



# Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

January

## New Beginnings

The new year signals a new beginning. Your family may be thinking about starting to exercise. To be successful in the long run, set goals that are reasonable and realistic. Use the SMART system to help you do this.

- Specific
- Measureable
- Action Oriented
- Realistic
- Timely



Here is an example of a **SMART** goal...

*We will walk for 15 minutes, every Monday, Wednesday and Friday after dinner for the entire month of January. In February, we will meet and talk about our goal.*

## New Habits

January is a month of creating new habits.

**Habit:** *A behavior pattern that comes from doing something over and over again until it becomes natural to do often without thinking.*

We tend to think of a habit as something bad (smoking, overeating, etc.) but it doesn't have to be. Help your family create some new habits for the new year. Here are some examples. *We will...*

- *always wear our helmets when bike riding*
- *only watch TV for ½ hour each day*
- *eat a family meal together at least once a day*
- *try a new food once a week*
- *use the stairs instead of the elevator*



## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might have heard them singing some of the Choosy Kids songs. There are a lot of benefits to using music with children.

Children exposed to music and movement:

- Do better in reading and math.
- Are able to focus more and control their bodies.
- Play better with others and feel good about themselves.

To add music to your life...

- Listen to music in the car or while doing chores.
- Make musical instruments out of pie pans, empty containers or paper towel rolls.
- Purchase music CD's for your child as a birthday or holiday gift.
- Find out from your child's teacher what songs they are singing in school and learn the lyrics so you can sing along.
- Check out the local newspaper for free concerts and take your family.

For more information on Choosy Kids music or to sample the music, visit:

<http://www.choosykids.com/CK2/av/>

## Move it!

This month's Move It! focuses on fun that families can have at home with very few materials. Children will improve their range of motion, flexibility, coordination, self control and creativity.

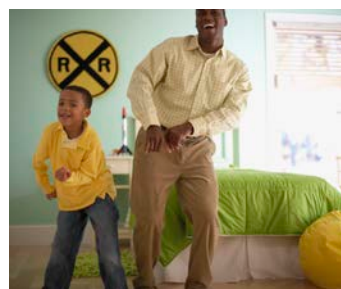
### Dance Party

An inside winter activity! The weather might be cold outside but that doesn't have to keep you from being active. Why not host a family dance party? It only takes a few moments to get ready.

- Clear out the center of a room. Make sure the floor is free from objects that will prevent you from moving freely. If necessary, push any furniture closer to the wall.
- As a family, decide on some music to play.
- Turn on the music and show your moves!

Here are some ways to mix it up.

- Vary the music: fast/slow, loud/soft, high/low notes.
- Take turns leading the "moves" while others imitate them.
- Dance with scarves or streamers.



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)

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# Keystone Kids Go!

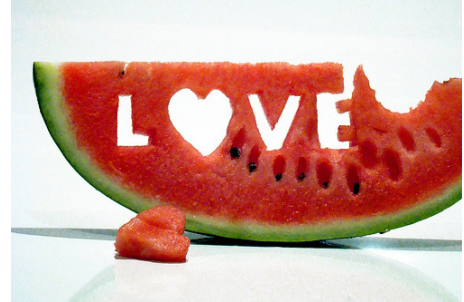
Families Moving Together for Fun and Fitness

## Family Newsletter

February

### Love your heart!

Children need to have MVPA every day. MVPA stands for Moderate to Vigorous Physical Activity. When children get their daily MVPA, they are building strong hearts. Here are some examples of moderate and vigorous activities:



**Moderate activities** (make your heart beat a little faster)

- Walking
- Swinging
- Playing on a see-saw
- Pedaling a bike on a flat surface

**Vigorous activities** (make your heart beat really fast)

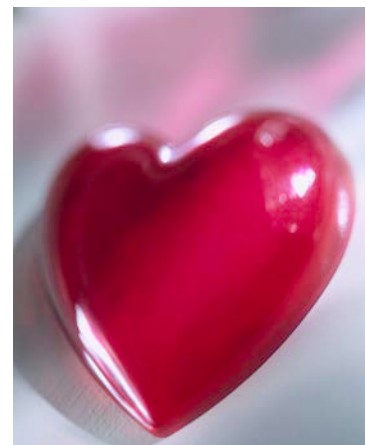
- Running
- Pedaling a bike uphill
- Going up a couple flights of stairs
- Playing a game of tag

And there is no better way to make your heart happy and healthy than by doing MVPA activities together as a family.

