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Turn-Key: Preventing Obesity and Promoting Wellness in Early Childhood Settings

MODULE 2

Lesson Four — The “Life is Good” Playmakers

- 1) Choose the following powerful reason described in the video for engaging in play:
 - a) It is important to have a detailed lesson plan and objectives for each play opportunity provided.
 - b) Engaging in play helps adults and children have joyful interactions that help adults learn about what children are interested in.
 - c) The most important aspect of a play experience is the activity planned, not the energy of the adult.
 - d) It is recommended that adults discourage children’s ideas for developing play rules.

- 2) The following is an important aspect of play and self-regulation:
 - a) Adults always appreciate the value of play and advocate for more of it.
 - b) Children have ample time for exuberant play outside of group care so it should not be encouraged in your school or center.
 - c) Silliness in play often leads to out-of-control children and should be discouraged.
 - d) Supporting joyful exuberant play and building in a cool down period are key ways to teach self-regulation.

- 3) Which of the following is a CORRECT statement?
 - a) How adults feel about their own bodies is irrelevant to their work with children.
 - b) It is not important to establish your own sense of joy to be able to share it with children.
 - c) The Life is Good Playmakers are champions of play.
 - d) Nurturing playfulness in children does not need to be part of early care and education.

- 4) The definition of playfulness used in the video is:
 - a) The motivation to fully and joyfully engage with, connect with, and explore the surrounding world.
 - b) Using props and toys in creative ways.
 - c) Acting out scenes from one's own observations.
 - d) Following the example provided by the adult guide.

- 5) A key concept of the Life is Good Playmakers is to:
 - a) Adapt the Playmaker curriculum to every age group.
 - b) Connect with who you are and what you are passionate about through playfulness.
 - c) Teach parents how to provide active entertainment for their children.
 - d) Use movement activities to identify stages of development.

Lesson Five — The Trail Walk

- 1) Before you take children anywhere the most important step discussed is to:
 - a) Create study guides to use during the visit.
 - b) Check the site's web page.
 - c) Assess children's knowledge of the site.
 - d) Visit the site yourself.

- 2) Supporting the children's explorations outdoors includes this CORRECT statement:
 - a) A trail walk is great way to get children excited about physical activity.
 - b) Teachers must provide directed instruction on key concepts.
 - c) Core curriculum standards are only met during indoor classroom instruction.
 - d) Sensory learning is not a significant outcome.

- 3) Choose the most important reason the teacher in this video took children on a walk to the creek:
 - a) To celebrate the end of the year.
 - b) To meet science curriculum objectives.
 - c) To make sure children have experiences to develop a love of nature that they may not have at home.
 - d) To give the children a fun day off from learning.

- 4) Choose the unique benefit of outdoor exploration discussed in the video:
 - a) Children learn a defined set of rules and safety guidelines to follow.
 - b) Children will learn about the space by following the adult.
 - c) Children realize that learning happens best in a classroom setting.
 - d) Children's need to navigate through an unfamiliar landscape provides physical challenges that don't exist on playgrounds or in most man-made play areas.

- 5) Joy-filled experiences in nature lead to:
 - a) A love of the environment and a growing commitment to respect it.
 - b) Dissatisfaction in the indoor classroom.
 - c) A decline in social development.
 - d) Overuse of natural resources.

Lesson Six – Natural Learning Environments

- 1) What key statement helps children be aware of and participate in the continuous food cycle that is around them?
 - a) The garden for learning is separate from the play area.
 - b) Children should visit a grocery store.
 - c) Teachers should plant a window garden indoors.
 - d) The outdoor play area is a garden.

- 2) In North Carolina the language in child care center development reflecting the new understandings of outdoor spaces now refers to them as:
 - a) Educational Resource Spaces
 - b) Children’s Interest Environments
 - c) Outdoor Free Play Environments
 - d) Outdoor Learning Environments

- 3) Choose the INCORRECT statement:
 - a) First Environments Early Learning Center found value in creating their garden through a participatory design process.
 - b) First Environments does not plant tomatoes because they are toxic.
 - c) Children explore when they feel comfortable and safe.
 - d) The focus of the outdoor space at First Environments is exploration with a variety of interesting plants and wildlife.

- 4) To create an outdoor learning environment, a site should:
 - a) Focus on immediate, achievable goals.
 - b) Wait until all of the resources are available and then begin to change the space.
 - c) Expect the transition of space to be an expensive process.
 - d) Make changes all at one time, otherwise teachers will disengage from the process.

- 5) The following statement is the underlying message of the process of embracing change and nurturing evolving environments:
 - a) The goal is to finish the environment so learning can begin.
 - b) A comprehensive curriculum based on the use of the outdoor space is important.
 - c) The sole approach needs to be focused on defining the physical space.
 - d) Spaces, like brains, are never done changing.

Lesson Seven – Inside Matters Most

- 1) Choose the INCORRECT statement:
 - a) Language skills are critical alternatives for children to develop to replace impulsive responses.
 - b) Teachers should redirect language and model ‘kind words’.
 - c) Young children are abstract, not concrete, thinkers.
 - d) Language helps children to label and master emotions.

- 2) “The Star Belly Sneetches” activities help children think about:
 - a) Ways to act out silly stories.
 - b) Following directions to receive a reward.
 - c) Personal hygiene.
 - d) Intolerance, based on appearance.

- 3) Choose the statement that describes a main theme of this Lesson:
 - a) Children start to understand fairness when they are able to think abstractly.
 - b) It is important to keep young children from discussing differences in appearance with one another.
 - c) Books teach valuable lessons.
 - d) We can address future teasing and bullying by helping every child develop a sense of fairness.

- 4) The game “mirror partners” helps children to:
 - a) Use non-verbal cues to put emotions and feelings with words.
 - b) Recognize their facial features by looking in a mirror.
 - c) Use ‘kind words’ in the classroom.
 - d) Share strong feelings with a teacher.

- 5) Choose the CORRECT statement made in the video:
 - a) Very young children often tease one another about being overweight.
 - b) To young children, fairness means getting what they want.
 - c) Part of acceptance is being able to understand the differences between one another, as well as the similarities.
 - d) Young children respond to classroom events based on the messages they receive from television.