



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 2, LESSON 4: THE LIFE IS GOOD PLAYMAKERS

Child Care Provider – Think about opportunities for large-motor play.

- Plan a large group activity in which you are guiding students. It can be either a new activity you haven't tried before or one that you have already done. Intentionally embed strategies for teaching self-regulation. Follow the suggested format of a warm-up period, joyful and exuberant play, and a cool down period.
- Now consider other parts of the daily routine where you allow children to find joy and motivation through physical activity through their own direction. Plan for how you will get yourself in the mindset to be ready to play – ways you will focus your energy to ensure you are ready to be the healthy, optimistic, joyful adult who engages in play alongside children.

Director – Reflect on how you feel about very active indoor play. Lead a discussion with staff to generate ideas for incorporating active physical play indoors.

Action Step: Implement at least one of the suggestions brought up during the discussion that will help teachers embrace active play in their classrooms.

Reflection/Discussion Questions

- *How do you promote a joyful and playful atmosphere in your workplace for both children and adults?*
- *How do you communicate and advocate for exuberant play as an integral tool for learning?*
- *To some adults, children's boisterous play looks and feel out of control. Discuss how you might adjust your classroom management techniques to support children's energetic playfulness. Think about what support you need in place for yourself and ways you can support other teachers.*