



**Applying New Knowledge:
Learning & Transfer**

Child Care Training Consultants, LLC

Accredited by International Association for Continuing Education and Training (IACET)

Fire Safety, Nutrition and Health

Dr. Theresa Vadala





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Fire Safety, Nutrition and Health

CKA 5: Health, Nutrition and Safety

Title: Fire Safety, Nutrition and Health

2 Hours

0.2 CEUs





**Thank you for choosing
Child Care Training Consultants, LLC.,
for your Training Needs!**

Learning Assessment

Read the material provided, take the 5-10 quiz questions and
complete the training evaluation at the end of the course.

Participants must receive 100% on individual courses to obtain a
certificate of completion.

Questions?
We are happy to help.

Support Services:

Please contact us 24/7 at

childcaretrainingconsultants1@gmail.com

Business # 702.837.2434



Mission Statement

“Child Care Training Consultants, LLC’s is committed to provide research-based professional growth and development training courses primarily focused on the Child Development Associate. The CDA is the nation’s premier credential that is transferable, valid, competency-based and nationally recognized in all 50 states, territories, the District of Columbia, community colleges and the United State Military.

Vision

Child Care Training Consultants, LLC’s vision is to provide the early childhood community with courses based on CDA competency standards to obtain their CDA Credential and assist in reaching their goal as an exceptional early childhood educator to ultimately achieve higher child outcomes.



About the Instructor

Theresa has over 30 years experience in the field of Early Childhood Education. During that time, she served as a Preschool Teacher, Disabilities Coordinator, Program Facilitator, and Director of an Early Childcare Program. She has a Doctoral Degree in Educational Leadership with Specialization in Curriculum and Instructional Design. Theresa is a Professional Growth & Development Trainer and Curriculum Designer and offers web-based courses internationally. She is the Executive Director/Owner of the training organization Child Care Training Consultants, LLC., (CCTC).



Business Description

Child Care Training Consultants, LLC. (CCTC) is an accredited provider (AP) with the International Association for Continuing Education and Training (IACET) that provides Continuing Education Units (CEU) for adult education nationally. The business is also a recognized training organization with the Council for Professional Recognition, Child Development Associate Council (CDA), National Credentialing Program.

Learning Objectives

By the end of the training participants will be able to:

- 1) Recognize fire safety rules, nutrition in child care and health rules in child care
- 2) Identify their own values as they work with young children given the resources from the Fire Safety, Nutrition and Health training course
- 3) Implement clear communication skills between adult care providers and the children in their care.
- 4) Organize an early child care facility environment to minimize fire danger and promote healthy nutrition



Agenda

- Fire Safety
 - Fire protection
 - Emergency evacuation plan
 - Fire check list
 - How to teach fire safety in child care
 - Procedures for conducting a fire drill
- Nutrition
 - Teaching
 - MY PLATE
 - Eat the rainbow
 - Importance of water
- Health
 - Activities





Fire Protection

- (A) FIRE DRILLS
- (B) OPERATING SMOKE DETECTORS
- (C) MULTI-PURPOSE FIRE EXTINGUISHERS
- (D) EMERGENCY EVACUATION PLAN





Fire Protection

(A) FIRE DRILLS must be conducted monthly, and a record kept of each Fire Drill must be maintained. Ask the provider to see the records of such drills.

(B) OPERATING SMOKE DETECTORS must be present on every floor of the facility designated to be used as a Family Day Care Home, or Group Family Day Care Home. Inquire about them, and look to see that they are in good working order.

(C) MULTI-PURPOSE FIRE EXTINGUISHERS must be maintained and in good working order. Check to see if one is in place in the kitchen. A one or two family home requires an approved fire extinguisher in place outside the furnace room.

(D) EMERGENCY EVACUATION PLAN: Primary emphasis must be placed on the immediate evacuation of children.



EMERGENCY EVACUATION PLAN

The approved emergency evacuation plan must describe the following:

- (1) How children and adults will be made aware of an emergency
- (2) Primary and secondary evacuation routes
- (3) Methods of evacuation, including where children and adults will meet after evacuating the home, and how attendance will be taken
- (4) Notification of authorities and the children's parents



Fire Check List

YES NO

- ☐ ☐ 1- Is the facility **LICENSED** by the Nevada State Office of Children and Family Services?
- ☐ ☐ 2- Is there an **EMERGENCY EVACUATION PLAN** posted in a conspicuous place in the home?
 - Did you review it? Are there two required "means of egress"? Is the plan realistic?
- ☐ ☐ 3- Are there working **SMOKE ALARMS** throughout the center? Is there a working **CARBON MONOXIDE (CO) DETECTOR**?
- ☐ ☐ 4- Are **FIRE DRILLS** conducted monthly? Are records kept?



