your arms to pull and push.</p>	<p>Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.</p>	<p>Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree.</p>	<p>Today you are going to be "rain". Can you act out a mist, or a drizzle, or a downpour? What about a windy rain, a cold rain, or a heavy rain?</p>
<p>It "rained" yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles, and splash in the puddles.</p>	<p>Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.</p>	<p>Practice your rhyming skills while moving. Say any movement word you can think of – like run. Then think of words that rhyme with it. Act out your words. <i>Have fun, as you run, under the sun!</i></p>	<p>Practice your kicking skills. Roll up a big pair of socks and kick them across the room into a laundry basket turned onto its side.</p> 	<p>Play "Movement Emotional Charades". Use your entire body to act out different emotions and see if someone can guess what you are feeling.</p>	<p>Let's go silly walking! Walk all around your home acting out different emotions. Can you walk happy, sad, shy and angry?</p>	<p>Reach through each day again and repeat your favorite January activity. Enjoy!</p> 

ENERO

"A Moverse Hoy"!!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Comienza el Año Nuevo hablando y caminado con tu familia. Mientras caminen compartan maneras como la familia puede mantenerse saludable este año. 	Ve afuera nuevamente – trabaja con el concepto de Grande y Pequeño. ¿Puedes tomar pasos grandes y pasos pequeños, saltos grandes y saltos pequeños?	Corta copos de nieve de papel y haz un camino a través de tu hogar. Camina, corre y salta en el camino.	Practica enrollando tu cuerpo en diferentes formas y luego rodar por el piso. ¿Puedes ser recto como un lápiz y pequeño como una canica?	Haz un diseño de una rayuela en el suelo utilizando platos de papel, y trabaja en tus habilidades de saltar mientras ayudas a tu cuerpo a ponerse en forma.	Recicla los platos de papel de ayer. Usa los platos como blancos, colócalos cerca y lejos. Usa calcetines enrollados para practicar tus habilidades de lanzar. Recuerda que debes seguir a través apuntando al blanco.	Juego de Arco Iris– encuentra cosas en tu hogar que son de los diferentes colores del arco iris. Cuando llegues a cada objeto trota en lugar y cuenta hasta 10.
Es hora de una fiesta de invierno. Prende la música y baila hasta que sientas tu corazón latir bien rápido.	Apaga las luces y diviértete con el baile de linterna. Cuando la linterna brilla en una parte de tu cuerpo, mueve esa parte en diferentes maneras. – Menea, extiende, dobla y estira.	Muévete a través de la sala pretendiendo ser algo. Al llegar al otro lado alguien tiene que adivinar lo que eras, y tiene que copiar tus movimientos.	Ve de una caminata de invierno al aire libre. Mientras caminas respira profundamente. 	Haz una montaña de calcetines. Muévete con rapidez mientras pones los calcetines en pares y los llevas a otra parte de tu hogar.	Dóblate, da una vuelta, salta. Trata de hacer cada uno de estos movimientos con diferentes partes del cuerpo. ¿Puedes pensar en otras maneras de moverte?	Pinta tu casa utilizando un pincel de imaginación. Estírate alto, alcanza bajo, pinta rápido y lento.
Encuentra un montón de almohadas y crea un curso de obstáculos. Usa las almohadas como piedras que tienes que pisar para cruzar el lago. No te mojes!	Lee un libro con tu familia- hagan los movimientos del libro. 	Haz un montón de bolas de papel y practica lanzándolas de diferentes distancias hacia una canasta de ropa.	Usa tus músculos hoy actuando como un cangrejo, un oso o una foca.	Jueguen "aumenten uno." Tomen turnos haciendo un movimiento simple como doblar el codo. Mientras hacen nuevos movimientos repitan los que ya se han hecho.	¡Patina adentro! Pon dos platos de papel en el piso y úsalos para patinar. Trata de tomar pasos grandes o pequeños; trata de ir en una línea recta o curvada.	Crea un túnel usando sillas y una frazada. Diviértete gateando por el túnel y corriendo a su alrededor. 
Enrollen algunos calcetines, póngalos encima de una toalla de playa, agarren las puntas de la toalla y avienten los calcetines al aire.	Juega sigue al mono alrededor de tu casa. Toma turnos moviéndote por diferentes habitaciones y haz un movimiento divertido en cada habitación.	Copia lo que hago. Lanza un guante al aire, haz un truco y agarra el guante. ¿Alguien te puede copiar? ¡Ahora tu copias a esa persona!	Siéntate sobre una camiseta y muévete al rededor del piso usando solo tus brazos para jalarte y empujarte por el piso.	Hoy, practica tus habilidades de galopar. Trata de usar las manos para hacer otras cosas mientras tus piernas galopean – que tal aplaudir, saludar con la mano, o tronar los dedos.	Ve de un viaje imaginario – creyendo caminar a través de la arena, sobre un puente, pisando barro o bajo un árbol.	Hoy serás "lluvia". ¿Puedes ir afuera y actuar como si fueras neblina, llovizna o un aguacero? ¿Qué tal como un viento lluvioso, una lluvia fría o una tormenta?
"Llovió" bastante ayer y tenemos muchos charcos de agua. Pretende correr a través de los charcos, saltar sobre los charcos, gatear alrededor de los charcos y salpicar en los charcos.	Encuentra dos canciones diferentes, una rápida y una lenta. Con una baila rápido y con la otra estírate en una manera lenta y relajante.	Practica tus habilidades de rima, mientras estas en movimiento. Di cualquier palabra de movimiento que puedas pensar - como correr. Luego, piensa en palabras que rimen con ella. Actúa los movimientos de las palabras... ¡Diviértete mientras corres bajo las torres!	 Practica tus habilidades de patear. Enrolla un par de calcetines y patéalos a través de la habitación en un cesto de ropa que este echado de lado.	Utiliza tu cuerpo entero para representar diferentes emociones y ve si alguien puede adivinar lo que estás sintiendo.	¡Vamos de una caminata chistosa! Camina por todo tu hogar interpretando diferentes emociones. ¿Puedes caminar feliz, triste, tímido y enojado?	Vuelve a leer las actividades diarias del calendario y repite tu actividad favorita de enero. ¡Diviértete!



