Learn with Me

Down to the Core

Did you know that our core strength plays a role in almost every gross motor activity we do? Our cores need to be strong to provide a stable base for our bodies to work properly. Good core strength helps with correct posture. That helps us sit for school and work and even affects our fine motor skills like handwriting. Try these exercises with the children in your care at least three times per week to improve core strength.

1) Wheelbarrow walking
2) Crab, bear, kangaroo animal walking
3) Superman moves – lay on stomachs and lift both arms and legs up like flying
4) Plank positions – Try to hold body up off the floor using elbows for support for 30 seconds
5) Playground fun - monkey bars, swinging, and climbing

Create with Me

Craft Stick Sunflowers

Paint craft sticks yellow. Help the children glue the sticks in a circle creating their sunflowers. Add a black construction paper circle to the middle. Then finish your sunflower with a green craft stick and construction paper leaf. Hang these around the room for the perfect fall decoration.

Play with Me

Action Sunflowers

Create action sunflower sticks using the sunflower template at cacfp.org and craft sticks. On each sunflower write an action and glue it to a craft stick. One child will stand in the middle of the circle and pick a sunflower calling out the action word. Everyone will then do the action until directed to stop. A new leader will go to the middle and pick a new flower. Actions can include running, hopping, skipping, jumping, bear crawling, and balancing on one foot.

Cook with Me

Snacking Simply

- Crackers
- Celery
- Apples
- Sunflower seed butter

You can make a #CACFPCreditable snack using peanut butter alternates like sunflower seed butter with several different meal pattern components. For grains try it with crackers, tortillas, breads, and pita chips. For fruits or vegetables, try it with celery, apples, jicama, strawberries, bananas, carrots, or melon.

Read with Me

Sunflowers are a happy flower with their large yellow blooms. The French word for Sunflower, tournesol, actually means turn toward the sun. To find out more about the sunflower, read these selections.

To Be Like the Sun by Susan Marie Swanson
Lilla’s Sunflowers by Colleen Rowan Kosinski

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Healthy or Not Healthy?
Circle and color only the healthy choices.
Action Sunflowers

Use the template below to create several sunflowers. On each sunflower write an action and glue it to a craft stick. Then use these as cues for the children to follow. Make a game out it.