



Resource of the Month

TAKE IT OUTSIDE! WEEK

Use these simple 15 outdoor activities to get your children moving. The activities listed only require you, your child, and your imagination.

Did You Know? Physical activity for young children is an important component of early brain development and learning. When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways- go outside and practice walking, running, galloping, slipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow Run- talk about the colors of the rainbow as you name colors, run & touch 3 things that are that color.
5. Go for a walk- breath in the air as you swing your arms and hold your head high.
6. Take a walk; first go in straight lines, then curvy lines, and then try walking backwards.
7. Get outside and practice running. When you are running work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling in different ways...long, straight body and a curled up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal- move and sound like that animal.
12. Pretend to be a growing flower. First you are a tiny seed in the ground and then grow into a big flower.
13. Pretend to be a balloon - first without air, being blown up, floating around, and then being popped.
14. Motions of the weather- use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.
15. Pretend to move like different foods- melt like a popsicle or pop like popcorn.

www.headtothetopstart.org | Explored with permission from Head Start Body Start

It's the season to be outside and moving in the Sunshine State!

According to this resource from the National Center for Physical Development and Outdoor Play, "Physical activity for young children is an important component of early brain development and learning."

Check out these 15 simple ways to get young children moving.

English

Spanish

UPDATED Florida's HEROES ECE Application

Florida's HEROES (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?



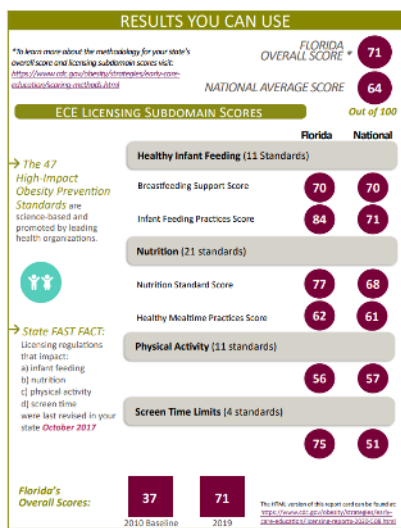
Go NAPSACC is an evidence-based platform designed to help ECE providers improve the health of young children by providing step by step guidance to enhance childcare program practices and policies.

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

Helping Young Children Thrive

[According to the CDC, 1 in 7 children aged 2 to 5 have obesity.](#) ECE programs have a major opportunity to influence how active children are and what they eat, which is important for



building healthy habits for the future.

In 2019, the CDC published a Florida scorecard outlining how well Florida licensing regulations for child care centers support obesity prevention efforts. Learn more about Florida's scorecard at the link below.

[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

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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