Fire Check List

YES NO

- ☐ ☐ 5- Does the center have the required number of Multipurpose **FIRE EXTINGUISHERS**?
- ☐ ☐ 6- Are all windows easily opened from the inside?
- ☐ ☐ 7- Have you inspected the general housekeeping of the facility? Is the center free of clutter and combustible materials that may either contribute to or create a fire hazard?
- ☐ ☐ 8- Space heaters of any kind may not be used in rooms or areas accessible to children.
 - Did you check to see if space heaters were presently being used?
- ☐ ☐ 9- Are emergency phone numbers posted near the telephone?



Fire Check List

YES NO

- ☐ ☐ 10- Are protective caps or covers installed on all electrical outlets accessible to children?
- ☐ ☐ 11- Are all matches and lighters, etc. kept in a place inaccessible to children?
- ☐ ☐ 12- Have the knobs on the stove been made "child-proof" to prevent a child from accidentally turning on the stove?
- ☐ ☐ 13- Are all electrical cords in good condition?





How to Teach Fire Safety in a Child Day Care Center

- Explain
- Practice
- Demonstrate
- Invite
- Encourage at-home discussion





Procedures for Conducting a Fire Drill

- Familiarize
- Evacuate
- Time the Drill
- Verify
- Return to building
- Document



A fire drill will be practiced at least once a month, at different times of the day. All children should have the experience of a practice fire drill to be better prepared for a real emergency.



How to teach children about nutrition

- Model good eating habits
- Involve the children in food selections
- Teach the children nutrition through play
- Reintroduce foods to children
- Work nutrition education into daily activities
- Praise the children when they make a good food choice





The My Plate Healthy Messages From USDA



Go to:
<http://www.choosemyplate.gov/preschoolers.html> to download tons of resources.

Teach children the importance of dairy products. Milk and other dairy products are essential to the healthy growth of teeth and bones. According to the MY PLATE, preschool children should consume 2 to 3 cups of milk each day. One cup of yogurt or 1/2 ounce of cheese is also equivalent to 1 cup of milk.

Teach children the importance of vegetables. Vegetables are important because they are high in protein, iron, zinc, carbohydrates, fiber and minerals, all factors that are important to the growth of healthy hair, teeth, skin and eyes. The daily recommended portion for preschoolers is 1 cup of cooked or raw vegetables. One cup of vegetable juice is also equivalent to a cup of raw or cooked vegetables. However, children need to understand that they need a variety of vegetables in their weekly diet.

Help children to understand healthy snacks. When children are active, they need constant energy to keep them going strong. Teach preschool children that a healthy snack should contain a good source of protein (such as peanut butter), carbohydrates (such as fruit) and calcium (such as yogurt). In an effort to keep your children from wanting sugary snacks, explain to them that some foods are "sometimes" snacks and should not be eaten often.

Help children understand the importance of fruit. Fruits help your body to fight diseases and keep your immune system healthy. For preschool children, the daily recommended portion of fruit is 1 to 1 1/2 cups.

Teach children about the importance of the grain group. According to the Food Pyramid, the majority of the daily allowance of grain is 4 to 5 ounces. Grains are important to preschool children because they are rich in fiber and help give the children the energy they need in order to learn.



MY PLATE

There are many activities that can be used to teach children about good nutrition. Some involve listening and learning about healthy food choices, but others involve student interaction. Additionally, learning about nutrition is important because children eat daily and make decisions about what they put in their bodies regularly.

Introduce the MY PLATE to children by explaining the basic groups of foods and the recommended portions of each. Give the children a copy of a MY PLATE with recommended food allotments. Discuss the importance of food labels when shopping with their parents. Tell children that food labels can help shoppers stay away from foods that may not be healthy for them.

Provide children with empty cereal, pasta or other food and ask them to measure out a portion. Then discuss portion sizes and compare a recommended portion size to the amount they selected. Children may be surprised to find that they often eat double or triple the recommended calories.

