



GROW HAPPY KIDS

Ohio Ready To Learn 2020-21

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Resources for Grow Happy Kids

Books:

- *One Bean* by Anne Rockwell
- *The Tiny Seed* by Eric Carle
- *Plant Packages: A Book About Seeds* by Susan Blackaby
- *The Carrot Seed* by Ruth Krauss
- *Rah Rah Radishes!* By April Pulley Sayre
- *Good Enough to Eat: A Kids' Guide to Good Nutrition* by Lizzy Rockwell
- *Move Your Body! My Exercise Tips* by Gina Bellisario
- *Cutie Sue Wins the Race: Children's Book on Sports, Self-Discipline and Healthy Lifestyle* by Kate Melton
- *Pretend Soup and Other Real Recipes* by Mollie Katzen
- *Snackivities* by MaryAnn Kohl and Jean Potter



Websites:

- USDA Healthy Eating Example pages
https://fns-prod.azureedge.net/sites/default/files/tn/FNS_FMHL_6th_InfoText%201.pdf
- USDA Free publications for childcare teachers
<https://pueblo.gpo.gov/TN/TNPubs.php?NavCode=XA&CatID=2>
- USDA Grow it, Try it, Like it! A nutrition education kit for teachers.
<https://www.fns.usda.gov/tn/grow-it>
- National Heart Blood and Lung Institute site with Go Slow and Whoa program for Early Childhood <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf>
- USDA Team Nutrition posters <https://www.fns.usda.gov/tn/posters>
- Arthur website with many health and nutrition activities, strategies & videos
 - <https://woub.pbslearningmedia.org/collection/nutrition/>
 - <https://woub.pbslearningmedia.org/resource/arct14.hpe.afhhekids/nutrition-tips-for-kids/>
 - <https://woub.pbslearningmedia.org/collection/fitness/>
- Sesame Street toolkits
<https://www.sesamestreet.org/toolkits/healthyhabits>
- Healthy Habits for Life Sesame Street Toolkit, includes video, stories, handouts, etc. 38 pages.
 - https://cdn.sesamestreet.org/sites/default/files/media_folders/Images/healthy%20habits%20kit%201.pdf?_ga=2.90288403.823089266.1598895487-388835829.1598895487
 - <https://sesamestreetincommunities.org/activities/anytime-foods-sometime-foods/>
 - <https://sesamestreetincommunities.org/topics/exercise/>

Hands-on Activities:

- Paper plate food chart
<https://thepreschooltoolboxblog.com/healthy-food-habits-preschool-sorting-paper-plate-project/>
- Go, Slow, and Whoa food sorting (use only 2 categories for very young children)
<https://healthbeet.org/go-slow-woah-nutrition-activity-for-kids/>
- Grocery Store (adapt to focus healthy food choices)
<https://earlylearningideas.com/grocery-store-dramatic-play/>
- Snack art
<https://www.superhealthykids.com/recipes/top-12-adorable-butterfly-food-ideas-kids/>

Games about Nutrition and Growing Food:

- *Sesame Street*: Draw lunch on a plate.
<https://www.sesamestreet.org/art-maker?canvas=blank&toolkit=dinner&nid=3615>
- Cookie Monster Foodie Truck
<https://pbskids.org/sesame/games/cookie-monsters-foodie-truck/>
- Super Salad Diner
<https://pbskids.org/sesame/games/super-salad-diner/>
- From Seed to Fruit
<https://woub.pbslearningmedia.org/resource/evscps.sci.life.seedint/from-seed-to-fruit-interactive/>
- Planting and growing beans in your classroom
<https://teachpreschool.org/2011/09/18/planting-and-growing-beans-in-our-preschool-window/>
- *Ready Jet GO!* interactive games
 - <https://pbskids.org/readyjetgo/games/cooking-school>
 - <https://pbskids.org/readyjetgo/games/space-scout-food-farmer>

Videos:

- *Sesame Street*: John Leguizamo Is Captain Vegetable (3:49)
https://www.youtube.com/watch?v=ny8nvM_pl1g
- DW the Picky Eater animated storybook (6:49)
https://youtu.be/p1s6P_YgGvM
- *Arthur* episode: DW the Picky Eater (13:17)
<https://pbskids.org/arthur/health/nutrition/episode.html>



