



GROWING



ACTIVITY



FAMILIES



EATING

**HEALTHY CHILDREN,
HEALTHY WEIGHTS**

Ring of Fun!

PRESCHOOL

Healthy Children, Healthy Weights (HCHW) is designed to prevent childhood overweight and obesity by promoting healthy weight and growth in all children, starting with the youngest age group – birth to five years old.

The Ring of Fun is an activity tool to extend our key topics into the classroom:

- Healthy Activity
- Healthy Eating
- Healthy Growing
- Healthy Families

HCHW thanks you for your commitment to growing healthy children.

<http://publichealth.columbus.gov/healthy-children-healthy-weights.aspx>



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

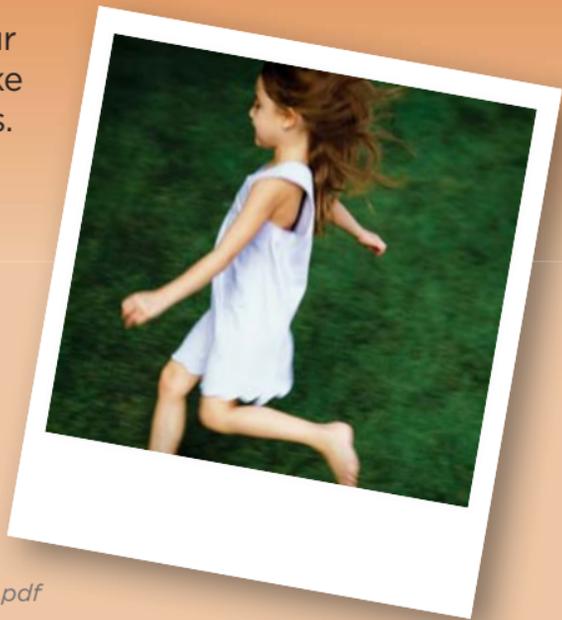
**COLUMBUS
PUBLIC HEALTH**

11/2012

Airplanes

- On cue (with music or 'Pilots, start your engines!') have children begin flying like an airplane and making airplane noises.
- When the music stops, children stop flying and bring their planes in for a landing.
- They must jump 3 times to start their engines back up when the music begins playing again.
- Have the airplanes fly in different directions, pathways, formations, and/or levels.

Adapted from www.cnr.berkeley.edu/cwh/PDFs/Kimbrell.pdf



Bean Bag Toss

- Give two children a bean bag and have them stand 2 steps apart facing each other.
- Have one person throw the bean bag and the other catch it. If they are successful, they each take one step back.
- Have them keep repeating until they drop the bean bag. When they drop it, have them start over standing close together in their original positions.

No beanbags? Use scrap paper rolled into a ball, tied up socks, or small stuffed animals like beanie babies!

Freeze Dance

- Start by playing music and letting the children dance around.
- Stop the music and yell 'freeze'. Have children stop in the position they were in and hold it.
- Start the music again and repeat.

Adapted from Complete Handbook of Indoor and Outdoor Games and Activities for Young Children by Jean R. Feldman



Having a Ball

Have children do a variety of activities with different sized and textured balls.

- Throw and catch balls with a partner or in the air.
 - Have them try to clap once and then catch.
- Throw or kick balls at a target or in a basket.
- Roll the balls on the ground to a partner or target.
 - Consider setting up a mini bowling game using empty water bottles.
- Have children try pass balls over handed, under handed, right handed, left handed and in between their legs.

Adapted from Complete Handbook of Indoor and Outdoor Games and Activities for Young Children by Jean R. Feldman

Animals

have children walk around in a circle acting like different animals such as a...

- Horse
- Dog
- Cat
- Lion
- Seal
- Fish
- Butterfly
- Bird
- Monkey
- Duck
- Elephant
- Frog
- Bear
- Crab

Try having children act like animals while going under a limbo stick. A broomstick or foam pool noodle work great too!