playing indoors

The great thing about playing indoors is that you can do it whenever you want, especially when the weather's not good or it's dark outside.

Your home can make an exciting place to play, where children can stay happily occupied, using their imagination and learning to play together. What's more, once they've finished, tidying-up can be part of the whole learning experience!

Play doesn't have to involve paid-for equipment to be fun. Most of the time, all you need are a few everyday household items, things you can pick up for free, or just your imagination.

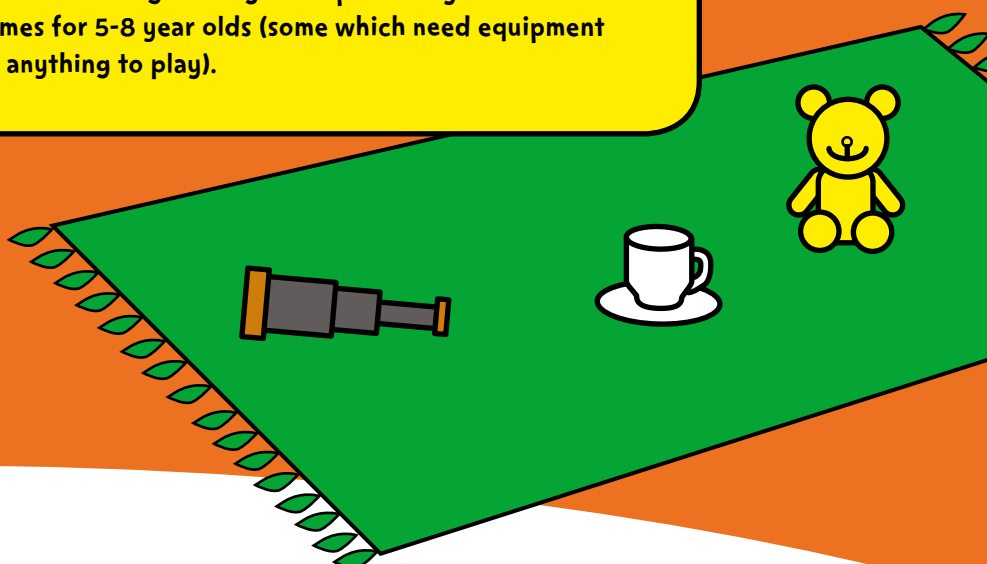
So, are you ready for play-time?

Great ideas to get you started

It doesn't take much to spark a child's imagination – given the time and space, children will have plenty of fun playing. The best role for you as an adult is to support them do this, or often just let them get on with it! Using their own imagination is the best way to play.

In the right environment, children at play will tend to be as active as they need to be. You can leave them to it – unless you want to join in the fun yourself!