- Elmo Slide
<https://woub.pbslearningmedia.org/resource/sesame-the-elmo-slide/the-elmo-slide-sesame-street/#.X00ZYe-Sk2w>
- Happy Healthy Kids exercise
<https://woub.pbslearningmedia.org/resource/hhk-exercise-for-a-healthy-me/happy-healthy-kids-exercise-for-a-healthy-me/>
- Health Q&A with Dr Alison Hoppin
<https://pbskids.org/arthur/health/nutrition/>

Games for Exercise:

- We have the Moves!
<https://woub.pbslearningmedia.org/resource/sesame-hhfl-we-have-the-moves/we-have-the-moves-physical-activity-resource-sesame-street/>
- Daniel Tiger Game
<https://pbskids.org/daniel/games/dance-party>
- Cookie Monster Games
<https://pbskids.org/sesame/games/the-cookie-games/>





A Caring Community of Mixed Ages

Although the activities in this resource are geared toward preschoolers, they can be adapted to work well with mixed, older, and younger age groups in both center-based and family child-care settings.

TIPS TO MODIFY ACTIVITIES FOR DIFFERENT AUDIENCES

BABIES

- * Provide an open, safe play surface for babies to move around freely.
- * Put age-appropriate materials on a blanket with babies and encourage little ones to reach for, grab, roll over toward, or crawl to the objects.
- * Hold a baby while you sing and move to the beat. Invite other children to dance along!
- * Use words like “up, up, up” while lifting a baby up, and “down, down, down” while going down.
- * Place babies on their backs and slowly, gently move their arms or legs to mimic some of the moves that other children are doing – like marching or pretending to be a bird.

K-3rd GRADERS

- * At this age, children love being “helpers,” so ask them to help set up and organize activities.
- * Invite them to demonstrate their physical skills (such as jumping, kicking, throwing, and catching) to younger children. This can boost older children’s confidence while motivating the younger ones.
- * When doing an activity, challenge this age group to keep moving longer than the younger ones, who enjoy shorter bursts of activity.
- * While the younger children nap, provide this age group with quiet-time activities such as playing with board games and puzzles or reading books.

OLDER CHILDREN

- * Encourage older children to take on fun responsibilities such as leading an activity or making up a new game.
- * Assign children younger buddies whom they can help with movements that may be more difficult.
- * Have them help set up a safe indoor or outdoor obstacle course for younger children.
- * If there are several older children, have them make up a dance to perform for everyone else.
- * If after-school children arrive, allow them to move around freely before starting their homework. Several activities offer calming variations that can help children relax and focus.

<https://woub.pbslearningmedia.org/resource/sesame-hhfl-we-have-the-moves/we-have-the-moves-physical-activity-resource-sesame-street/>

Strategies for Programs from *Arthur*:

- Create a class book about healthy eating or rules to favorite games
- Organize a health fair
- Participate in a Community Walk
- Grow a vegetable garden
- Sponsor a healthy food demo
- Have water available for children
- Encourage movement with music
- Share games to take home
- Have children draw pictures of their dance or game to share with families
- Send home book ideas
- Include books on healthy life choices in the book area
- Provide nutritious snacks
- Plan active play activities each day
- Limit screen time
- Include children in developing a list of healthy foods
- Use your newsletter to share healthy snack options or recipes
- Limit screen time
- Encourage active play options
- Exercise with your children

Strategies for Families:








- Exercise as a family
- Choose healthy snacks
- Turn off the electronics
- Put on music and dance
- Walk around the neighborhood or park
- Play follow the leader or Hokey Pokey
- Toss balls or bean bags
- Try keeping a beach ball in the air
- Walk in patterns:
 - Skip
 - Walk on your toes
 - Walk on your heels
 - Walk backwards