From http://fitness.preschoolrock.com/index.php/flexibility_activities



Jumping Jack Flash

Have children participate in a daily exercise routine.

- Start with 5 jumping jacks.
 - Have children use counting skills by counting their jumping jacks aloud.
- Create a classroom exercise chart and have children track their jumping jacks.
- Each week add 5 more jumping jacks. See how many jumping jacks the children do each month!

Adapted from <http://home.howstuffworks.com/easy-fitness-activities-for-kids1.htm>

Mr. Man Game

Call the name of a Mr. Man and have children move like him:

- Mr. Slow – move slowly
- Mr. Rush – move fast
- Mr. Jelly – shake your whole body
- Mr. Backwards – walk backwards
- Mr. Jumpy – jump up and down
- Mr. Small – crouch down and walk
- Mr. Strong – flex your muscles
- Mr. Tall – walk on your tippy toes and reach arms up

Think of your own Mr. Man ideas or try Little Miss ideas!

Adapted from <http://www.teachingideas.co.uk/pe/contents.htm>

Water Relay

Move outside for a warm weather relay.

- Split children into two teams.
- Fill one bucket with water and have one empty.
- Place an empty bucket further away.
- One-by-one have children:
 - Use a sponge to collect water from the first bucket.
 - Run to the second bucket.
 - And squeeze the water in.
 - Run back to the line and hand the sponge off to next child in line.

Adapted from www.brighthubeducation.com/summer-learning-activities-ideas/41842-outdoor-party-game-ideas-for-preschoolers/?cid=parsley_rec



Obstacle Course

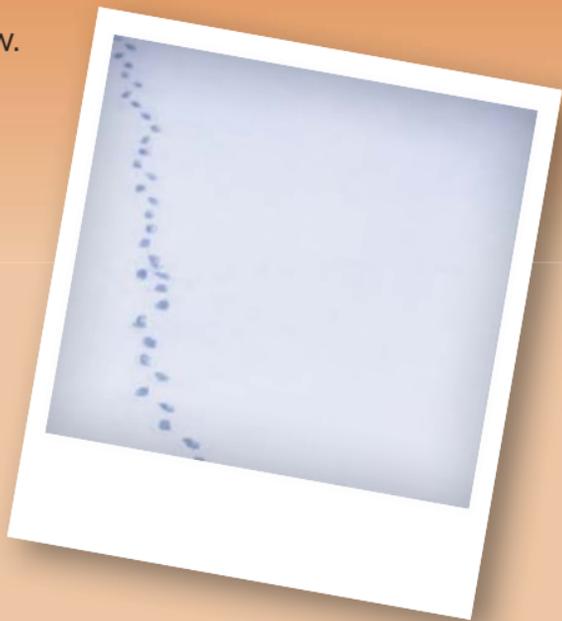
Have children walk, jump, and crawl over and under things in an obstacle course through the room. Use these examples:

- Crawl under desks or chairs.
- Use pieces of paper as stepping stones.
- Make a tight rope out of masking tape.
- Have an area of water that they have to swim across.
- Put an object on the ground that they have to jump over.
- Put two chairs closely together that they have squeeze through.

Snow March

- Take children on a march through snow.
 - Keep them in a single-file line.
- Have children step only in the footprints of the person in front of them.

Adapted from <http://www.teachingideas.co.uk/pe/contents.htm>



Snow Challenge

Try warm weather games while bundled up in winter clothing!

- Have children wear winter gear and challenge them to move and play.
- Use the hula-hoops, jump ropes and Frisbees.
- Create obstacle courses and organize relay races.

Adapted from <http://www.kidactivities.net/category/Games-Winter-Outside.aspx>

Simon Says

Explain the directions to the children:

- Call out directions to perform a specific movement, i.e., touch your nose, toes, shoulders or ears, stretch to the sky, run in place, jump 5 times, skip, act like a silly animal.
 - The children should only follow your direction if starts with “Simon says”.
 - If they follow your direction when you do not say, “Simon says,” they will receive a consequence, i.e., 5 jumping jacks, large arm circles, bunny hops.
- Play a practice round so the children understand the rules and are maintaining safe distances from each other.

