

Fit~N~Fun!

Fall into Fun!

Autumn leaves make great outdoor fun! Rake leaves together—Young children like to be included and be little helpers! If you don't have a small rake for your child to use, they can help scope leaves into bags with a empty milk jug with the top part cut off. Tape over the edges so that it isn't sharp.



Here are some other ideas for fun with leaves

- 🍁 Rake up a big pile of leaves and jump into it.
- 🍁 Rake leaves into smaller piles. Chase around and in between the pile of leaves.
- 🍁 Rake up a path between fallen leaves and let your child run or kick a ball along the path. Try a straight path, a curvy path or a zig-zag path.
- 🍁 Make a fort with leaves. Build the walls with piles of leaves or use bagged up leaves to make walls.
- 🍁 Make several small piles of leaves close together. Have your child jump from one to the other or hop over small piles of leaves.
- 🍁 Make “leaf angels” in a large pile of leaves.
- 🍁 Take turns covering each other up in leaves.
- 🍁 Scoop a bunch of leaves and throw them into the air— it's raining leaves!
- 🍁 Try catching leaves as they fall.
- 🍁 Go for a nature walk to take in the sights and sounds of fall. On your walk, have you child collect different shapes and colors of leaves. (You can even do this in your own yard.) When you get home, have your child press leaves in or under some heavy books. Leave them there for a few days. For a quiet time activity, let your child glue the leaves onto paper to make a collage, or place a piece of paper over the leaves and rub with a crayon.

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Let's Explore!

Summer is a great season to plan special outings with your family. Visit local farms, farmers' markets, parks and trails. These are fun places for the whole family.

Visit a Farm

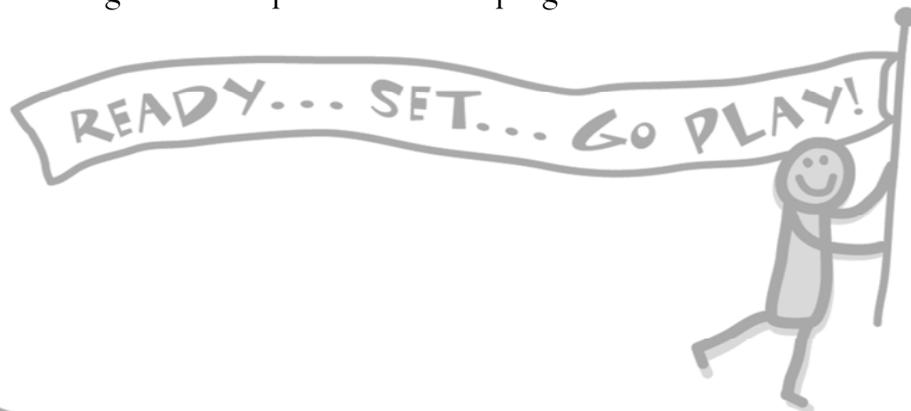
New Hampshire is known for its farms. There are many around the State that welcome visitors. Some farms offer "pick-your-own"—strawberries in early summer, other berries throughout the summer, apples and pumpkins in the fall. Look for ads in your local newspaper and be sure to call ahead to find out their hours and what is available for picking. Locate a farm to visit with your family at the following websites: www.pickyourown.org/NH.htm or www.agriculture.nh.gov/publications/index.htm select "Harvest Your Own Guide".

Fun at the Farmers' Market

A trip to the farmers' market is fun for the whole family. Use your farmers' market coupons at any authorized market. Look for the blue "Authorized Farmer" sign.

Parks, Pools, Beaches and Trails

Call your town office or nearby towns to find out about parks and recreation areas for children's play and family activities. Ask about parks, pools, beaches, walking and biking trails and special children's programs.



Can you stand on one foot?

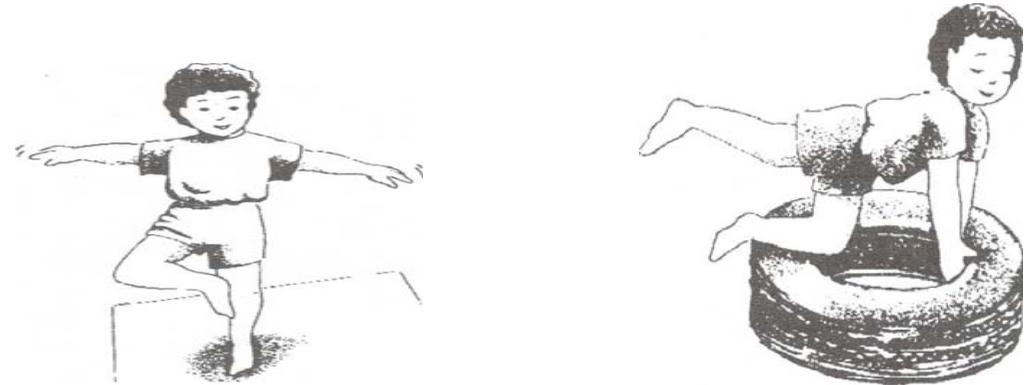
It's easy to tell when someone doesn't have good balance, but how do you learn balance?

