



Continue your learning

Taking Steps to Healthy Success: Active Play

These resources include additional tools, information, and methods to implement the strategies you learned in this module. You may want to save an electronic copy of this handout (since it includes hyperlinks for resources) for future reference or to pass on to co-workers or families.



Off-the-shelf curricula and toolkits

[Active Early: Resource Kit](#): The free Active Early Resource Kit was developed by the Wisconsin Department of Health Services to support a healthier environment for children in early care and education settings. Its contents primarily focus on physical activity and includes physical activity recommendations, information on young children's physical development, how to incorporate assessment into your program, tips and strategies for setting up daily routines, business practices, and much more.

[The Washington State Active Bodies Active Minds \(WAABAM\)](#): The program was created for child care providers, and provides information about the importance of encouraging active play and limiting screen time. Several resources are free and are available in English and Spanish. Examples include "Top 10 Ways to Reduce Watching TV at Home," and a brochure about screen time and the importance of limiting screen time. From the University of Washington Center for Public Health Nutrition.

[Physical Activity Kit \(PAK\) Staying on the Active Path in Native Communities](#): The PAK toolkit is designed to increase the time American Indians and Alaskan Natives spend in active play and moderate to vigorous physical activity. There are several videos and downloadable resources providers can use in their programs. PAK Book #5 includes physical activities and movement for infants, toddlers, and preschool children, or view the entire Physical Activity Kit from the Indian Health Service.

- [Book #5: Young Children](#)

[Growing, Moving, Learning – Infant Toddler Toolkit](#): This toolkit from Nemours includes a variety of activities that providers can use in their programs to promote health. The activities are organized by age group (0-12 months, 12-24 months, and 24-36 months), and include examples for the classroom and for families (Activities to Do at Home and Healthy Home Connection).

[MODEL Health! Promoting Nutrition and Physical Activity in Children](#): This toolkit from the Maryland State Department of Education is a collection of activities on nutrition and active play in the early learning classroom that focus on the importance of role modeling. The lessons included in the toolkit are designed to complement existing curricula or practices and can be tailored to meet the unique needs of children in your care.

[Eat Well Play Hard in Child Care Settings and Day Care Homes](#): This intervention includes a nutrition and physical activity curriculum designed for preschool children and their parents. Lessons are designed for children, parents, and child care staff. In addition to a curriculum, Eat Well Play Hard includes several resources designed specifically for parents, such as newsletters, that are available in English and Spanish. Resources for this intervention are publicly available from the New York State Department of Health and can be adapted to meet the needs of your unique child care program.

- [Child Care Centers](#)
- [Day Care Homes](#)



Inspiration for active play

Looking for inspiration for ways to incorporate more active play in your program? These resources include examples of activities you can incorporate into your daily routines for a variety of settings and age groups, including centers and family child care programs and infants, toddlers, and preschoolers.

[Nutrition and Wellness Tips for Young Children: Active Play Tip Sheets](#):

A free series of tip sheets for child care providers on several topics related to creating and promoting healthy environments for children in child care settings. Four tip sheets are devoted specifically to physical activity and screen time reduction. From USDA.

Go Smart: Go Smart has many activity suggestions for children of various ages. Search for activities based on age, environment (indoor, outdoor), materials needed, mobility of children, and group size.

SHAPE America: SHAPE America has several resources to help early care and education providers incorporate active play into their programs. Check out their website for a year-long activity calendar with 365 activity suggestions, a variety of activity ideas (e.g., 15 ways to get moving, ways to enhance your outdoor space), tools and templates, and opportunities for learning and networking. Several resources are available in English and Spanish.

Sesame Street: Healthy Habits for Life: The Sesame Street Toolkit, Healthy Habits for Life, has several resources and videos to help child care providers and families incorporate healthy physical activity and nutrition habits into everyday life. This resource features poems, songs, posters, activities, and family newsletters, all illustrated with Sesame Street characters. The resources are available in English and Spanish.

- [English](#)
- [Spanish](#)

Structured Active Play Program: This resource was developed specifically for children in preschool, family day care, and child care settings by the Romp and Chomp Project (Australia). Included are simple tips for equipment, a guide for movement and active play development, and dozens of examples of structured activities to help young children develop balancing, ball, kicking, and other skills.

Keystone Kids Go!

- Keystone Kids Go! contains [Activity Cards](#) to help child care providers have easy access to activities that promote healthy behaviors and increase the quality and quantity of children's movement. The Activity Cards are kid-tested and free. (Activity Cards begin on pg. 35). From the PA Department of Health.
- In addition to the Activity Cards, Keystone Kids Go! contains [family newsletters](#) to help get kids moving at home. There is a family newsletter for each month of the year with information about the importance of physical activity and lots of inspiration for fun activities and games to get the whole family moving. Providers can distribute these newsletters to families.

[Physical Activities and Healthy Snacks for Young Children](#):

This resource, developed by the Iowa Department of Education, includes a set of cards featuring over 50 physical activities and healthy snacks. It also integrates lessons about physical activity and healthy food.

[Move More North Carolina: A Guide to Creating Active Outdoor Play Spaces](#): This four-page guide offers general recommendations for designing playgrounds and other outdoor play spaces for preschoolers and their caregivers.



more resources on the next page...

*Inspiration for active play, continued***Nemours Nutrition and Movement**

Activity Book: This is a collection of physical activities and nutrition education ideas you can incorporate into your program. From Linda Carson's "I am Moving; I am Learning Project, H.E.A.L.T.H.Y. Kids: Healthy Kids Move and Healthy Kids Move beyond Munchies," and Elizabeth Walker's "Boston ABCD Head Start Lesson Plans."