Fruit Basket

- Create 4 groups and assign each group a corner of the room.
- Give each group a fruit name like apples, oranges, bananas or peaches.
- Call two of the fruit names and those groups run and change places.
 - The groups maintain the same name throughout the game.
- If you call fruit basket all of the children run and sit in the center of the gym or play area.

Adapted from <http://www.teachingideas.co.uk/pe/contents.htm>



As If

Read the follow sentences and have children act them out:

- Jog in place **as if** a big scary bear is chasing you.
- Walk forward **as if** you're walking through chocolate pudding.
- Jump in place **as if** you are popcorn popping.
- Reach up **as if** grabbing balloons out of the air.
- March in place and play the drums **as if** you are in a marching band.
- Paint **as if** the paint brush is attached to your head.
- Swim **as if** you are in a giant pool of Jell-O.
- Move your feet on the floor **as if** you are ice skating.
- Shake your body **as if** you are a wet dog.

Have children create new sentences for additional activities.

Apple Raisin Ladybugs

INGREDIENTS

- 1/2 red apple
- Peanut butter
- Raisins
- Grapes

*Recipe from Cheryl Barber,
Mary Longo, Anita Pulay, and
Kirk Bloir at the Ohio State
University Extension*

DIRECTIONS

1. Place the apple half on plate with red side is facing up.
2. Have children put spots on the lady bug by dipping raisins in peanut butter and sticking them on the red side of the apple.
3. Use grapes for a head and feet.

Raisins and whole grapes are choking hazards for children under the age of 4. Slice grapes in half and avoid raisins for children under 4.

Please wash hands and handle food properly.

Hummus

INGREDIENTS

- 1 can (15 oz) chickpeas or garbanzo beans
- 1/2 teaspoon ground cumin
- 2 tablespoons lemon juice
- 3 teaspoons granulated garlic

Please wash hands and handle food properly.

DIRECTIONS

1. Combine chickpeas, cumin, lemon juice, garlic and 3 tablespoons of liquid from bean can in blender.
2. Blend until smooth.
3. Refrigerate until ready to eat.
4. Use as a dip for vegetables, whole wheat pita bread, or whole wheat crackers.
5. Hummus can be refrigerated up to 3 days.

Fruit Smoothies

INGREDIENTS

- 1 cup low-fat or fat free yogurt
- Frozen fruit

DIRECTIONS

1. Combine 2 cup yogurt and two cups fruit in blender.
2. Blend until smooth.
3. Recipe makes 4-1 cup servings.

Please wash hands and handle food properly.



Power Barbells

INGREDIENTS

- Cheese block or cubes
- Pretzel sticks

*Recipe from Cheryl Barber,
Mary Longo, Anita Pulay, and
Kirk Bloir at the Ohio State
University Extension*

DIRECTIONS

1. Cut cheese into bite sized pieces.
2. Have children connect pieces of cheese on ends of the pretzels making power barbells.

Please wash hands and handle food properly.

Scoopy the Salad

INGREDIENTS

- Lettuce leaves
- 1/2 cup of cottage cheese for each child
- Diced vegetables:
 - Cherry tomatoes
 - Alfalfa sprouts
 - Olives
 - Broccoli
 - Peas
 - Beans
 - Green or red bell pepper slices

DIRECTIONS

1. Place a lettuce leaf on a plate.
2. Scoop cottage cheese on to lettuce.
3. Have children use vegetables to decorate cottage cheese.
4. Serve immediately or place in the refrigerator to serve later.

Raw vegetables are a choking hazard for children under the age of 4. Cut foods into small pieces and/or cook or steam vegetables until softened.

Please wash hands and handle food properly.

