

EVERYDAY... PLAY OUTSIDE



Since children are naturally active, if you take them outside they will play. Find a safe place for them and keep an eye on them, or better yet, play with them.

Explore the different seasons. Stomp through Spring puddles, run through the sprinkler, jump into piles of autumn leaves, build a snow fort. In cold weather it will be easier if you keep everyone's outdoor clothes organized. During summer it's helpful to keep sunscreen, hats and water handy.

Try these ideas:

- Put a plastic mat or piece of cardboard on the floor near the door for wet or snowy boots.
- Put up some hooks for jackets and snow pants.
- Give each child a box, bin or basket for their hats, scarves, heavy socks and mittens. (Your child can have fun decorating her box.)
- Get a plastic water bottle for each member of the family and write their names on them.

**NOW YOU'RE DRESSED AND READY TO GO
OUT TO PLAY, SNOW OR SHINE!**

Cold Weather Activities

dress warmly and go outside!
go dashing through the snow
build a snow family
make snow angels
sled, snowshoe or ski around the yard
catch snowflakes
collect leaves, acorns or pinecones
hunt for frozen animal tracks
walk through the bare woods

Warm Weather Activities

put on sun screen and go outside!
walk to the playground
ride a tricycle or bike
play ball
build sandcastles
make mudpies
splash in a wading pool
hike up a hill
do cartwheels and somersaults
in the yard

EVERYDAY ACTIVITIES



Take advantage of your child's natural activity level by teaching him to help you inside or outside. Helping around the house teaches children responsibility and respect. Children like being helpful! At first it will take some effort on your part, but it will pay off in the long run. Helping around the house is a good alternative to watching TV. And keeping the house and yard picked up leaves a clear space for kids to play safely!

The helping activities listed below are perfect for your 3 to 5-year-old. Start with the easiest ones and work your way up to harder jobs. Look in the next section of the book (*Skill-Building Physical Play*) for ways to turn routine housework into games.

TASKS YOUR CHILD CAN HELP WITH

Indoor Helping Activities

- pick up toys
- make beds
(pull up the covers, fluff the pillow)
- sort, fold and carry laundry
- help wash, dry and put away
dishes, pots & pans
- clean floors (sweep, mop, vacuum)
- dust furniture
- carry and put away groceries
- help cook (wash fruit, make salad)
- set the table for family meals
- water house plants
- feed and care for pets

Outdoor Helping Activities

- sweep the porch
- pick up the yard
- rake leaves
- shovel snow
- hang out the laundry
- carry out the trash and recycling
- wash the car or brush off the snow
- stack firewood or pick up kindling
- walk the dog
- plant, weed and water the garden



PLAN FOR ACTIVE TIME

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					Play Shadow Tag on Groundhog Day	
		5	6	7	8	9
		Playgroup- 10 am				10
						Take family skating- Middlebury Sports Ctr.
	11	12	13	14	15	16
			Draw Valentines in the snow	Tot Drop In- Middlebury Municipal Gym 10am		17
	18	19	20	21	22	23
	Celebrate President's Day				Music and Movement Playgroup- 10am	24
	25	26	27	28		
	Build a snowman		Story Hour Vergennes Library 10am			

Hang a calendar on your wall or refrigerator

Use a calendar to plan ahead for special activities.

- Write in the name, time and place of the upcoming event on the appropriate date on the calendar.
- Invite a friend. Make a play date.
- Check the calendar each morning to help you organize your day.

Use the calendar as a place to track your child's daily physical activity.

Let your child mark off or put a sticker on each day that she was physically active for at least 60 minutes. You can also check off days when you were able to help him with skill building play for 60 minutes or more.

Mark your calendar!

