



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 1, LESSON 3: KEEP KIDS MOVING

Child Care Provider – Consider children’s physical participation in one planned activity.

- Write a lesson plan for a physically active music activity you enjoy doing with children.
- Next, analyze the experience from a child’s perspective and write out all the physical skills necessary for a child to successfully participate.
- Consider how you are building in opportunities for each child to self-select the intensity with which they engage in the activity.
- Add the variety of levels that children can participate to your lesson plan. Include notes about ways you, as the teacher, will be able to support each aspect for individual children. Anticipate and prepare modifications for the activity so each child experiences success by being encouraged to participate at their own pace.
- For yourself, consider opportunities you have during your time with children to model healthy, joyful, active play. Are you actively engaging in children’s play outdoors, breathing fresh air deeply, and recharging your batteries? Make a conscious choice to join in more active play with children, for you and them.

Director – Reflect on your program employee policies. Consider all the ways that each staff is encouraged to care for themselves physically and the related challenges your program experiences.

Action Steps: Create a list of policies that you currently have that support teachers and staff to take care of themselves physically. Add five new ones to your list.

End your discussion or staff meeting with time to spare so that you can stretch and move around for five minutes before beginning the next task.

Reflection/Discussion Questions

- *What are the expectations for staff to physically engage in active play during teaching time? Especially consider adult activity level during outdoor time.*
- *What steps could you take to institute a program-wide wellness plan?*
- *As a profession, we focus on our responsibilities to care for others. Consider how important it is for adults to model self-care for children. How can staff build in opportunities throughout the day to care for themselves?*