- Fruits
- Grains
- Protein
- Vegetables
- Dairy





Eat the Rainbow

- Red
- Dark Green/Green
- Yellow/Orange
- Blue/Purple
- White





Eat the Rainbow

Eating fruits and veggies in a variety of colors--red, dark green, yellow, blue, purple, white and orange--provides the broadest range of nutrients. And color is a great way to engage children making sure there's a rainbow on their plate.

If a child eats a green apple today, tell to try a yellow banana if he still hungry. Each color in produce boasts specific nutrients related to that color. For example:

Red=beets, bell peppers, red apples, cherries, tomatoes, strawberries etc. Strong in the phytonutrient lycopene and Anthocyanin, vitamins A and C. Known for controlling high blood pressure, reducing risk of cancer, and reducing risk of Alzheimers.

Dark Green/Green=Kale, Spinach, leafy greens, broccoli, Honeydew, peas, kiwi. Strong in Lutein and Indoles also fiber, potassium, folic acid and some B vitamins. Known for maintaining good vision, reducing risk of tumor growth in cancer patients.

Yellow/orange=Carrots, sweet potatoes, pumpkin, apricots, oranges, grapefruit, pears, pineapple. Known for being high in Beta-carotene and bioflavonoids, fiber and vitamin A. Benefits are boosts immunity, reduce heart attack risk, maintain strong bones and teeth, better skin.

Blue/Purple=Blueberries, blackberries, grapes, raisins, plums. High in Anthocyanin and phenolics. Benefits are reduction of age related memory loss, controlling blood pressure, slowing the effects of aging (I like that one).

White=Garlic, potatoes, onions. High in allicin, fiber, potassium. Benefits are lowering cholesterol, reduces spread of cancer.

You can see why we need to eat a variety because they all have something different to offer. Have the children keep track of things they are eating. Give each child a tracker to check with when she get's hungry to make sure she get's a variety. Other ideas are let them get creative and make faces with chopped up pieces of different fruits and vegetables. And lastly **YOU** need to get creative and make mealtime more colorful.



The Importance of H₂O

- Water and Healthy Foods





Water and Healthy Foods

No matter the age group, we all can benefit by taking care of ourselves. We must all work with our bodies and be in sync with what our bodies need on a daily basis. We must all help to maintain our bodies to be at or close to optimal health. There are certain vital nutrients and vitamins we can not survive long without, like water.

Water, as a nutrient, is not an option. When we make drink choices everyday, we must relegate the amount of water we drink for the day. If your answer to how much water have you drank today is none or very little, you should put down that juice or soda and partake in some water. We must take care of our bodies by eating more lean meats, fruits and veggies and grains. We all need to make sure we get a good amount of rest nightly and exercise during the week.

There are some of us that may waiver on and off in this very important regime of drinking the water that our bodies need, but it should be an overall goal to work with our systems and be at our healthiest.

Teach your preschool classroom great habits such as why they need to drink water, eat healthy and exercise.

Water and Healthy Foods - Cut out magazine pictures of both good and bad foods and water. Show the pictures to the children and ask which are good for you. Ask the children which foods are better for them. Ask them if they have to drink, which is better for them: water or soda.





Health Lessons

- Anatomy
- Hygiene and Disease Prevention
- Nutrition
- Physical Activities





Health Lessons

If an apple a day really kept the doctor away, the solution to teaching a healthy preschooler about health and nutrition would be obvious. Unfortunately, it's not that simple, so it's important to teach preschoolers health topics at a young age. If you teach children good habits and provide solid knowledge during this formative time, you'll help to shape his behavior for years to come. Preschool kids acquire a great deal of knowledge through play. Games and activities are helpful teaching tools for providing the foundation of a lifetime of health and nutrition education. Preschool teachers can use a variety of games and activities to reinforce healthy eating, the importance of exercise, anatomy and other health topics.

Anatomy

The game "Simon Says" can be adapted to an anatomy based learning activity. This game helps students identify parts of the body and helps strengthen listening skills. It also allows children to identify approximate internal organs, such as "touch your heart" or "touch your lungs," and to gain knowledge of anatomically correct terms like stomach instead of tummy.

Hygiene and Disease Prevention

Paper plate and construction paper craft projects featuring sneezing and coughing faces help teach children the importance of covering their noses and mouths when they're sick. This project teaches kids some of the ways diseases are spread from person to person while at the same time improving their vocabulary about how their own bodies are feeling. This project can be combined with a lesson in hand washing and how hand washing helps prevent illness.