### Know your heart

February is usually associated with love and hearts. How well do you really know your heart? Here are some fun facts about the most important muscle in your body.

- Clench your fists and put them side by side. This is roughly the size of your heart. A child's heart is about the size of one clenched fist.
- A woman's heart weighs about 8 ounces and a man's is about 10 ounces.
- The human heart beats 35 million times a year.
- Women's hearts beat faster than men's.
- The left lung is smaller than the right to make room for the heart.



## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from this [I'm Moving I'm Learning](#) CD song.

### My Heart Says Thanks

When I eat my fruit (make eating motions),  
my heart says thanks.

Bump, bump, bump, bump (tap your heart  
with your hand) my heart says thanks.

When I drink my milk (make drinking motion),  
my heart says thanks.

Bump, bump, bump, bump (tap your heart  
with your hand) my heart says thanks.

When I rest and sleep (pretend sleep), my  
heart says thanks.

Bump, bump, bump, bump (tap your heart  
with your hand) my heart says thanks.

But when I move, move, move.... (move your  
body)

And when I jump, jump, jump... (jump)

And when I hop, hop, hop... (hop)

And when I run in place... (run in place)

My happy healthy heart says,  
My happy healthy heart says,  
Bump, bump, bump, bump (tap your heart  
with your hand) my heart says thanks.

For more information on Choosy Kids music or  
to sample the music, visit:

[www.choosykids.com/ck2/av](http://www.choosykids.com/ck2/av)

## Move it!

This month's Move It! focuses on a well known song and game, The Hokey Pokey. This activity is a wonderful way to help your children improve their listening skills and vocabulary.

### Winter Hokey Pokey

The Winter Hokey Pokey is a great activity to do during the cold, inside winter months. It is also a great way to get your children dressed and ready to head outdoors.

You simply use the Hokey Pokey song and make changes based on what clothing your children have. For example:

- You put your *mitten* in, you take your *mitten* out, you put your *mitten* in and you shake it all about. You do the Winter Hokey Pokey and turn yourself around. That's what it's all about!
- You put your *boots* in...
- You put your *coat* in...
- You put your *hat* in...
- You put your *scarf* in...
- Add anything else you might be wearing



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March

## Go Green

Spring has almost sprung. It won't be long before you can head out into the great outdoors for fun and sun. This month's newsletter features things you and your family can do inside to turn trash into treasure. Think about what you usually throw away. Many things like cans, plastic bottles, cardboard and paper can be remade into new items. Making recycled goods takes less energy and fewer resources than making products from brand new materials.



## "Green" Bean Bags

Where did the other sock go? Ever ask yourself that question while doing laundry? Now you can create bean bags from lonely or worn out socks. You will need:

- Old or single socks
- Scissors
- Stuffing (beans, Styrofoam, popcorn, etc.)
- Something to close the end up with (needle and thread, strong glue, duct tape)



Directions:

1. Cut off the open end of the sock, leaving 4-5 inches.
2. Fill the toe of the sock with stuffing. Make sure to leave enough room to close it off and for the stuffing to be able to move around a little.
3. Close up the end with what materials you have.

**Note...** If you chose to close the sock with a needle and thread or certain types of glue, it is advisable that an adult do it. Another option is to leave the sock alone and simply close the end with a knot.

Use your bean bags in a variety of ways. Not sure what to do? Check out the Move it! section for a fun inside activity.



## Chant it!

Phonological Awareness is a very important skill children need to become readers. The best way to help children to develop Phonological Awareness is by encouraging them to do something they love... play with words. This month's Chant it! focuses on the rhyming song, **Willoughby Wallibby Woo**. You and your family can get creative and make up your own silly song.