Yogurt Parfaits

INGREDIENTS

- Low-fat yogurt
- Whole grain cereal or granola
- Fresh or frozen fruit (thawed)

DIRECTIONS

1. Add a $\frac{1}{2}$ cup yogurt to each bowl.
2. Allow children to top with fruit and cereal.

Please wash hands and handle food properly.



Spiders

INGREDIENTS

- Round crackers
- Cheese spread or cream cheese spread
- Small pretzel sticks
- Raisins

*Recipe from Cheryl Barber,
Mary Longo, Anita Pulay, and
Kirk Bloir at the Ohio State
University Extension*

DIRECTIONS

1. Spread cheese/cream cheese on cracker.
2. Stick pretzels on top of cheese spread sticking out from the cracker to make legs.
3. Put cheese spread on second cracker and place it face down on top of pretzel layer.
4. Dip raisins in cheese spread and stick to cracker for eyes.

Raisins are choking hazards for children under the age of 4.

Please wash hands and handle food properly.

Tortilla Roll-Ups

INGREDIENTS

- Flour tortillas
- Turkey or ham slices
- Sliced American cheese

DIRECTIONS

1. Place 1 slice of ham or turkey on tortilla.
2. Place 1 slice of cheese on top of the meat.
3. Demonstrate how to roll up the tortilla tight and allow children to roll their own.

Please wash hands and handle food properly.

*Recipe from Cheryl Barber,
Mary Longo, Anita Pulay, and
Kirk Bloir at the Ohio State
University Extension*

Fruit Spritzer

INGREDIENTS

- Sparkling water
- 100% juice

DIRECTIONS

1. Pour $\frac{1}{2}$ cup of sparkling water and top with a splash of juice.

Please wash hands and handle food properly.



Waffle Tacos

INGREDIENTS

- Whole grain waffles
- Peanut butter or strawberry cream cheese
- Bananas
- Honey

DIRECTIONS

1. Toast or heat the waffles in microwave.
2. Allow children to spread peanut butter or cream cheese on waffle.
3. Top with banana slices and honey.
4. Fold in half like a taco.

Please wash hands and handle food properly.

Fruit Pizzas

INGREDIENTS

- Whole wheat English muffins
- Low-fat cream cheese
- Sliced fruit:
 - Kiwi
 - Strawberries
 - Peaches
 - Bananas

DIRECTIONS

1. Spread cream cheese on English muffins halves.
2. Have children top with sliced fruit and enjoy!

Please wash hands and handle food properly.

Fruit Pops

INGREDIENTS

- Cantaloupe
- Watermelon
- Honeydew
- Small cookie cutters
- Wooden or plastic sticks

DIRECTIONS

1. Slice fruit to 1 inch thick slices.
2. Allow children to choose cookie cutters and cut the fruit into fun shapes.
3. Insert a wooden or plastic stick into the bottom to create a fruit pop.
4. Consider freezing the pops and save them for later.

Please wash hands and handle food properly.

Fruit and Vegetable Dissection

- Cut various fruits and vegetables in half.
- Encourage children to explore with these questions:
 - What color is it, inside and outside?
 - What's the texture like?
 - Which ones have seeds?
 - Which ones are fruits and which are vegetables?
 - What else do you notice about the fruits and vegetables?

Adapted from Kids Garden by Avery Hart and Paul Mantell



How Does It Grow?

Ask children: “**How does a ____ grow?**”

- On a tree or plant?
- Below the ground or above the ground?

Use the list below as a guide:

Peanuts

- Seeds of a plant
- Grow underground

Potatoes

- Grow from a plant
- Grow underground

Carrots

- Root of a plant
- Grow underground

Broccoli, Cauliflower

- Part of a plant
- Grow above ground

Beans

- Seeds of a plant
- Grow above ground

Lettuce, Spinach

- Leaves of a plant
- Grow above ground

Oranges, Lemons, Limes

- Grow on a tree
- Grow above ground

Blueberries

- Grow on shrub-like plants
- Grow above ground

Apples, Peaches

- Grow on a tree
- Grow above ground

Adapted from <http://www.preshoolrock.com/>

Dramatic Play

- Take children on a walk through a garden.
- Ask for children to point out different things they see in the garden.
- Have children imitate those items, i.e. a tree blowing in the wind, a butterfly flying around or a flower growing from the ground.
- Call the items out and have everyone participate in acting them out.