Nutrition

Posters and charts that display healthy foods and unhealthy foods are good visual learning tools that you can make with preschoolers. Children can compare their own meals and snacks to the images they've placed on each chart to help build a foundation for future healthy food choices.

Physical Activity

A physical activity reward chart teaches children what 60 minutes of planned physical activity per day feels like -- the amount of exercise the kidshealth.org recommended. It's a useful teaching tool for caregivers who want to both explain what counts as physical activity and to reward kids who complete their activities. This activity also teaches kids that physical activity and fun go hand in hand, and that play is a valuable way to be healthy.



Health Lessons

- Soap
- Bath time
- Rhymes and songs
- Dental games





Health Lessons

Making health lessons fun helps children learn.

Some of the first lessons that a child learns are likely to be about health and proper hygiene. Since preschoolers have notoriously short attention spans and are unlikely to retain information unless it's stressed, the most effective teaching methods will be repetitive and involve some form of play. Tactile games, drawing and coloring, or simple songs will help preschool children learn fundamental lessons about health and cleanliness.

Soap

Print out pictures of a bar of soap and have the children color them in. Alternatively, pour a little liquid soap onto the children's hands and let them squish it between their fingers. If possible, choose brightly colored soaps with interesting textures or a pleasant scent. Explain that washing your hands is important to cleanse dirt away and to protect against germs. Don't stress the danger of germs too heavily, lest it make the children overly fearful.

Bath Time

While child care providers don't give children a bath, it is a topic that can be taught. Present bath time as a chance for fun. Utilize water play items that allow preschoolers to play bath games and learn about basic bath accessories such as soap and washcloths. You might encourage children to assemble their favorite bath toys and make up stories about basic hygiene that include them.

Rhymes and Songs

From "This is the way we wash our clothes," there are many fun songs and rhymes that can be used to teach children about health and hygiene.

Dental Games

Buy a giant toothbrush and demonstrate proper brushing techniques on blocks or other square objects, so you can show the need to brush front and back, and to floss between the teeth. Let the children take turns practicing with the brush. Alternatively, let the children play interactive dental games online.





Health Lessons

- Explain Healthy Behavior
- Use Visuals
- Make Health Memorable and Fun
- Plan a Variety of Health Related Activities
- Provide Reinforcement
- Be a Role Model





Health Lessons



Children can learn the basics of caring for themselves at a young age. Skills such as washing hands, putting on a coat, using a tissue, and eating healthy foods should be encouraged consistently and in a variety of ways.

Explain Healthy Behavior – If children understand germs cause illness and eating different foods gives them energy to play, they are more likely to follow healthy practices. Explain in simple language why children should wear coats, wash their hands, and exercise. This can be done through books, class activities, or conversations while teaching children a skill.

Use Visuals – Use a reminder in the form of pictures, drawings, or words to help children remember to flush, wash hands, get a coat, or throw tissues away. Visuals can be used to remind children of sequences such as hand washing or individual steps such as flushing the toilet. In addition to using paper visuals, use real world examples. For example, show children their dirty hands as a concrete visual indicating it is time to wash their hands or show them the snow outside a window as a way to demonstrate it is cold and coats should be worn.

Make Health Memorable and Fun – Teach children to enjoy health by making it fun. Have children sing Happy Birthday while rubbing soap on their hands. This is a way for children to judge the appropriate amount of time for hand washing. When encouraging children to try new foods, have them participate in making meals and snacks. If they are involved in creating the meals, they are more likely to try new things.

Plan a Variety of Health Related Activities – Children learn the importance of health skills by seeing them in a variety of formats. Conversations, books, art activities, games, and literacy projects on wellness are examples of fun ways to promote health. Keep health books in the book center and hang health focused posters in the classroom.

Provide Reinforcement – Verbally reinforce children for being healthy. Comments such as, “I like how Johnny got a tissue and threw it away after he used it,” tell children exactly what they did correctly and remind them about healthy behavior. Teachers can give Healthy Student awards when they see students trying new foods, remembering their coats, washing their hands when they are dirty, and following other healthy practices.

Be a Role Model – By modeling healthy behavior, adults provide multiple opportunities for children to see skills performed. Point out what is being done and why. For example, “I am going to get a snack ready. I better wash my hands before I touch the food so I do not pass germs to other people.”