Balance is learned by practice and experience. Children start to learn balance when they are babies and continue to learn balance through the age of 10.

Balance helps children perform certain motor skills better and enjoy movement.

Balancing Fun

Set up three or four balancing areas for children to move through, practicing their balance at each spot.



Start with basic balancing, if doing well, then try a different level.

You can have different balancing activities by balancing on different levels. Balance bean bags or other small objects standing still or moving.

Then have children try balancing on a sturdy large wooden block, low bench or a tire.

Safety comes first! Make sure to put all equipment on a padded floor mat or rug. Make sure equipment is firmly in place.

Follow the leader!

Mom and dad you are your child's best teacher! Help your child go from station to station to practice balance. Try showing them your balance skills!

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SPRING TIME FUN!

Three- to five-year-old children are filled with energy and excitement! While toddlers are just learning to walk and make their way around, preschoolers can run, jump, chase, and use their hands with confidence.

Playing is so important for young children. What they like is the excitement of:

- * running
- * building
- * creating
- * pretending



But, mom and dad you know while they're having fun, they're building:

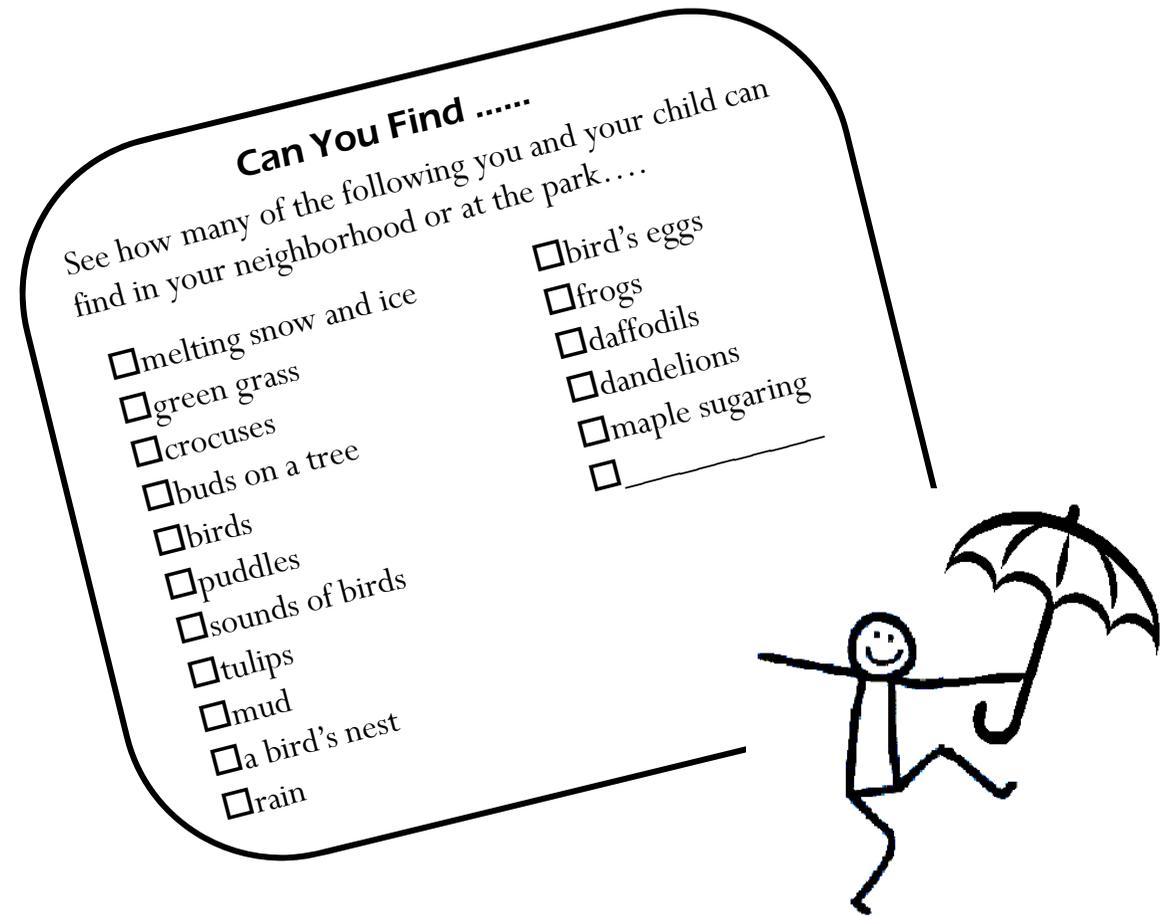
- * large motor skills
- * brain power
- * connecting with others their own age