January

Healthy Weight Week
(third full week)

*Read Ezra Jack Keats's
The Snowy Day, then go
outside and build a
snowman.*

February

American Heart Month
National Children's
Dental Health Month

*Play Shadow Tag on
Groundhog Day.*

March

National Nutrition Month
*Make instruments and
march in your own St.
Patrick's Day parade.*

April

National Public Health
Week (week of first
Monday)

National Library Week
TV-Turnoff Week

World Health Day (7th)

Earth Day (22nd)

National Kite Month

*Make paper kites and go
fly them! See instruc-
tions on pages 13 & 14.*

May

National Physical Fitness
and Sports Month

Mother's Day
(second Sunday)

*Cinco de Mayo — make
sombreros and do a
Mexican Hat Dance. Then
read The Cat in the Hat
to settle down.*

June

Dairy Month

Father's Day (third
Sunday)

*Farm to Family (farmers'
market coupons) begins
Plant a small vegetable
garden in the yard or in
pots. Read Growing
Vegetable Soup by Lois
Ehlert.*

July

*Make red, white and blue
stick ponies and gallop in
the fourth of July parade.*

August

World Breastfeeding
Week (1st–7th)

*Set up a backyard water
park with your hose,
sprinkler and wading
pool.*

September

National 5 A Day Month
Family Health and Fitness
Day (last Saturday)

Grandparent's Day
(Sunday after Labor Day)

*Take a nature walk and
collect colored leaves to
press, rub or make
pictures with.*

October

Family Health Month
Children's Health Month
and Day (first Monday)

Kids Walk to School
Week and Day

*Remember to use your
Farm to Family coupons!
Rake big piles of leaves
and jump in them!*

November

National Children's Book
Week (week before
Thanksgiving)

Great American Smoke
Out (third Thursday)

*Take a family walk before
and after Thanksgiving
dinner.*

December

*Celebrate the first
snowstorm — go out and
catch snowflakes on your
tongue!*

LET'S GO FLY A KITE!

Kite flying is a perfect family activity for Spring! National Kite Month starts April 1st. You and your family can celebrate by making one of the kites described below. Take your homemade kites out to the yard or park, away from any power lines, trees or other unsafe obstacles. Run and let your kite catch the wind! Get together with friends for a kite parade, or play follow-the-leader in the sky.

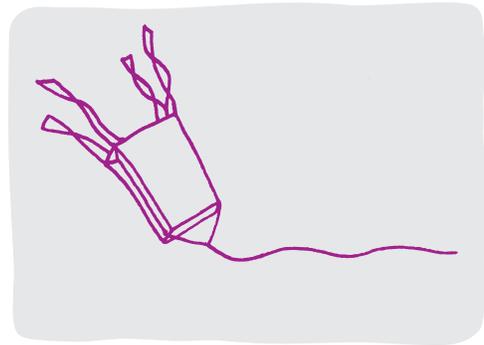
Making a kite can help you teach your child about art and science. Flying a kite gives your child a chance to practice important physical skills. Remember to follow the 3 C's of kite safety — caution, courtesy and common sense. Get outside and enjoy the weather — go fly a kite!

For more information about kite flying and National Kite Month, visit www.nationalkitemonth.org.

Paper Bag Kite

What you need: Paper bag, crepe paper or ribbon, hole punch (optional), string, scissors

How to: Decorate a paper bag using crayons, markers, stickers, etc. Glue a crepe paper streamer or ribbon to each bottom corner. Punch a hole in 2 opposite sides of the bag, near the top. Tie a short piece of string through the holes to make a loop. Attach a long string for a flying line to the loop.



Paper Kite

What you need: (1) $8\frac{1}{2}$ x 11" piece of paper; (1) 8" wooden skewer, chopstick or dowel; 6–10 feet of ribbon; masking tape or other tape; 6–10 feet of string, scissors, hole punch (optional), (1) small piece of cardboard (use an empty cereal box to cut out a 1" x 3" piece)

How to: Fold a sheet of $8\frac{1}{2}$ " x 11" brightly-colored or decorated paper in half to $8\frac{1}{2}$ " x $5\frac{1}{2}$ " (fig. 1). Draw a diagonal line, AB as in figure. 2; then fold again along the diagonal line AB in Figure 2.

Open one side forming kite shape in Figure 3. Place tape firmly along fold line AB to stiffen the spine of the kite.

Place wooden skewer from point C to D and tape it down firmly (fig. 4).

Cut off 6–10 feet of ribbon and tape it to the bottom of the kite at B (fig. 5).

Flip kite over and fold the flap back and forth if needed until it is perpendicular to the front of the kite (fig. 6).

Punch a hole in the flap at E, about $\frac{1}{3}$ down from the top point A (fig. 6).

Tie one end of the string to the hole and wind the other end around a small piece of cardboard that will be your string winder (fig. 6).