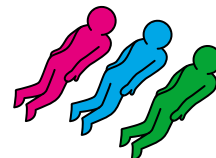
If you do want to join in be careful not to take over. Remember, this is their play-time! Here are some great ideas to get them off to a flying start. We have grouped the games into convenient categories – games specifically for toddlers and preschool kids, and games for 5-8 year olds (some which need equipment and others that don't need anything to play).



toddlers and preschool kids

Wiggly worms

Ask the kids to lie on the floor on their tummies with their hands by their sides, and see how far they can wiggle around the home.



Penguin Shuffle

Equipment needed – a small beanbag

Players stand side by side with their 'eggs' (small objects, like beanbags) balanced on top of their feet.

The first one to shuffle across the room without dropping their eggs wins.



Hop about!

One player is the 'hop master' while all the others have three lives. The hop master picks a magic word, and every time they say it, all players must hop three times on the spot.

Each time they miss it, they lose a life. When all their lives are gone they're out of the game.

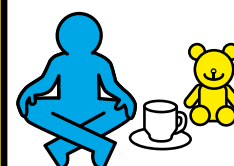


Tea Party

Equipment needed – plastic cups, saucers, plates and some cuddly toys

If you don't have a toy tea set, then an old one will do, as long as it's not your finest china! Get all the dolls and teddies involved to sit in on the imaginary tea party.

You can even add in some dressing up to make the party even more fun!



toddlers and preschool kids

Musical Statues

Equipment needed – music player

Pick a games master who is in charge of the music. He or she plays the music while everyone else dances around the room. When the music stops, everyone must freeze like a statue. The last person to stand completely still is out, and anyone moving when the music is not playing is also out.

The game continues until the person left at the end is the winner.

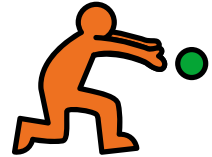


Catch Don't Catch

Equipment needed – ball or small beanbag

Players stand in a circle with their arms crossed. One person in the centre throws the ball to someone in the circle, saying either 'Catch' or 'Don't catch'.

If they say 'Catch', the player should not catch the ball and must not move their arms. If they say 'Don't catch', the player should catch the ball. If a player does the wrong thing or misses the ball, they're out!



Hot Potato

Equipment needed – ball or small beanbag

All players stand in a circle and one person stands with his or her back to the circle and does not watch where the 'potato' is. Everyone passes a ball or small beanbag (or anything else for that matter) from person to person. When the player with his or her back to the circle shouts 'stop', the person holding the potato is out.

The game continues until the person left at the end is the winner.



Boxes and Dens

Equipment needed – a table kids can crawl under, a blanket, old cardboard boxes

Next time you get something big delivered, keep the cardboard box: it'll make a great car, boat or plane, or even a doll's house.

Or you could get them to build a den. Throwing a blanket or duvet over a table is a great start! Then just add imagination. You could even put up a small tent to get them going.



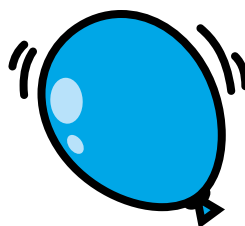
Play for all families

At Change4Life, we believe that all children should be encouraged to play. Some of the games outlined in this guide won't be suitable or practical for all families, but many of them can be adapted for your own individual family, including children or parents with disabilities.

Parents can get more ideas for play geared towards disabled children or families by downloading the following documents from the 'Contact a Family' website:

www.cafamily.org.uk/pdfs/holidays.pdf

www.cafamily.org.uk/pdfs/westmids/WM061.pdf



Playful parenting: top tips

When playing with children it's less about what you do and more about the way you do it. Here are some handy 'dos and don'ts' to get you thinking about ways to play with your kids indoors:

1. **Do** give them the chance to choose what games to play and how they play them. Forcing them to do something doesn't make play-time much fun!
2. **Don't** solve every task for kids – encourage them to solve the problem themselves.
3. **Do** remember kids are all different: some like energetic play, some love word games, some are born to perform and some can't stop making things – and destroying them! Think about the kinds of activities your child likes and let them take the lead.
4. **Don't** be a competitive mum or dad. Learning how to lose is an important social skill for a child, but try to keep games enjoyable and let them win too – sometimes!
5. **Don't** be afraid to join in with make-believe games. Kids love it when parents play-act and it lets their imaginations run wild.
6. **Do** let kids teach you how to play with their toys – they will take great pleasure in the role reversal and telling you what they know.
7. **Do** share a game you used to play as a child. Think of the things you most enjoyed, the chances are your kids will enjoy them just as much!
8. **Do** enjoy playing. If your child is having fun but you aren't, just leave them to it. If they're not having fun, suggest something else.

This and more information about play can be found at www.playday.org.uk