Preschool Fitness Theme Art

- Outside Play
- Ball Painting
- My Bones





Preschool Fitness Theme Art

Outside Play Take a whistle outside with you to do this next activity. Show the children how to do at least three different exercises such as push ups, running in place, and jumping jacks. Line the children up side by side, and tell them to start exercising when they hear the whistle blow; and, when they hear the whistle blow again, they should stop. These exercises should help children realize that it is the choices we make every day that will either benefit our health or damage our bodies. These activities should teach them that in order to ward off most major diseases we need to help our bodies be their best.

Ball Painting

Materials Needed: small balls or large marbles, a box top or other shallow item with edges; paper, paint

Children print their name on their paper. Place paper in shallow tray or box top. Put some paint on the paper (water the paint down a bit so that marbles don't get stuck in it!). Place balls or marbles on the paper. The children shake the tray or box top from left to right over and over again as the balls or marbles drag the paint around the paper. Keep adding paint as wanted!

My Bones

Materials Needed: black construction paper, white chalk

Encourage the children to draw pictures of themselves and what they think their bones might look like. This is a tough concept for them as preschoolers are so concrete and discussing something that they can not see that is under their skin is a bit abstract for them. But, just let them go at it! Display these pictures either in your dramatic play area or your classroom library area!



Preschool Fitness Theme Block Center Ideas

- Construction Underway
- Shopping Blocks

Construction Underway

Materials Needed: Add interlocking blocks to your block area such as duplo or larger legos.

The children can use these materials to build a hospital, a gym, a park or playground to play on! Also provide toy people and pets to walk in the park! Use larger blocks to make cars, trucks or ambulances to get where they need to be!

Shopping Blocks

You've talked about fitness in preschool and the importance of healthy eating. Perhaps you even have a supermarket in your dramatic play area. Let's add to that using brown grocery bags! Stuff them with newspaper and then tape them with clear packing tape and add them to your block area. You could also do the same with the small brown lunch bags.





Preschool Fitness Theme Circle Time Ideas

- Ways to Stay Healthy
- Watch Me Grow!
- Row Your Boat
- Our Puppet Says





Preschool Fitness Theme Circle Time Ideas

Circle Time is such a great time for children to learn the social skills of being together as a large group AND to learn more about your Preschool Fitness Theme!

Ways to Stay Healthy

Materials Needed: Index cards, marker

Ask the children if they know of ways they can stay healthy? Accept all answers. In advance, print each child's name on an index card. As each child gives you an answer, show the group that child's card (name recognition) and Write down their answer on their index card. Some answers may be: Eat healthy foods; brush teeth; wash hands; exercise, etc.

Use the cards at the Writing Interest Center to encourage them to draw a picture of themselves doing the action you have written down for them.

Watch Me Grow!

Materials Needed: A large strip of paper taped to the wall marked off by feet (1 foot through 5 feet); marker or strips of paper with each child's name on it.

Measure how tall the children are and place their name where they are and list how tall they are. Do this again at the end of the year to see how much they've grown!

We have also weighed each child and listed that as well. The children would measure themselves all year long!

Row Your Boat

Sing the song Row, Row, Row you boat while acting out the lines. Sing it fast and then sing it slow. Sing songs during circle time that use hand motions today! Stand up and act out 5 Little Monkeys Jumping on the Bed and then sing and act out 5 Little Monkeys Swinging From a Tree!

Our Puppet Says

Materials Needed: Take out your favorite puppet! Have it say hello to the children. The puppet can lead your children in a game of Copy Me! The puppet should tell the children that they are going to exercise. First we are going to warm up....Walk in Place, ready, go! Now, jump 6 times....ready, go! Now, run fast in one place like this...ready, go! Eventually, let the children each make a suggestion of a move and have the puppet try to do that exercise as well!



Snack Recipe Ideas to Cook Up for Preschool Fitness Theme!

- Energy Trail Mix





Snack Recipe Ideas to Cook Up for Preschool Fitness Theme!

Cooking with children helps develop their math skills and helps them to learn how to follow directions. It also allows for some great conversation! Ask many questions while cooking with your children to encourage conversation! Be sure to ask specific themed questions while making these fun snacks!

