



Welcome Back!

Welcome to the Florida's HEROs ECE Provider Newsletter!

Below you'll find key resources and information on the Florida's HEROs recognition application, events, and trainings.

Thank you for all that you do. We're glad you're here.

Resource of the Month

Have you ever turned a paper plate into a lily pad? Or a tambourine?!

Paper plates can be used for just about any game to get children up and moving throughout the day. Even tic-tac-toe!

Check out these 25 active things to do with paper plates.

English

BE ACTIVE KIDS
25 Active Things To Do With Paper Plates

- Use 2 as **ice skates** and skate around the room.
- Use one as a **target**—tape it to a wall or hang from a tree.
- Throw a paper plate like a **frisbee**.
- Make **staplights** with 3 colored staplight colors. Hold up a plate and have kids stop for red, walk slowly for yellow, and run for green.
- Cut the middle out and use as a **ring toss**.
- Use them to make **mud pies**.
- Cut the middle out and try to **throw a ball through it**.
- Make **healthy plates**. Spread pictures of healthy food around the room and have children pick up a few and run back to tape them on their plate.
- Pretend taped plates on the floor are **lily pads**—jump or leap between them.
- Try to **balance** one on your head while walking at different speeds—slow, fast, medium.
- Hold one in each hand with arms extended and pretend they are **wings**—fly around the room.
- Draw **numbers** on them and see who can put the numbers in order the fastest.
- Draw **letters** on them and spread them out in a large area. Have children race to the letter you call out.
- Make a **tambourine**. Punch holes around the edges of 2, put rice or beans between, and weave string through the holes to connect them. Pretend you're in a marching band—march as you play your tambourine.
- Play **Musical Plates**. Tape them to the floor in a circle. Dance, hop, walk or jump from plate to plate. *Plates may slip, so use caution when moving.*
- Play **Hopsotch**. Write a number from 1–10 on each and make a hopsotch pattern with them.
- Make **active cardboard creations** with box/plates/craft materials for children to create a car, boat, train, etc.
- Make a **wheel charade game**. Glue pictures of planes, trains, cars, motorcycles to plates and set each out.
- Decorate** with eye catching colors and things that make noise. Have infants and toddlers try to hit or kick it.
- Play **Tic-Tac-Toe**. Write a big "X" on 5 and a big "O" on 5. Draw a tic-tac-toe grid with chalk on the ground.
- Play a **life-size board game**. Line plates up in a curvy path with "start" written on a plate at one end and "finish" on the other. Roll a large die (made out of foam or a small box) and jump or hop from spot to spot.
- Make racquets and play **racquetball**. Tape a paint stick or paper towel roll to a plate to make a racquet. Use socks, pom poms or other light-weight objects and practice striking them with the paper plate racquet.
- Use the plate as a **steering wheel** and actively pretend to drive around town running various errands.
- Line up various sized plates to use as an imaginary **balance beam**.
- Make an **animal mask**. Draw your favorite animal face on your plate and move like your animal.

Note: You can modify some of these activities by varying the distance, height, and amount of plates to make this a successful and positive movement experience for children of all ability levels.

Is Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7912 about how you can bring Be Active Kids to your child's center or school.

www.beactivekids.org
[facebook.com/beactivekids](https://www.facebook.com/beactivekids)

UPDATED Florida's HEROs ECE Application

Florida's HEROs (Healthy Environments for Reducing Obesity) recognizes Florida's ECE providers that focus on creating healthy environments that combat obesity for children ages 0 to 5.

The goal is to encourage YOU to take proactive steps to improve your



program's practices and policies related to encouraging healthy behaviors among the children and families you serve.

We've recently updated our application to streamline the process, so you can spend more time doing what you do best.

Click the link below to apply to Florida HEROs today!

[Apply Now](#)

Training, Resources, & Events

Need help goal setting or applying to FL HEROs?



Go NAPSACC is an evidence-based platform designed to help ECE providers improve the health of young children by providing step by step guidance to enhance childcare program practices and policies.

This tool is now **FREE** for ECE programs in Florida working with a local Technical Assistant (TA) Consultant. To learn more about working with a TA Consultant and using Go NAPSACC, contact FL HEROs using the link below.

[Contact Us](#)

Become a Child Care Food Program (CCFP) Provider



Children who eat nutritious food early in life are at lower risk for developing childhood obesity. Unfortunately, many children are not getting enough food or nutritious food to eat at home.

The Florida Department of Health's Child Care Food Program (CCFP) is a federally-funded program that provides nutritious meals and snacks to eligible children who are enrolled with participating child care providers.

Click the link below to learn more about becoming a Child Care Food Program (CCFP) participating site.

[Learn More](#)

ABCs of a Healthy Me Online Training

Watch this **FREE** six-part online training, ABC's of a Healthy Me. Learn more about the FL HEROs and the five best practice areas for promoting a healthy weight in children ages 0 to 5 in the ECE setting.



ABC's of a Healthy Me
Session 1 - Overview

Complete all six sessions to earn
1 Continuing Education (CE) Credit!



[Complete Training](#)

School Garden Leadership Training

Florida Agriculture in the Classroom and UF/IFAS Extension Family Nutrition Program are excited to host a series of 8 free virtual School Garden Leadership Trainings



for the 2021-2022 school year. This training and networking experience is designed for Florida school garden leaders of all levels to build gardening confidence, foster collaboration among leaders, and strengthen garden programs for long-term success.



Sessions will take place online via Zoom on Thursdays from 3:30 - 5:00 PM.



[More Info](#)

The Florida's HEROs ECE Recognition is supported by the following:



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