### Willoughby Wallibby Woo

Willoughby wallibby **wee**  
An elephant sat on **me**  
Willoughby wallibby **woo**  
An elephant sat on **you**  
Willoughby Wallibby **Wusten**  
An elephant sat on **Justin**  
Willoughby Wallibby \_\_\_\_\_  
An elephant sat on \_\_\_\_\_



## Move it!

This month's Move It! focuses on an inside tossing activity. All it takes is a little preparation and safety check.

### "Green" Bean Bag Toss

You will need:

- Bean bags (refer to the activity on the front page of this newsletter)
- Cardboard box
- Tape or a piece of paper

**Note...** *To involve the children even more, you can give them markers or stickers to decorate the box. You can also cut holes of various sizes in the side of the box.*

Directions:

1. Find a good place in the house to set up the game, somewhere free from fragile objects and plenty of room.
2. Set the box on the floor, either with the opening on the top or the front.
3. Place a piece of tape or paper to show the children where to stand. The older the child, the further away from the box.
4. Encourage your children to throw the bean bags with the goal of getting them in the box.



To make the bean bag toss box shown above, visit:

<http://www.make-baby-stuff.com/bean-bag-toss-game.html>

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May

## The Benefits of Exercise

You hear a lot about the benefits of exercise for adults but seldom for children. That doesn't mean that it isn't important. Children who are more active:

- have stronger muscles and bones
- tend to be leaner and have less body fat
- are less likely to develop Type II diabetes
- have lower blood pressure and blood cholesterol levels
- have increased attention and do better in school
- feel good about themselves and are better able to handle physical and emotional challenges



## The Three Types of Fitness

Did you know that there are three types of fitness? They are endurance, strength and flexibility. Here is what you can do to help children develop them:

- **Endurance:** Children need to do things that cause their heart to beat faster and them to breathe harder. Not only does it make their heart stronger, it improves blood flow. Examples of activities that promote endurance are swimming, running, soccer and games like tag.
- **Strength:** This doesn't mean that your child has to head to the gym and lift weights. Encourage them to do things that will make their muscles stronger like push-ups, pull-ups, handstands and climbing.
- **Flexibility:** Stretching increases flexibility and allows the muscles and joints to bend more freely. Look for ways to get your child to stretch like reaching for things or doing windmills.



## Chant it!

This month's Chant it! is a song that you can chant as you act out the motions. This activity encourages your child to listen and follow directions while increasing flexibility.

### Flexibility: Stretching Song

Stand up straight and look to the left.

Now, look to the right.

Now, look to the sky.

Now, look to the ground.

Put your arms up high and stretch to the sky.

Put your arms real low and touch your toes.

With your left hand point to the right.

With your right hand point to the left.

Sit on the floor with your back up straight.

We're gonna stretch out, it's gonna feel great.

Put your legs straight out and touch your toes.

Stand up straight and wiggle your head.

Stand up straight and wiggle your arms.

Stand up straight and wiggle your hips.

Stand up straight and wiggle your legs.



## Move it!

This month's Move It! features a classic game that will help your child develop endurance. It might even remind you of an old elementary school favorite... TV Tag.

### Endurance: Fruits and Veggies Tag

Directions:

- Decide who is "it." You can do this by flipping a coin or playing Rock, Paper, Scissors.
- Everyone else should get a 5 second head start running.
- Play the game as you would for regular tag. The tagger will try to tag the runners. The difference is that the runners will need to call out a fruit or vegetable to be "safe."
- Safe people are free from being tagged for 10 seconds.
- The safe person can call out the fruit or vegetable and then sit down so it is obvious that they are safe.
- You can only use a fruit or vegetable for one save. The next time you need to think of another.
- Taggers cannot "babysit" or "puppy guard" the safe person.
- The entire name of the fruit or vegetable needs to be said before being tagged in order to be safe.

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April

## New Life

The outdoors is finally coming to life. The cold weather has gone, things are starting to get green and it is time to head outside. Outside the ground might be soft from the winter thaw or muddy from the April showers. Not to worry... Think about what you can do on sidewalks, playgrounds or porches. Some favorite items are sidewalk chalk and bubbles. Don't have any bubbles? Check out the bubble "recipe" below using common kitchen items.



## Joyful Bubbles

You will need:

1. 2 cups dish detergent
2. 6 cups water
3.  $\frac{3}{4}$  cup Karo syrup (corn syrup)

Directions: Mix everything together and let sit overnight.