Energy Trail Mix

Ingredients and Items needed: raisins; oat cereal; corn cereal; dried fruit; zipper baggies; tablespoons; pen

Place each ingredient into a separate bowl. Place a tablespoon in each bowl. In advance, draw a tablespoon on 4 index cards. On the bottom of each, list how many tablespoons of the ingredient that you want the children to place in their baggie (for example, on the card in front of the raisins, you might print "Add 1").

Encourage the children to print their name on the baggie with the pen.

They should then go from bowl to bowl and count out the number of tablespoons of each ingredient printed on each card into their baggie.





Preschool Fitness Theme Ideas to Transform Dramatic Play Area

- Planet Preschool Fitness
- Hospital





Preschool Fitness Theme Ideas to Transform Dramatic Play Area

Planet Preschool Fitness

Materials Needed: Items to make your dramatic play area into a mini-gym that is appropriate for preschoolers! You can have a balance beam, a few circle time mats or carpet squares with numbers on them (they run in place while counting to this number); a jumping jack corner...it could be set up like a mini-obstacle course. Also, teach them a few warm up and cool down exercises such as stretching, bending, taking deep breaths.

Hospital

Set up your dramatic play area as a hospital or doctor's office. Provide clipboards, pencils or crayons to write on charts, medical bags, bandages, etc. Also, check to see if can find a skeleton model for the children to see; provide long shirts and masks. These can be found in teacher stores or science activity departments of stores. You might also find some x-rays in these areas!



Preschool Fitness Theme Large Group Games that help build their muscles while they have fun together

- Working your body
- Bean Bag Olympics
- People Sort
- Parachute Exercise





Preschool Fitness Theme Large Group Games that help build their muscles while they have fun together

Working Your Body

In advance, make some pictures of different children performing different exercises such as reaching to the sky, touching toes, running in place, etc. Or, find pictures in magazines. Make index cards with numerals or dots on them. Show the children one picture card and then one number or dot card. The children then do the activity on the picture card the number of times shown on the number card (i.e. jump up and down 5 times).

Bean Bag Olympics

Materials Needed: Bean bags; tape (painter's tape)

Tape 2 lines on the floor or carpet. Have the children stand at one of the blue lines. They each should have one bean bag. Have them try to get the bean bag to the other line in different ways by using different body muscles: Throw with your hands. Place on the top of your hand (not the palm) and try to toss it to the line. Place the bean bag on the top of your foot and try to kick-toss it to the other line. Try tossing it only using 2 fingers. Try it tossing it backwards over your head!

People Sort

Materials Needed: Have the children sort themselves! Start by having them sort themselves by who has long hair and who has short hair. Then suggest other ways to sort such as wearing blue jeans, wearing sneakers, etc. Then have the children suggest ways to sort!

Parachute Exercise

Using a parachute, try different exercises WHILE you all shake the parachute up and down such as jumping and counting to 10. Try squatting down and standing back up while holding the parachute. Reach up and bend over to the ground slowly while holding the chute, then try it very fast!

Preschool Fitness Theme Ideas for Your Library and Literacy Activities for Preschool Classroom

Book Suggestions for the Library

The Berenstain Bears and Too Much Junk Food by Jan and Stan Berenstain

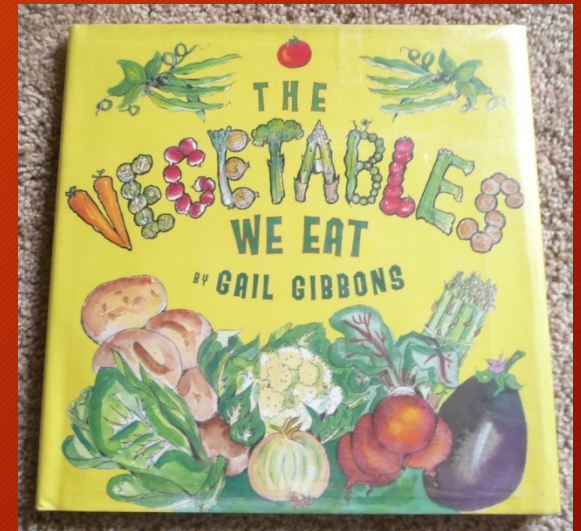
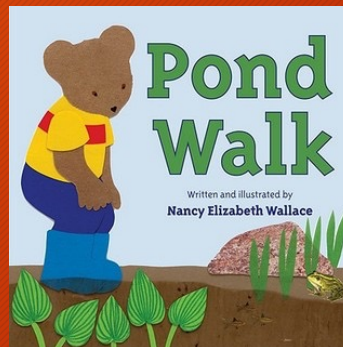
Curious George Goes To The Hospital by Hans Rey

Dem Bones by Bob Barner

I.Q. Gets Fit by Mary Ann Fraser

Parts by Ted Arnold

Stretch by Doreen Cronin





Preschool Fitness Theme activities to help Preschoolers develop those small muscles in their hands!

