

Lifelong Journey: Healthy Habits

MODULE THREE

PHYSICAL ACTIVITIES

Physical activity is key in a healthy lifestyle. We must include physical activities in our day-to-day routines in addition to the healthy habits we are establishing of trying new, nutritious foods from all the food groups.

The theme of the calendar is Imagination Station. Children can easily identify with the physical activity in each of the illustrations of the calendar and we can incorporate those activities into fun games for our kids to play. Jump the Moat as a knight, Dino Dance with your best dino moves, or Hot Spot Hop like a superhero. Anything can be made into a physical activity. Imagine and exercise the mind!

Video games and electronics are escalating in popularity even for our youngest, we need to enforce the importance of physical play. This includes using our imaginations. Teach them how to create their own games that get their bodies moving or teach them how to appreciate the "classic" games, like Red Rover, Duck, Duck, Goose, or Simon Says.

Ask children to create new toys and games using old toys and discarded objects. Who needs a bat and a ball when you have a wrapping paper roll and crumpled paper? Stuck indoors on a cold winter day? Use a ball of paper and kitchen bowl to score baskets! Simply keep the kids up and moving.

IN YOUR CALENDAR

Remember to use your 2022 NCA Nutrition Calendar as a tool. Each month offers nutritious recipes, nutrition notes, and physical activities to help guide you in teaching a healthy lifestyle.

NOTES

CLASSIC CHILDREN'S PLAYGROUND GAMES

- Hide-and-go-Seek
- Four Square
- Horse
- Hot Potato
- Hopscotch
- Tag
- Red Light, Green Light
- Mother, May I?
- Marbles
- Kick the Can
- Jacks
- Parachute
- Jump Rope
- Double Dutch
- Freeze Tag
- Shadow Tag
- Simon Says
- Red Rover
- Duck, Duck, Goose
- Musical Chairs
- Freeze Dance
- Telephone
- Chopsticks
- Limbo
- Follow the Leader
- Hula-Hoop
- Leap Frog
- London Bridge
- Bubbles
- Bean Bag Toss
- What Time is It, Mr. Wolf?