Bubble tips:

1. If bubbles pop easily or the solution does not work well, add more water.
2. Do not shake or stir the bubble mixture.
3. Dawn and Joy seem to be the best choices for bubbles.
4. Bubbles work great on an overcast day. In addition to this, they love moisture so be sure and try them out after a rain.
5. To catch a bubble in your hand, wet it first.



## Chant it!

This month's Chant it! features a song set to a familiar tune. Your child will learn about shapes and body parts as they go through the words and motions.

### Bubbles, Bubbles

(Sung to the tune of Twinkle, Twinkle, Little Star)

Bubbles floating all around, (Pretend to catch bubbles)

Bubbles big and bubbles round. (Make a big circle using your arms)

Bubbles on my toes and nose, (Reach over and touch toes, stand up and touch nose)  
Blow a bubble... up it goes! (Pretend to blow bubble and move hand upward)

Bubbles floating all around, (Twist and turn body while pretending to catch bubbles)  
Bubbles falling to the ground. (Sing slowly as you sink to the ground)



## Move it!

This month's Move It! focuses on an engaging activity the entire family can do. Your child will work on problem solving and motor skills as they play with the bubbles.

### Pop, Goes the Bubble!

Bubble play is fun for children of all ages. Try out this activity using things you already have around the house. Some examples are a slotted spoon, funnel, fly swatter, mason jar lid ring and cookie cutters.

You can also craft a bubble wand of your own using a wire coat hanger. Wire hangers can be bent, by an adult, into a variety of shapes and sizes. Use pliers to straighten the wire. Next, bend a large loop at one end leaving room for a handle. Close the loop end off by wrapping a bit of the end around the handle. Plastic-coated wire hangers work best for this although any stiff, flexible wire will work.

Encourage your child to predict which bubble wands will work best. Which will make the smallest bubble? Which will make the biggest bubble?

Blow bubbles up high and blow them down low. Encourage your child to run and jump to catch the bubbles. You can have them squat down low to pop them. Mix it up so they need to make a variety of moves to get them popped.

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June

## Go Team!

In today's world many children play sports, however some just aren't interested. Here are a few reasons why a child would avoid sports.

- **They aren't developmentally ready.** It's not until age 6-7 that children have the physical skills, attention span and ability to grasp sports rules.
- **The coach or team is too demanding.** Children are intimidated when they are being pressured or yelled out.
- **They are shy.** Shy children tend to be uncomfortable when put in a situation where they need to work with others.
- **They carry extra weight.** Overweight children tend to feel more self self-conscious.
- **They haven't found the right sport yet.** Not all children like to do the same things or possess the skills to do certain activities.
- **They have a health condition.** Children with certain health conditions, such as asthma, may feel uncomfortable or not able to do certain activities.

## Team Family

Here are some things that you can do to help your child be more comfortable with sports and in team situations:

- Play games that help prepare them to be on a team. This could include playing kickball, catch or running games.
- Encourage your child for their efforts. Give high fives or fist bumps. Think about what skills they need to further develop and give them more opportunities to practice them.
- Make it fun... smile, laugh and have a good time.
- Involve other children in the play. A cousin, neighbor, or friend will help your child learn to play with others in a team setting.



## Chant it!

This month's Chant it! is based on the old-time classic, ***Take Me Out to the Ballgame***. This song has been adapted to include motions to get your child more involved.

### Take Me out to the Ballgame

Take me out to the ballgame, (pretend to be swinging a baseball bat)

Take me out with the crowd.

Buy me some peanuts and Cracker Jacks, (use one hand to motion like you are popping a piece of popcorn into your mouth)

I don't care if I never get back. (shake your head back and forth like you are saying *no*)

Oh it's root, root, root for the home team, (pump your fist three times like you are cheering).

If they don't win it's a shame. For it's one, two, three strikes you're out at the old ball game. (hold up fingers as you count 1,2,3).



## Move it!

This month's Move It! focuses on an easy homemade activity. This activity helps promote the development of eye hand coordination and gross motor skills.