Edible Sprouts

- Wet paper towels and fold in half.
- Place 3 or 4 seeds on top of each paper towel.
 - Seeds to use: alfalfa, barley, broccoli, buckwheat, celery, dill, fenugreek, lentil, lettuce, mung bean, pumpkin, radish, sunflower, and wheat.
- Fold the paper towels in half again, place in plastic bags and securely seal.
- Place bags in a sunny area like a windowsill or tape directly to a window.
 - Plants come out of the seed and grow roots.
- Check the paper towels daily and keep them moist.
- In 5-7 days the seeds will sprout and will be ready to be eaten.
- Eat the sprouts plain or put them on a salad.

Use seeds meant for eating and free of chemicals.

Adapted from <http://www.garden.org/>

Bean Drawing

- Have children glue a bean towards the bottom of a blank piece of paper.
- Ask children what they think will grow from the bean and have them draw it.
 - Make sure to have them draw roots from the bottom of the bean and a stem from the top.
- You can also have children draw leaves and a flower.

Adapted from <http://www.preshoolrock.com/>



Taste Test Challenge

Allow children to explore the new foods.

- What color is the food?
- What does it look like?
- What does it remind them of?

Encourage children to try “one bite” of each food together.

- Discuss what the foods taste like: sweet, tart or bitter.
- Ask if they liked it or not.

Build Children Up With Words

- Provide children a piece of paper titled: "I am good at..."
- Ask children to think of one thing they are good at, i.e., playing sports, coloring, writing, singing, drawing, sharing, etc.
- Have children draw themselves doing that activity.
- Send the picture home to share with parents



Make Breakfast Count!

Invite parents to share this quick-to-make breakfast.

BAGEL GONE BANANAS

Ingredients:

- 2 tablespoons natural nut butter* (almond, cashew, or peanut)
- 1 teaspoon honey
- 1 whole-wheat bagel (split and toasted)
- 1 small banana (peeled and sliced)

**Have a nut or seed allergy, use cream cheese instead of nut butter.*

Directions:

1. Mix nut butter and honey in a small bowl.
2. Spread the mixture between bagel halves.
3. Top with banana slices.
4. Serve with low-fat milk.

Adapted from http://www.eatingwell.com/recipes/banana_peanut_butter_bagel.html

Make Each Plate a Healthy Plate

Have children recreate MyPlate.

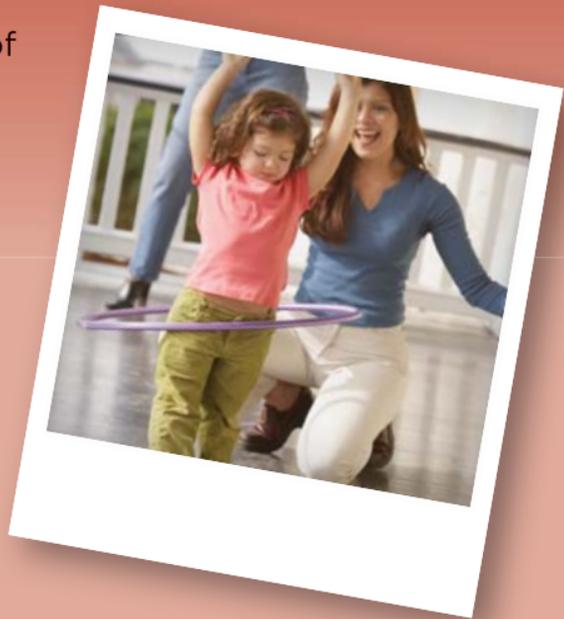
On paper, draw a large circle and two lines that crisscross to cut the circle into four sections. Label the sections: Grains, Proteins, Fruits and Vegetables. Add a small circle at the top right of the plate and label it Dairy.

