

## **Fit WIC Arizona, Volume 2**

### **Lesson Plan for “Born to Move”**

#### **Learning Objectives :**

- The child and parent will identify 60 minutes as the amount of active play needed daily.
- The child and parent will identify staying healthy as a reason for eating fruits and vegetables daily.

#### **Supplies Needed:**

- Copy of Children’s Rules
- “Born to Move” book by Lois Ehlert
- A room with carpeting or tile that has enough free area for the physical activity portion of the lesson
- Creative Pockets® Apron (optional)
- Black and white cut-outs of a tomato, carrot, broccoli, grapes, and banana that have been colored or copied on colored paper and laminated or covered with clear contact paper (see Attachment 1), or  
Plastic fruits and vegetables, or  
Fruit and vegetable plush toys: “Fruit Seedies and Veggie Friend Seedies” by Gazelle [www.neatsolutions.com](http://www.neatsolutions.com).
- Basket or container for fruits and vegetable teaching aids used
- Cut up fruit and vegetables listed above (enough for every parent and child to taste)
- Wipes for hand washing
- Small paper plates
- Napkins
- “Potato” song on Bon Appétit CD
- CD player
- Parent handout “Active Play”

#### **Preparation for Lesson:**

- Set the date, arrange for the room and post announcements of the session.
- Order any items from the warehouse as needed one month in advance.
- Read “Born to Move” to familiarize yourself with its content and practice reading aloud.
- Listen to the song “Potato” and make up some moves such as Mexican hat dance; hopping on left foot; then hopping on right foot; or hopping on both feet, etc.
- Make fruit and vegetable cutouts from colored paper or color them. Laminating the cutouts or covering them with clear contact paper will help them last longer.
- Preparation for cooking time – after estimating the number of attendees, shop for and prepare the items above. Cut up fruits and vegetables for Cooking Time. For very young children you might want to cook the carrots and avoid the grapes because of choking hazards.

- Make copies of parent’s handout, “Active Play”.
- Take out Children’s Rules in Section 2 of Fit WIC Arizona notebook for use in this session. Return rules to Section 2 of the notebook after session is completed.
- Gather supplies needed.

**Welcome:**

Greet each child and parent. Tell the children and parents your name. Have puzzles, toys, etc. for children to play with while they are waiting for everyone to join the group.

**Group Time:**

“Today we are going to read a book, Born to Move. Then we are going to have a lot of fun moving around to some music. To be healthy it’s important to have 60 minutes of active play time a day. Before we start let’s review some rules for this time together.” Read the Children’s Rules while holding the paper up.

**Physical Activity:**

Encourage parents to ask questions and join in the activity.

Step 1 “Let’s read a book. It’s called Born to Move.” Have children sit “criss cross applesauce” (cross legged) on the floor. Read the book to the children (not the Parent’s Corner parts).

Step 2 “Now I want you to show me how to do some of the movements that were in the book.” Have kids demonstrate how to run (in place), hop, push, pull, twist and turn.

Step 3 “You need at least 60 minutes of active play every day. Why is it important to be active every day?” Allow time for children to answer. “That’s right, to be healthy.”

Step 4 “Now let’s have some fun and dance.” Use the steps you previously decided on and dance to the “Potato” song from the Bon Appetit CD.

Step 5 “To be healthy, it’s also important to eat fruits and vegetables every day. Fruits and vegetables keep us healthy because they give us energy to run and play.” Hold up the cutouts one at a time and ask “Who can tell me what this is? Is it a fruit or a vegetable?”

**Cooking Time:**

Have paper plates with cut up soft fruits and vegetables on them ready for children and parents to taste. Be sure to give children a hand wipe before they eat. “Let’s taste some of the fruits and vegetables we just saw. How does the fruit or vegetable taste? Is it sweet? Is it crunchy? Is it juicy?”

**Evaluation:**

“How many minutes should children run and play each day?” Allow time for children and parents to answer. “That’s right 60 minutes. What are some of the reasons it’s important to eat fruits and vegetables?” Allow time for children and parents to answer.

“That’s right, fruits and vegetables keep us healthy. We feel better when we eat fruits and vegetables. They give us energy to run and play.”

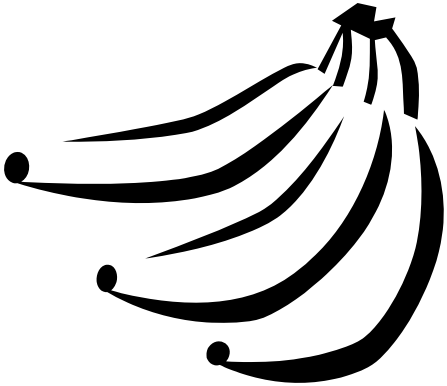
**Conclusion:**

Give each parent an “Active Play” handout. Explain that children need plenty of active play (physical activity) every day and that this handout helps with ideas to get their children more active. Invite them back for the next class.

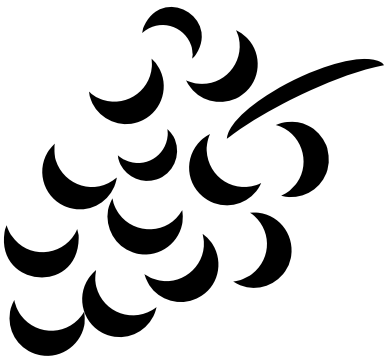
# Attachment 1



CARROT



BANANAS



GRAPES



TOMATO



**BROCCOLI**



## **ACTIVE PLAY**

**Set an example for your child by doing daily physical activity, also known as active play.**

**Play active games like tag or jump rope with your child.**

**Walk with your child to school each day.**

**Teach your child to move by moving with him.**

**When a child is awake, he should not be still for more than one hour at a time.**

**Children need 60 minutes of active play every day but it doesn't have to all be at once.**

**Choose activities that are fun: walk, dance, bike, play ball-it all counts.**



This institution is an equal opportunity provider and employer. The material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.





## **JUEGOS ACTIVOS**

**Ponga el ejemplo para su hijo haciendo ejercicio todos los días, también conocido como juegos activos.**

**Practique juegos activos, a "la roña" o salte la cuerda con su hijo.**

**Camine con su niño a la escuela todos los días.**

**Enseñe a su niño a moverse, moviéndose con él.**

**Cuando un niño está despierto, no debe estar quieto por más de una hora a la vez.**

**Los niños necesitan 60 minutos de juego activo todos los días, pero no tiene que ser a la vez.**

**Escoja actividades divertidas: caminar, bailar, pasear en bicicleta o jugar a la pelota, todo cuenta.**



Esta institución ofrece igualdad de oportunidades en el empleo. El material fue pagado por el programa de Ayuda Suplementaria de Nutrición de USDA. El programa de Ayuda Suplementaria de Nutrición ofrece ayuda de nutrición para personas de escasos recursos.