### Milk Jug Catch

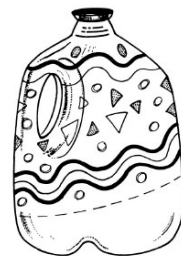
You will need:

- 2 clean plastic milk jugs
- Scissors or craft knife
- Permanent markers
- Soft foam ball or plastic ball

Directions:

1. An adult should cut the bottom off the milk jugs, leaving the end with the handle and spout.
2. Decorate the plastic scoops with permanent markers.
3. Each player will need a scoop. Toss a ball to your partner, who will catch it in the scoop. Then your partner throws the ball back to you to catch in your scoop.
4. To make the game harder, throw the ball when it is still in the scoop. Use a soft foam ball to play the game inside and a plastic ball to play outside.

**Tip...** For an easier game, use gallon jugs. To make the game more challenging, use quart jugs.



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July

## The Bike Trail

Remember the days when kids played outside as long as the sun was shining? Unfortunately outdoor play is less and less common for many children. There are a variety of reasons why. Families have busy schedules, outdoor safety is a concern and sometimes children are “busy” inside watching TV, playing video games or on the computer. We need to consider getting back to the basics and head outside for play and physical activity. A great way to do this is to bike together as a family.



## Safety First

To keep you and your family safe, here are some questions to ask yourself before heading out:

- Do the tires have the right amount of air?
- Do all parts on the bike work well?
- Is the bike the right size for the rider? Neither too big nor too small.
- Is everyone wearing bright colors so they can be seen from a distance?
- Does everyone have a helmet that is the right size and bright in color?



Other safety issues to talk to children about:

- Both hands on the handle bars
  - Be aware of your surroundings (other bikers, people walking, pets, etc.)
  - One person per bike
  - Ride only in safe areas, free from traffic
-



## Chant it!

This month's Chant it! is a rhyme you can recite while doing the motions. Not only will your child be using their listening skills, they will work on motor skills development, too.

### My Bicycle

One wheel, two wheels, on the ground,  
(form circles with hands)

My feet push the pedals round and round.  
(roll one hand over the other)

My hands are on the bar to steer, (imitate  
holding handlebars)

Watch out, I'm coming, everyone clear!  
(imitate driving bicycle)



## Move it!

This month's Move It! focuses on an old time favorite that promotes balancing while developing gross motor skills. On top of this, it's silly and just plain fun!

### Upside Down Bicycle

Directions:

1. Lay down flat on the floor with your arms at your side.
2. Push your bottom up off the floor using your legs.
3. Bend your arms at the elbow and with the palm of your hand, support your bottom.
4. Once stable, move your legs around in a circular motion while extended up toward the roof. Just like you are riding a bike.
5. Try bicycling with the legs going in one direction and then switch to have them go in the other direction.

Another option: Sit on the floor with your legs straight out in front of you. Lean your body back and support yourself with your hands. Lift your legs off of the floor and move them as if riding a bicycle.

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August

## A Real Character

Children are surrounded by characters on a daily basis. They see them on TV, in movies and books and hear them in music. Some characters have a negative influence, while others are positive. What characters do your children adore... Elmo? iCarly? Dora? Thomas the Train? Regardless of the character, they influence your child's choices. Think of a recent trip to the store. Was there something your child wanted because of the character on the box? It is very difficult to talk your child out of the sugary cereal with their "friend" on it when you'd prefer they have something healthier. Plan your trip before you go. Here are some tips to guide you:



- Know what you are buying before you even enter the store and be specific. (Wheat Chex vs. cereal)
- Give your children jobs. For example: Have them pick out 4 apples, find the cheapest canned corn or match coupons to products.
- Make sure your child is not tired or hungry.
- Give your child choices. When they want the \$4.00 iCarly juice, explain that you need to buy the x,y or z brand and let them choose from that brand's flavors.

## Be Choosy with Choosy

Who exactly is Choosy? Choose **H**ealthy **O**ptions **O**ften and **S**tart **Y**oung. If your child is enrolled in Head Start, you are likely to know who Choosy is. Choosy is the *I am moving I am learning* ambassador for healthy living. He is a role model who encourages children to make healthy food choices, be physically active and take care of their bodies. To hear more about Choosy, visit:

[www.choosykids.com](http://www.choosykids.com).



