

# Keeping Children Moving, Active, and Healthy

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## Time Needed:

Approximately one hour

## Lesson Goal:

Introduce parents, caregivers and other adults to fun, interactive, and simple ways to encourage at-home movement activities with children birth to age 8.

## Materials Needed:

- Participant's Guide: *Keeping Children Moving, Active, and Healthy* (HEF609)  
Includes:
  - Let's Move It, Move It! Everyday Activities in the Home Activity Guide handout
  - Let's Move Outside handout

OR

- Interactive Participant's Guide (<http://www.ianrpubs.unl.edu/sendIt/hef609.pdf>)  
This is a PDF file that contains links to all needed materials, including the PowerPoint® presentation and videos. You will need a computer and screen or projector, or each of the participants will need a computer on which to view it.

AND

- Ages and Stages NebGuide Series:
  - Ages and Stages: Infant (0-12 Months)  
[www.ianrpubs.unl.edu/sendIt/g2103.pdf](http://www.ianrpubs.unl.edu/sendIt/g2103.pdf)
  - Ages and Stages: Toddler (12-24 Months)  
[www.ianrpubs.unl.edu/sendIt/g2104.pdf](http://www.ianrpubs.unl.edu/sendIt/g2104.pdf)
  - Ages and Stages: 2- and 3-Year-Olds  
[www.ianrpubs.unl.edu/sendIt/g2105.pdf](http://www.ianrpubs.unl.edu/sendIt/g2105.pdf)
  - Ages and Stages: 3-, 4- and 5-Year-Olds  
[www.ianrpubs.unl.edu/sendIt/g2106.pdf](http://www.ianrpubs.unl.edu/sendIt/g2106.pdf)
- PowerPoint presentation: *Keeping Children Moving, Active, and Healthy*
- Materials for activities selected
- Chart paper labeled "Benefits"
- Sticky notes
- Pens, pencils, and markers
- Evaluation

## Equipment Needed:

- Computer with PowerPoint installed
- Projector
- Speakers
- Power strip/extension cords
- Screen (optional)



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## Before the Program:

1. Prior to participants' arrival, check technology to ensure the video clips and files are uploaded and work. (Links to the videos are provided on the slides titled Resources at the end of the presentation.)

**TIP:** When inserting the videos into the PowerPoint presentation, the video file must be in the same folder as the presentation in order for it to work.

If you will not use a computer to show the PowerPoint presentation, print/photocopy the presentation in handout format for each participant. Print one copy of slides with notes for yourself. The notes contain instructions for activities.

2. Review the two activity guides — “Let’s Move it Move it! Everyday Activities in the Home” and “Let’s Move Outside!” — and choose one or two activities from each to introduce to participants during the program.

## During the Program:

1. As participants come into the room, give each a copy of the Participant Guide (including handouts) and, if needed, a handout of the PowerPoint slides.
2. Explain to participants that in this community lesson they’ll consider ways to increase movement and activity in the home and engage children in outdoor play.
3. Explain that participants will receive several resources and strategies they can use to support and encourage healthy physical growth and development in young children (birth to age 8).
4. Show the PowerPoint or go over the PowerPoint handout. (The PowerPoint notes contain key points to discuss.)
5. Using the instructions found in “Let’s Move it Move it! Everyday Activities in the Home” and “Let’s Move Outside!” to lead the participants through the activities you’ve selected.
6. Conclude by asking participants to complete evaluation form. You may send the evaluations via the postal service or email.

**Mail** hard copies of the evaluation forms and a cover letter to:

Tonia R. Durden, Ph.D.  
Extension Early Childhood Education Specialist  
Department of Child, Youth and Family Studies  
University of Nebraska–Lincoln  
249 Mabel Lee Hall  
P.O Box 880236  
Lincoln, NE 68588-0236

**Email** scanned copies of the evaluation forms and a cover letter to:

Tonia Durden at [tdurden2@unl.edu](mailto:tdurden2@unl.edu).

## Additional Activities:

If time permits, visit these key websites and share the following resources with participants:

## Websites:

- University of Nebraska–Lincoln Resources on Early Childhood Development:  
<http://www.extension.unl.edu/web/child>
- PBS Parents: Healthy Reading for Kids:  
<http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/healthy-reading-for-kids/>
- Get Active! Lets Move! Campaign:  
<http://www.letsmove.gov/>
- Head Start, Body Smart:  
<http://www.aahperd.org/headstartbodystart/onlinelearning/moveplayandlearnathome.cfm>
- CDC Parent Portal:  
<http://www.cdc.gov/obesity/childhood/basics.html>
- American Heart Association:  
[http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids\\_UCM\\_304156\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp)
- Seniors for Kids: Nebraska Early Childhood Grandparent Network:  
<http://www.seniors4kids.org/OURWORK/OurStates/Nebraska.aspx>

## Resources:

- The Nature Principle: Richard Louv:  
<http://richardlouv.com/>
- Fun To Play Ready to Learn Activity Guide:  
<http://marketplace.unl.edu/extension/eb2.html>

- Ages and Stages NebGuides:
  - [www.ianrpubs.unl.edu/live/g2103/build/g2103.pdf](http://www.ianrpubs.unl.edu/live/g2103/build/g2103.pdf)
  - [www.ianrpubs.unl.edu/live/g2104/build/g2104.pdf](http://www.ianrpubs.unl.edu/live/g2104/build/g2104.pdf)
  - [www.ianrpubs.unl.edu/live/g2105/build/g2105.pdf](http://www.ianrpubs.unl.edu/live/g2105/build/g2105.pdf)
  - [www.ianrpubs.unl.edu/pages/publicationD.jsp?publicationId=1441](http://www.ianrpubs.unl.edu/pages/publicationD.jsp?publicationId=1441)
  - [www.ianrpubs.unl.edu/pages/publicationD.jsp?publicationId=1442](http://www.ianrpubs.unl.edu/pages/publicationD.jsp?publicationId=1442)
  - [http://4h.unl.edu/c/document\\_library/get\\_file?uuid=ac2c9a3c-733b-440d-945b-f568e2883e4c&groupId=4667596.pdf](http://4h.unl.edu/c/document_library/get_file?uuid=ac2c9a3c-733b-440d-945b-f568e2883e4c&groupId=4667596.pdf)