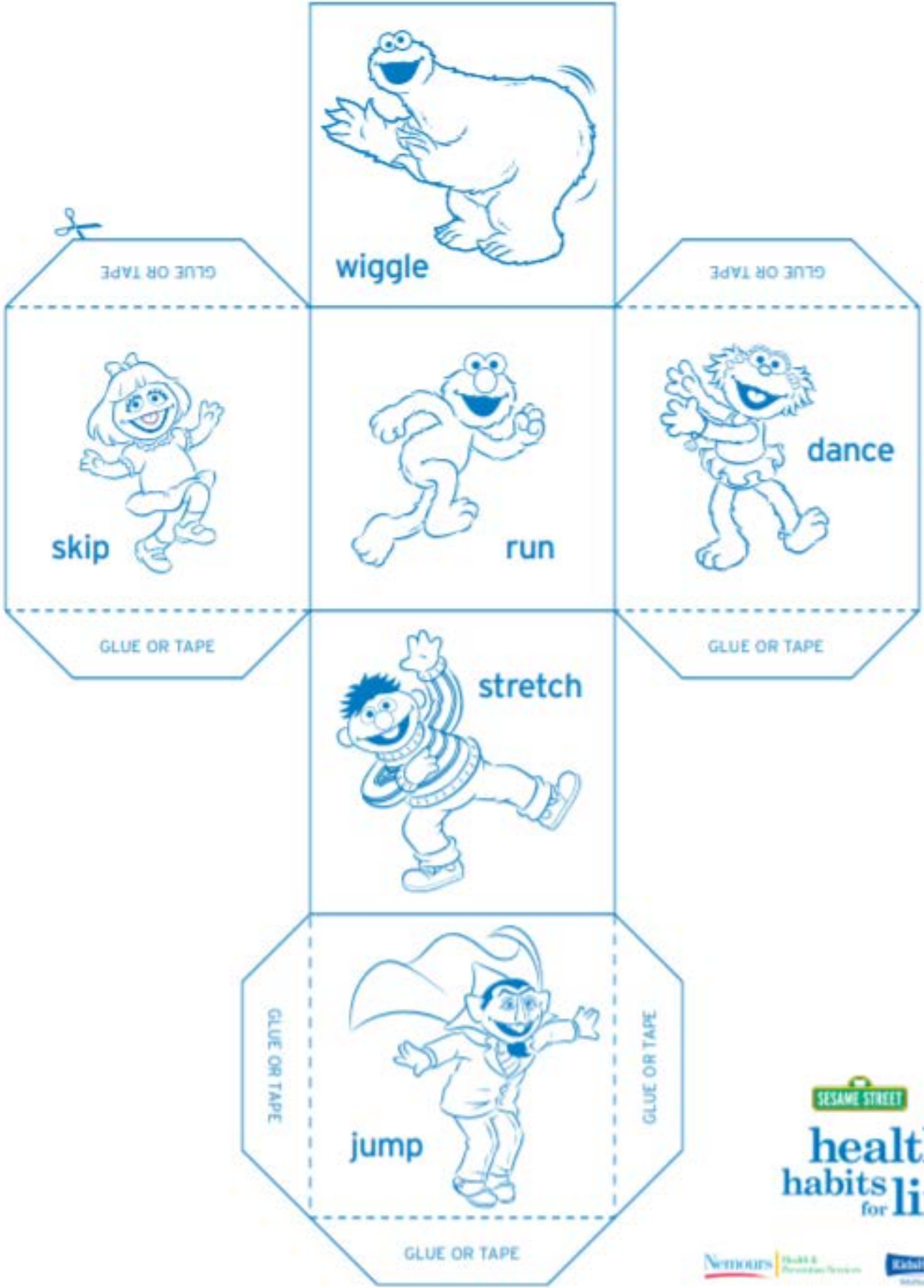


Health and Safety Check

Use this chart to check off all the things you do to stay safe and healthy.



 <h3>My Healthy Habits Chart</h3> <p>Keep a record of your healthy habits.</p>	
Healthy Habits	✓ ✓ ✓ ✓ ✓ ✓ ✓
I wash my hands. 	
I brush my teeth. 	
I eat healthy foods. 	
I exercise. 	
I bathe daily. 	
I visit the doctor. 	



wiggle

skip

run

dance

stretch

jump

SESAME STREET
healthy
habits
for life