## Chant it!

If your child is enrolled in a program that promotes *I am **moving** I am **learning***, you might be familiar with the words of this chant, adapted from this I'm Moving, I'm Learning CD song. Go Choosy!

### Choosy Hears

Everybody move (move around the room)  
Now freeze. (freeze in place)

Choosy Hears... What does Choosy hear?  
(hold hand to ear)

Choosy hears cars beeping on the highway.  
(beep your imaginary horn)

Choosy hears horses galloping on the farm.  
(gallop around the room)

Choosy hears wind blowing through the tall trees. (sway your body side to side)

Choosy hears balls bouncing on the pavement. (pretend to bounce a ball)

Choosy Hears... What does Choosy hear?  
(hold hand to ear)

Choosy hears chickens clucking in the barnyard. (make clucking noise)

Choosy hears popcorn popping in the microwave. (jump in place like popcorn)

Choosy hears a truck backing down the driveway. (walk backward)

Choosy hears a bear in the forest. (stomp the floor with big bear paws)

## Move it!

This month's Move It! focuses on balance. Choosy encourages children to make healthy choices. He doesn't say that you can never watch TV or eat cake. Choosy teaches children that these are "some of the time" things and that children need to balance their choices.

### Choosy Balances

Balance is being able to control the position of your body and hold that position, both moving and in place. Balance is learned. Here is a great way to get your child to work on balance. Call out the following, allowing them time to think about the move and how to do it. Balance on...

- 2 feet
- 2 feet and 1 hand
- 1 foot
- 1 foot and 2 hands
- 1 foot and 1 hand
- 2 knees
- 2 knees and 2 elbows
- 2 knees and 1 elbow
- 2 knees, 2 hands and 1 head
- 2 knees and 1 head
- 1 bottom and 2 hands
- 1 bottom only



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September

## School Days

September is famous for the start of school. You most likely have been shopping and preparing for school to start. New shoes, backpacks and bedtime routines aren't the only things to consider. Did you know that your child's physical activity has an impact on how well they do in school? Movement stimulates brain activity. Movement increases blood flow and helps children think more clearly. Certain movements even prepare your child to become a reader. Check out this month's Move it! activity for a great way to help your child learn the alphabet while moving their body.



## Back to School Tips

The key to preparing your child for school is careful planning. Here are some ways you can make it a success.

- Start early with the new routines. Don't wait until the night before school to change the dinner, bath, story and bed times.
- Make sure your child starts the school day with plenty of rest and a good breakfast. Be careful about giving them sugary cereals and make sure to offer some protein (cheese, milk, yogurt, nuts, etc) with their breakfast.
- Children need plenty of fresh air and activity to help their bodies adjust to being in school and sitting for longer periods of time.
- The night before... Pack lunch (don't forget to include fruits and vegetables) and have it ready in the refrigerator. Help your child pick out what they will wear the next day. Have the book bag packed and ready at the door.



## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with this chant, adapted from this I'm Moving, I'm Learning CD song.

### I'm Moving, I'm Learning

I'm learnin' what, what, what  
What my body does  
Like bend and stretch.  
(bend and stretch your body)

I'm learnin' how, how, how  
How my body moves  
Like fast (move your body fast) and slow  
(move your body slow)  
Like start (stop moving, start moving and stop again) and stop.

I'm learnin' where, where, where  
Where my body moves  
Like high and low (reach up high and then touch down low)  
Like forward and backward. (move forward and backward)

I'm moving with, with, with  
With my Choosy friends.  
Now everybody dance and sing  
Everybody dance and sing.  
"I'm moving, I'm learnin,  
I'm moving, I'm learnin,  
I'm learnin to move, and  
I'm moving to learn,"  
So come on everybody help me sing this song. (move your body all around and dance)

## Move it!

This month's Move It! focuses on a fun and simple activity families can do to promote the development of gross motor, problem solving and literacy skills.

### Body ABC's

Create the letters of the alphabet, using only the body. Here are some ideas on how you can do it.

- 2 people use their bodies to make the letter A.
- 1 person uses their body to create a B
- 1 person uses their body to form a C
- 3 people use their body to make a D
- 2 people use their bodies to create an E

Mix up the number of people needed to make the rest of the alphabet letters. Need more people? No problem, use stuffed animals or dolls.