- Have children cut photos of foods out of magazines and newspapers.
- Ask children to place the photos into the correct sections of the plate.
 - Help them glue the pictures onto the plate in the proper section.
- Display their work on the wall for parents to see.

An Hour a Day to Play

Encourage children to get 60 minutes of physical activity every day.

- Include activities from the healthy activity section of the Ring of Fun or create new active games.
- Hold a family night and have parents participate in games with their children.



Cold Weather Fun

Encourage parents and children to play together by hosting an Outdoor Family Fun Night. Plan a variety of activities including:

SNOW PILE OLYMPICS

- **Long Jump** – Mark a starting line in the snow. Have children jump as far as they can.
- **Snowball Target Throw** – Have children toss a ball at a circle drawn in snow.
- **Snow Pile Hurdles** – Use piles of snow for children to run and jump over.
- **Snow Obstacle Course** – Use the snow hurdles as part of an obstacle course.
- **Snow Creature Contest** – Have families put a twist on building snowmen.

Healthy Celebrations

Create a delicious work of art!

Ingredients:

The Cement

- Peanut butter*, cheese spread, yogurt, pizza sauce or ranch dressing

The Decorations

- Grape halves, peas, corn, beans, celery, carrots, zucchini or cucumbers cut into sticks or rounds
- Banana, apple or pineapple slices; melon balls; or orange sections

**Have a nut or seed allergy, use cream cheese instead of peanut butter.*

Directions:

1. Display all materials and give each child plastic utensils and a plate as their canvas.
2. Suggest that they use their imaginations to build: sharks, monsters, cars, flowers, or have them write their names, etc.
3. Take pictures of their creations for children to take home and share with parents.

Please wash hands and handle food properly.

Adapted from Familyfun.go.com

Reduce Screen Time

Implement a no screen time policy. Have children help support this new policy by decorating posters of other activities they can do instead of watching TV, playing video games or being on the computer. Activities can include:

- Playing sports
- Biking
- Walking
- Reading
- Writing
- Drawing

Hang the posters around the room for all to see.



Growing Great Tasters

Invite parents to join their children in a Tasting Fair.

- Have stations for all 5 food groups.
 - Grains, Protein, Vegetables, Fruits and Dairy
- Provide several foods to try at each station.
- Create a “food group passport” for children and stamp it for each station they try!

Take Time for Meals

Treat mealtime as a special occasion.

- Have children help set the table including: tablecloth, silverware, plates, cups, napkins and a centerpiece.
- Play light music in the background.
- Encourage children to practice good manners, i.e., using please and thank you.



Water First for Thirst

Buried Treasure

- Put strawberry, banana or lemon slices at the bottom of a clear glass of water.
 - Remove the seeds from the lemon first.
- Have children try to pull the fruit up with a straw.
 - They will slurp up a lot of water in the process.
- Explain that it is easier to retrieve the fruit if they drink the water to lower the level.
- Take pictures of the activity and create a collage to display and share with parents.

Adapted from http://www.ehow.com/info_8291822_games-make-drinking-water-fun.html

Good Rest is Best

- Ask children to pick their favorite bedtime story from home, the library or the classroom.
- Choose a different child's favorite story to read each day.
- Compose a book list of the group's favorite stories and send it home with parents.



Make Snacks Count

Create delicious Carrot Patches in small terra cotta pots!

Ingredients:

- Hummus
- Baby carrots
- Curly parsley

Directions:

1. Spoon hummus into small cups to fit inside small terra cotta pots.
2. Poke holes in the carrots using a toothpick
3. Insert a small piece of parsley in each hole.
4. Plant carrots in each pot by putting bottom half of the carrots into the hummus.
5. Send home carrot seeds with the pots so each family can plant their own carrots at home.

Adapted from <http://www.tasteandtellblog.com/carrot-patches/>