- Math Words
- Table Hopscotch
- Preschool Fitness and Health Plate
- Preschool Fitness Lacing





Preschool Fitness Theme activities to help Preschoolers develop those small muscles in their hands!

Ways to Measure

Provide tape measures and rulers as well as clipboards and crayons or pencils. Encourage the children at the center to measure themselves, each other, the progress of a plant you may have growing, etc.

Math Words- Big and Small

Materials: Collect a wide variety of items in a specific shape you are working on. Have the children sort them by large and small. Also introduce "Medium" and they can sort by small, medium and large. Example: CIRCLE: provide pompoms, beads, ping pong balls, golf balls, larger balls

Table Hopscotch Game

Tape colored construction paper squares together to make a Hopscotch. Add the numbers onto it. Place it on the table. Give the children different items to count out onto the squares such as beans, pom poms, etc. EXTENSION: If you make this large enough to fit on the table, provide bean bags or pom-poms for the children to toss onto it. When it lands on a number, encourage them to name the number.



Preschool Fitness Theme activities to help Preschoolers develop those small muscles in their hands!

Preschool Fitness and Health Plate

Materials Needed: play dough in a variety of colors and plastic plates. Staying fit takes exercise AND healthy foods. Here the children can whip up a plate of healthy foods with play dough while working out their small muscles! Provide cookie cutters in shapes of sports items, people, etc. and play dough rollers and plastic knives.

Preschool Fitness Lacing

Materials Needed: Make and laminate different shapes that focus on fitness such as running shoes, people, healthy snacks (apples, bananas, etc.). Once laminated, hole punch holes around the outside edges of the shapes. Provide colored laces for the children to lace with (tie a knot on one end so that it does not pass through the holes). You can make your own laces with colored yarn. Use clear tape to tape one end of the yarn so that it passes through the holes.



Preschool Fitness Theme Music and Movement Activities and Ideas to get Preschoolers Movin' and Groovin'!

- Hokey Pokey
- Head, Shoulders, Knees and Toes
- Learning Directions





Preschool Fitness Theme Music and Movement Activities and Ideas to get Preschoolers Movin' and Groovin'!

Hokey Pokey

This is traditional but helps your preschoolers learn about their body while learning to stay fit! You can change this up to focus on discussions you've had in class. For example, instead of "you put your right foot in, you put your right foot out, you put your right foot in and shake it all about" say "you could put your right foot in and lift it up and down!"

Head, Shoulders, Knees and Toes

Body parts and preschool fitness all in one! After singing this once, try singing it very, very slow and then very fast! Each year, our children LOVE to do this "super, duper, fast". We tell them that when we do it this fast, it is SO fast we can't even say the words so we replace all the words with "Blah, blah blah blah blah blah" while we do it "super duper fast"!

Learning Directions

Materials Needed: Home made dumb-bells (see Art activity above) or hand held musical instruments.

After time to explore the musical instruments, give fitness instructions for your preschool children to work out to!

Stretch up and shake your instrument. Bend over and touch the floor. Move your arms from right to left. Walk in place. Run in place. Follow the leader (a mini parade!).

EXTENSION: Play music of different tempos and encourage them to dance to the beat...slow, fast, medium, etc.!



Preschool Fitness Theme Science Activities— for Preschool Scientists in Training!

- X-Ray Technicians
- Anatomy Dude
- Anatomy Apron

X-Ray Technicians

Materials Needed: Donated x-rays from your dentist or you can purchase them at a teacher store; provide magnifying glasses and flashlights. Show the children how to shine light on x-rays to see them more clearly. Leave them out for children to investigate.

Anatomy Dude

We found a plastic "person", well, from the neck down which had removable internal organs such as lungs, heart, ribs, etc. We called it Anatomy Dude!

Anatomy Apron

This is an apron that the children can wear. The internal organs actually stick onto the appropriate areas with velcro on the apron!