Some letters could be done using only the hands to help with fine motor development. The letters can be either upper or lower case. Be creative, have fun and most importantly laugh!



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)

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# Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

October

## Step away from the couch!

All children, regardless of their ability, need to participate in daily physical activity. The only difference is that some children might need the activity or materials adapted. Here are some things to consider for all children, particularly those with special needs:

- **Make it fun!** Children are much more likely to get moving if it is fun.
- **Reduce sedentary time.** Shut off the TV, computer and video games. This will encourage your child to find something active to do.
- **Plan for safety and then relax.** Is the area safe and free from obstacles? Does the equipment work properly? Does your child have on needed safety gear? If you can answer yes to these questions then sit back, relax and allow your child to be a child.
- **Allow your child to experience challenges.** When starting an activity, your child might not be able to do it completely and may tire easily. No worries! Encourage them to do the best they can, as much as they can, for as long as they can. Over time they will build up strength and stamina.
- **Involve peers and community.** Children are typically more motivated when they are doing something with others. Check into your local YMCA, community programs and clubs for kids to see if there is anything they can be involved in.



Adapted from Finding Balance. For information on nutrition and physical activity for children with special needs visit: [www.abilitypath.org](http://www.abilitypath.org)

## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from this Choosy Nation CD.

### I Move Myself

I move myself in many ways  
I move myself in many ways. (move your entire body)

Shake your head. C'mon shake your head.  
Choosy says, Can you show me, Can you show me red? (point to something red)

Put your arms up (put your arms up)  
Put your arms down (put your arms down)  
Choosy says, Can you show me brown? (point to something brown)

Wiggle your front. (wiggle to the front)  
Wiggle your back. (wiggle to the back)  
Choosy says, Can you show me black? (point to something black)

Be a jumping bean (jump up and down)  
Go on be a jumping bean.  
Choosy says, Can you show me, Can you show me green? (point to something green)

## Move it!

This month's Move It! focuses on a fun and simple activity families can do to promote body awareness, self control and listening skills.

### FREEZE

You surely remember playing freeze. Although it seems like nonsense game, there is a lot learned. When children are asked to start and stop activities, they learn self control and this is a skill that helps them throughout their life.

Play music using a CD, MP3 player, or radio. Have the children do whatever movement they wish or dance while it is playing. At random points and without the children seeing, stop the music. Whenever the music stops, they must freeze.

To mix it up, you can change the freeze command to something different like touch your nose, sit on the floor, etc.



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# Keystone Kids Go!

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Family Newsletter

November

## The Boss of Your Body

Being in control of your body... What a wonderful feeling! Being the boss of your body is a skill. A skill that does not come naturally, but one that is taught to children. Our job is to help children learn to be the boss of their body. A child who is the boss of their body has good self-control, feels good about him/herself and is more likely to behave positively.



Children who are the boss of their body are aware of what their body can do. One of the best ways to promote this is to teach children action awareness vocabulary. There are three parts to action awareness. They are:

1. **Traveling Actions** (moving from one place to another): Examples of this include: walking, jumping, hopping and climbing.
2. **Stabilizing Actions** (moving without traveling): These actions include: twisting, swaying, squatting and shaking.
3. **Manipulating Actions** (moving with objects): Throwing, catching and bouncing.

## Thanksgiving

November is a month of giving thanks and so, let's give thanks to one of the most important things we have... our body! A perfect opportunity to do this is at the dinner table. Research shows that children from families who regularly eat dinner together (with the TV off) are less likely to smoke, drink, do drugs, be depressed or develop eating disorders. They are also more likely to do better in school.



At the dinner table, talk to your child about all the wonderful things their bodies do. Name a body part and brainstorm all the things that body part helps them to do.

## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you probably have heard the words of this chant, adapted from this Choosy Nation CD song.

### I'm the Boss

I'm the boss of my body, I tell it what to do.  
I'm in charge like Choosy and here's how I move, cause...