Try these three great activities this spring.....

Spring Time Scavenger Hunt!

Set up a scavenger hunt for your child outside or inside if it is raining. Hide objects and have your child search for them. Some ideas to try are small toys, blocks, colored plastic eggs or stuffed animals. Give your child clues about where the items are such as: move forward; backwards; to the right or left. You could also use: "you are getting warmer or cooler,"; "hot or cold" as they move near or far from the hidden objects.

Use the list on the next page. Have your child draw a picture of their favorite discovery! Use your Fit WIC Activities book for more fun ideas.



Shadow Tag

Since spring is here, the weather is better for outside activities. Shadow tag is a great way to celebrate a bright sunny day.

Setup: Find a safe grassy play area and show children the "out-of-bounds area" so you can be sure no one goes out of your sight.

Play: One or two children are the "chasers" trying to catch the rest of the children. They all run around the lawn and the chasers "tag" players by stepping on their shadows. After several minutes of play, the children trade roles. There are not winners or losers in this game, just a lot of fun!

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WINTERTIME FUN!

Hibernate? No way, children are happiest when they are active and one of the easiest ways for them to be active is to go outside. Dress them up warmly and let them play! Enjoy the fresh air and sunshine.



Snow Time Activities

- * Take a walk in the snow, and meet friends at a nearby park.
- * Build a snow fort, make snow angels, or build family snow people.
- * Go sledding or ice skating.
- * Help shovel.
- * Play “Fox and Geese”.

Have fun and be active!!!

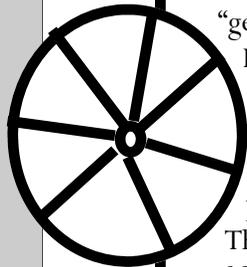
Fox and Geese:

Stamp down the snow into a large wagon wheel (see picture). The fox starts in the middle of the circle and the “geese” on the outside of the circle.

Players can run on the spoke or on the outside circle. The geese try to make it to the middle of the wheel.

The fox tries to tag the geese and protect the middle of the wheel.

The first goose to make it to the middle gets to be the fox for the next round. If the fox tags all of the geese, that player gets to be the fox again.



**Fun at WIC!!! Ask the WIC Staff about
“Fit~N~Fun” Playgroups at your WIC Agency!**

To make going outside easier, follow these tips:

- * Gather outside clothing in one place near the door so that it will be easier to get outside. Give each child a box, basket or bin for their mittens, scarves, and hats. Have hooks for jackets and snow pants. Teach your child to take off and put away their outdoor wear in their special place.
- * Put a mat or piece of cardboard on the floor to catch melting snow.
- * Use sunscreen for exposed faces even in the winter.
- * Do a bathroom visit before suiting up!



Too cold outside? How about some indoor fun?

Try some of the following ideas to keep your children active when it’s too cold, snowing or wet outside:

* **Obstacle Course**

Create an obstacle course that children can climb over, under, around and through—using chairs, pillows, cardboard, etc.

* **Turn Up the Music and Dance**

Try freeze dancing where you turn off the music and have children hold their positions in place.

* **Creative Movement**

Ask children the following questions: How would you move to describe a sizzle? A splash? A hammer? How would you walk on ice? Hot sand? In a strong wind? Can you move like a duck? A horse? A dragon?

Make up a favorite activity just for you and your family. It can be something that’s a tradition when everyone is stuck indoors. Your children will always remember it.

Remember to limit time spent watching television or movies and playing video games.

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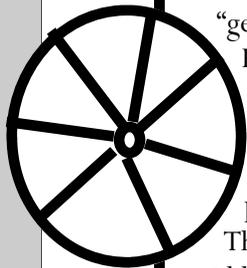


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