

Fit~N~Fun!

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:

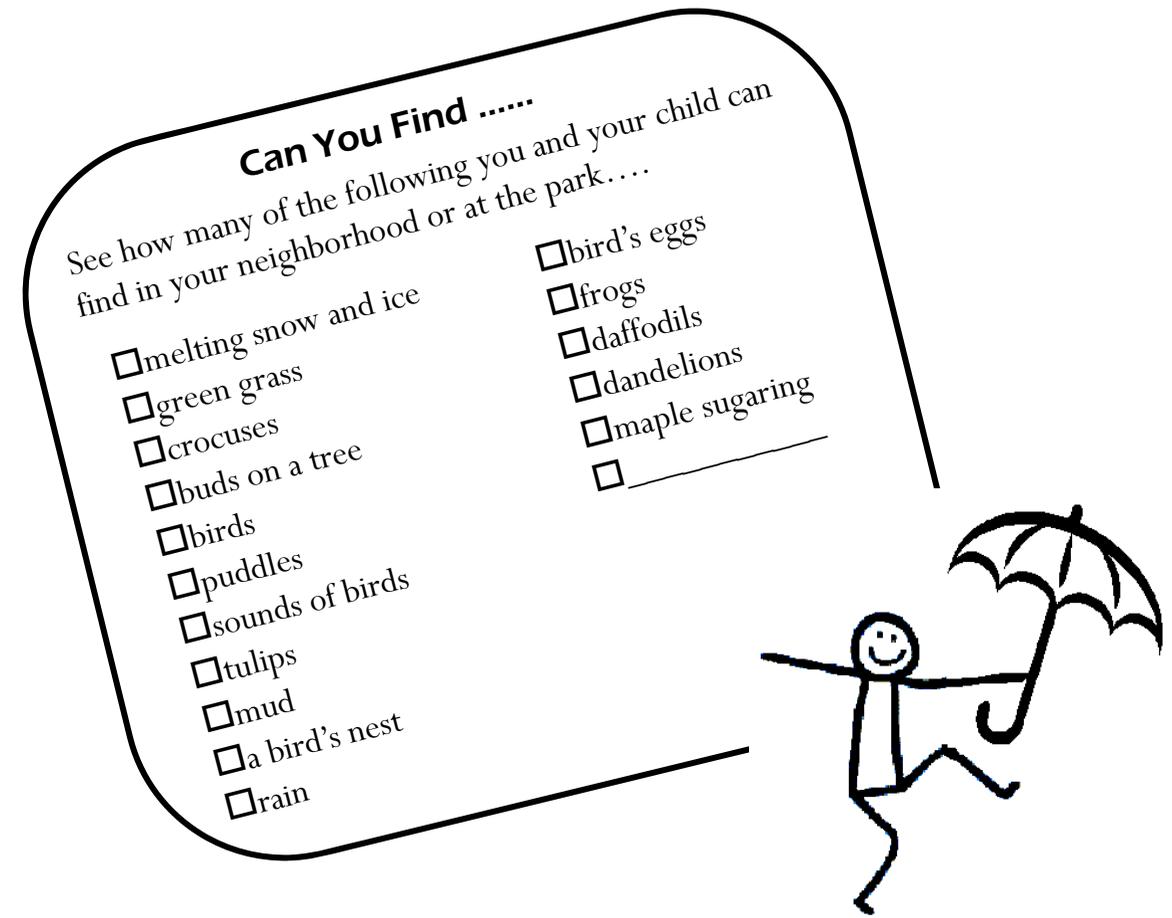
- * large motor skills
- * brain power
- * connecting with others their own age

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.



Can You Find

See how many of the following you and your child can find in your neighborhood or at the park....

- melting snow and ice
- green grass
- crocuses
- buds on a tree
- birds
- puddles
- sounds of birds
- tulips
- mud
- a bird's nest
- rain
- bird's eggs
- frogs
- daffodils
- dandelions
- maple sugaring

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!!!

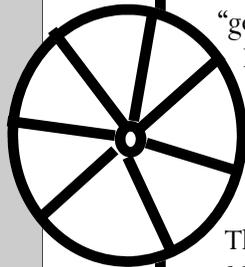
Fox and Geese:

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 to go outside? Try a “Bean Bag Hunt”

This game helps children practice developing their skills at bending, reaching, listening, sharing and safety. You can play this game with one or more children.

What You Will Need

Colored bean bags and a bucket or bag to store the bean bags.

Ground Rules

Go over playground rules, such as listening carefully to instructions, safe play, no pushing and being careful and respectful of others.

Activity

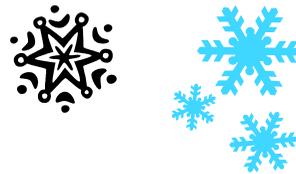
Without children looking, hide bean bags in 1 or 2 rooms in your house. Hide some bean bags high and some low. Tell them how many bean bags they have to find and have them put them in the bucket or bag when they find them. When they’ve gotten most of the bean bags, stop and help them count the number in the bucket. Help them understand how many more they have to find.

You might have teams of two children to out to find the remaining bean bags to help them understand more about working as a team.

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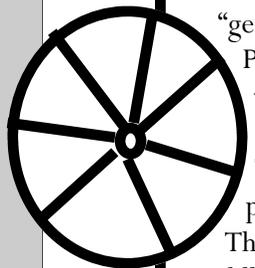


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