Review

- Fire Safety
 - Fire protection
 - Emergency evacuation plan
 - Fire check list
 - How to teach fire safety in child care
 - Procedures for conducting a fire drill
- Nutrition
 - Teaching
 - MY PLATE
 - Eat the rainbow
 - Importance of water
- Health
 - Activities



Early childhood is an exciting time, as children begin to learn about themselves and the world around them. It's a time when they begin to develop habits that can affect them throughout their lives, especially when it comes to food and fitness.

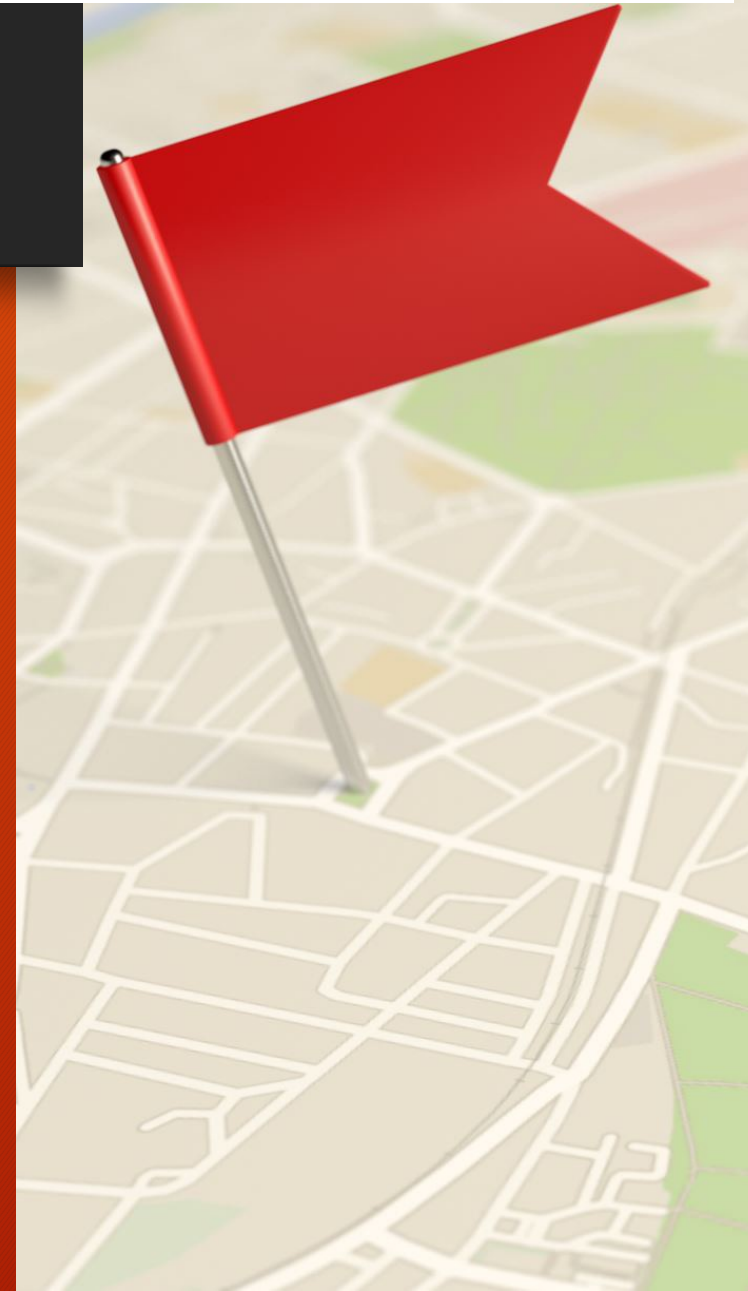
Preschool-aged children are usually keen to learn a variety of lessons about being healthy.

Children who learn healthy habits at a young age carry those habits into adulthood. Preschool students should be exposed to health education games and activities that will teach them how to live healthy lifestyles.



Resources

- http://www.wsp.gov/fire/child_care.htm
- <http://oshasafetyvideos.com/topics/childhood-development/childcare.htm>
- <http://www.fns.usda.gov/cacfp/child-day-care-centers>
- <http://www.childcareservices.org/ps/nutrition-services-for-child-care-centers/>
- <http://www.health.gov/html/doh/html/living/childcare.shtml>
- <http://www2.epa.gov/childcare>





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