I'm the Boss, yeah (say 3 times)  
Now chill... (freeze in place)

I boss my arms  
High to low. (move arms up high and down low)  
I boss my legs  
Jump side to side. (jump from side to side)  
I boss my hands  
Raise the roof. ("raise the roof" motion)  
And then I stretch myself  
Big and tall. (stretch up high)

I boss my tummy  
Twist yourself. (twist your waist)  
I boss my feet  
March in place. (march in place)  
I boss my fingers  
Touch the ground. (touch the ground)  
And then I boss myself  
Turn around. (turn around)

To sample the Choosy Kids music, visit:  
[www.choosykids.com/ck2/av](http://www.choosykids.com/ck2/av)

## Move it!

This month's Move It! focuses on a fun and simple activity children can do to learn to be the boss of their body.

### Simon Says

A great boss of your body activity! Children need to be able to tell their body what to do AND what not to do. In addition to this, Simon Says:

- Increases awareness of body parts
- Helps develop good listening skills
- Teaches children to concentrate
- Promotes following directions and...
- Does not focus on winners and losers.

Do the activity with your children focusing on action awareness words. Here are some ideas of what you can use for Simon Says:

- Twist your body
- Shake your body
- Hop
- Bounce a ball
- Climb a ladder



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

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# Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

December

## Let's Celebrate

As a parent, grandparent or caregiver, how many times have you heard, "Look at me!" or "Watch me!"? This is your child's attempt at being noticed and encouraged for what they have done. Think about yourself going through life and no one ever noticing the great meal you cooked, the hard work you put into a project or the kind thing you did for someone. Most likely you would feel unappreciated.



When we pay attention to what our children do, we help them develop self confidence and feel good. When we smile and say, "WOW... look at you!" we are telling children that they did something wonderful.

"A young child's self concept is based on what he thinks he can or cannot do with his body."  
~Linda Carson, Choosy Kids

## Words

Think about what words you use to comment on what your child has done. Focus on words that do not give value (good vs. bad) and words that describe exactly what you have seen them do. Here are some examples:

- Instead of saying, "You are a great jumper," say "Look at how high you jumped."
- Instead of saying, "You did a good job kicking the ball," say "Look at how far/hard/fast you kicked the ball."



Ever heard the phrase, "Actions speak louder than words?" This also applies to how you react to what your child has done. Using dramatic facial expressions, for example the look of surprise, can express pride and excitement. High fives, head pats and fist bumps are also a great way to celebrate what wonderful thing your child has done.



## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from the Choosy Nation CD.

### Oooh Aaah

When you o-o-oh, ah-h-h-h

It means you like what I do.

When you clap, clap, clap (clap your hands)  
I'll do it all over for you.

Now everyone listen real close! (hold hand to ear)

When I hop on one foot (hop on one foot),  
Will you give me high five? (give high five)  
When I twist my waist (twist your waist),  
Will you tell me that I'm great? (say You're great! loudly)

When I move my arms over here (move arms to the right)  
When I move my arms over there (move arms to the left)  
Will you smile real big and cheer, cheer,  
cheer? (cheer loudly)

Can you clap? (clap your hands)  
Can you smile? (smile)

For more information on Choosy Kids music or to sample the music, visit:

[www.choosykids.com/ck2/av](http://www.choosykids.com/ck2/av)

## Move it!

This month's Move It! focuses on an activity the entire family can participate in. Children will use their gross motor and problem solving skills as they search for hidden treasures.

### Going on a Present Hunt...

For this activity, you will need:

- Several boxes
- Wrapping paper
- Scissors and tape
- Assortment of trinkets, books, household items, healthy snacks, etc.

Activity Directions:

1. Wrap enough presents for at least one per child. It is great if the children will be able to unwrap and keep the items, but not necessary.
2. Hide the presents in several rooms. For younger children you might want to allow the present to "peek" from its hiding place. For older children you can hide them in more "secret" places.
3. Give the children directions and rules for the activity. For example: You must walk, you may only find one present, you must wait until everyone finds their present before opening, etc.

*Note... It is best to use rooms where safety is not a concern and be clear about where they ARE permitted to search. If using fruits and veggies, be sure and take some time for a "snack talk." Talk about the shape, size, color and how the food grows. Talk about why fruits and veggies are important to our diet.*

For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

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