



Reflective Activity 2: Get Kids Moving Preventing Obesity and Promoting Wellness Module 1: Activity and Movement

Please complete the following sections as instructed:

- If you are a Child Care Provider, please complete sections A and C below.
- If you are a Director, please complete sections B and C below.

A. CHILD CARE PROVIDER

Analyze your environment for movement opportunities for children.

- Move through your classroom in the ways typical of the children you work with. Consider the range of motor development needs that your classroom should support.
- Now draw a map of your classroom and highlight places where movement is restricted. In a different color, highlight places where movement is encouraged.
- Brainstorm a list of items that could be removed or added to the physical environment to promote movement.
- Commit to making at least two changes that remove barriers and add opportunities.
- Once you have made the changes, extend your learning by observing children. How are the changes impacting children's ability to be physically active and explore the space? What are the children showing you that they still need?

B. DIRECTOR

As a group, take a closer look at your program policies.

- Reflect on the policies you have in place that impact children's active movement and play. You might think about policies related to weather, scheduled time outdoors, clothing, sunscreen use, etc. Consider the recommended guideline for 60 – 90 minutes of outdoor time as part of the daily routine.
- Commit to at least one policy change that you will make and develop a plan for implementing it.

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C. REFLECTION/DISCUSSION QUESTIONS

- How are your policies supporting healthy activity and movement?
- What administrative support does teaching staff need to implement healthy policies?
- How are you working with families to develop policies and share information with them?
- What changes or adjustments to your policies could you make that would encourage more daily outdoor time? What are the perceived barriers that prevent staff from taking children outdoors every day?
- What experience are teachers providing that supports the suggested balance between structured and unstructured movement activities?

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