Healthy Kids Healthy Futures (HKHF):

Healthy Kids Healthy Futures, formerly known as Let's Move! Child Care, is a compilation of resources to address obesity prevention strategies in early care and education.

- **HKHF - Books:** Books are a great way to tie in the healthy lessons you teach children. Whether you read to teach about new vegetables, or use a book's rhyme to inspire a fun physical activity, children appreciate reading time. The more you read to children at an early age, the more likely they will want to read on their own. Check out several stories about healthy behaviors and reducing screen time that could be incorporated into your program.

**Videos**

Motion Moments: Simple ways to weave physical activity for infants, toddlers, and preschoolers into ECE centers and family child care homes. From the National Resource Center for Health and Safety in Child Care Education.

- [Motion Moments: Infants](#)
- [Motion Moments: Toddlers](#)
- [Motion Moments: Preschoolers](#)

Encouraging Physical Activity: Encouraging physical activity can be easy! Learn simple strategies for teacher-led physical activity. From the Gretchen Swanson Center for Nutrition.

- [English](#)
- [Spanish: "Formento de la Actividad Física"](#)

Movement and Motor Skills: Learn about the movement skills that are important to children's development and how to incorporate them into your program. From the Gretchen Swanson Center for Nutrition.

- [English](#)
- [Spanish: "Habilidades de Movimiento"](#)

Making Health Easier: Healthy Changes Start in Preschool: This video highlights the efforts of a preschool educator to keep children healthy at an early age through healthy nutrition, gardening, cooking, and fun physical activities. From CDC.

- [English](#)
- [Spanish: "Hacer Hábitos Saludables Más Fácil en Guarderías Infantiles"](#)

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Additional learning opportunities from Better Kid Care



On Demand modules

- [Childhood Obesity Prevention: LMCC – Increase Physical Activity](#)
- [Family Child Care: Overcoming Barriers to Lead Fun Physical Activities](#)
- [Physical Activities for Young Children: Lead with Confidence](#)
- [I Am Moving, I Am Learning – Active Play Every Day!](#)
- [I Am Moving, I Am Learning – Take it Outside!](#)



Research-to-Practice Tip Pages

Check out these quick tips for encouraging active play in your program.

- [“Move on: Reversing children’s sedentary lifestyles Part 1”](#)
- [“Move on: Reversing children’s sedentary lifestyles Part 2”](#)



Self-assessment tools

[Go NAP SACC](#) – The Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) is an intervention that includes facility-level assessments on nutrition, physical activity, breastfeeding, outdoor play, screen time, and oral health. The assessment tools are free and can help child care programs compare their nutrition and physical activity practices to best practice standards.

[C.H.O.I.C.E. Toolkit & Self-Assessment Questionnaire](#) – The C.H.O.I.C.E Toolkit & Self-Assessment Assessment was developed to help providers assess their child care environment and, using best practices, successfully write and implement nutrition and physical activity guidelines. The materials were created to provide simple directions, detailed explanations, worksheets with sample policies, and an easy-to-follow process.

[Healthy Kids, Healthy Future Child Care Quiz](#) – This simple checklist quiz will help you assess your program’s physical activity, nutrition, and screen time practices.

[Georgia’s Growing Fit Toolkit](#) – This tool kit is intended to guide child care providers in the development or improvement to policies around nutrition and physical activity in programs. While the tool kit was written with providers in Georgia in mind, the contents are applicable to all providers. The tool kit contains an explanation of what a wellness policy is, how wellness policies work, success stories from early care settings, a step-by-step guide to improve nutrition and physical activity in your early childhood environment, and resources for your center and teachers.

[Head Start Body Start Play Space Assessment \(SHAPE America\)](#) – The Head Start Body Start Play Space Assessment was developed to assist Head Start and other child care providers assess the quality of outdoor play spaces for children 3-5, however, it is applicable to all child care providers. Use this tool to identify the strengths and needs of an existing play space and develop an action plan to make improvements.



more resources on the next page...



Best practices

[Know the Signs. Act Early. for ECE](#)

Professionals: From birth to five years, children should reach milestones in how they play, learn, speak, act, and move. Check out “Learn the Signs. Act Early.” for resources on child development for ECE providers. Use them to boost your understanding of child development and for your own professional development. From CDC.

[Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs](#), 3rd Edition:

The second edition of Preventing Childhood Obesity in Early Care and Education Programs is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for all types of early care and education settings—centers and family child care homes. These updated standards are part of the new comprehensive *Caring for Our Children*, 3rd edition, released in June 2011.

[Best Practices for Physical Activity: A Guide to Help Children Grow up Healthy for Organizations Serving Children and Youth:](#)

Developed by Nemours Health & Prevention Services, this guide presents a comprehensive overview of physical activity recommendations for children and youth, and contains definitions of useful terms, frequently asked questions, family tip sheets, handouts, and creative, general ideas for engaging children and their families in physical activity.



Resources for families

Physical Developmental Delays: What to look for: A physical developmental delay is when a child does not do activities (like rolling over, sitting without support, or walking) that other children of the same age do. Developmental delays can be a sign of a serious health condition, so it's important to talk with the child's pediatrician. Use this tool from HealthyChildren.org to learn more about physical developmental delays for children ages 5 and under. The information is meant to help parents start a conversation with their child's pediatrician.

- [English](#)
- [Spanish](#)

[Know the Signs. Act Early. for Families:](#)

From birth to five years, children should reach milestones in how they play, learn, speak, act, and move. There are several resources available to families that track a child's development. Check out the link below for a milestone tracker app, children's books, checklists, positive parenting tips, and a parent resource kit. From CDC.

The digital version of this PDF has clickable links to the resources. If you have this PDF in printed form, you can search the terms online to find the resources.



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