



ACTIVITY NEWS!

MODULE 4

CHILE PROJECT GOALS

- ☒ Families will eat more fruit, vegetables, and foods made with whole grains
- ☒ Families will eat less sugar and high-fat foods
- ☒ Families will be more physically active
- ☒ Families will watch less TV



ACTIVE PLAY FOR A RAINY DAY...

Treasure Hunt

Hide a special "treasure" somewhere in the house. The treasure can be a favorite book or toy, or a surprise. Give clues or draw a simple map that leads to the treasure.

Red Light - Green Light

Stand 20 - 25 feet away from the players. Instruct them to run, skip, walk, or hop when you say "green light," and to stop when you say red light.

Animal Charades

Place several toy animals in a pillow case. One person quietly picks out one animal and hides it away, while the others have their eyes covered. The person who picked the animal must move like that animal until the others can guess what kind of animal it is.

Pull Weeds!

If it is a soft gentle rain and not too cold outside, this is a perfect time to get an early start on yard work. The ground will be soft and wet and the weeds will come up easily. Kids will enjoy the chance for some fresh air!

Places for Active Play in your Community

Where and when does your family have the opportunity to be active? Think about where your family spends most of the day, what your neighborhood is like, where your family can go to be active. Take the steps to make some changes in your community!

Questions to Ask	What to do Next
Do children have enough activity time in their day at school?	Talk to the teachers about how children can be more active at school. Volunteer to help with a physical activity such as a nature walk.
Does the school have enough equipment, toys and activity areas both inside and outside for children to play safely?	Go to family, policy, or council meetings and talk about more physical activity for children and about fundraising for playgrounds and active play items.
Does your neighborhood have nice places to walk and play?	Talk about safe playgrounds, walking paths and other places for active play at city, tribal, or neighborhood planning meetings.
Is there a safe place to play and ride a trike/bike at your home or close by in your neighborhood?	Contact your state or tribal representatives and talk to them about how you can support their efforts in providing more safe places for children to have active play every day!



Child Health Initiative for Lifelong Eating & Exercise

PLAYGROUND SAFETY...

Active play every day is one of the most important gifts you can give your child. Regular physical activity helps your child be healthy and do better in school. Playgrounds provide fun, fresh air, and exercise. But they also can pose some safety risks. You can make the playground a place that's fun and safe for your kids by checking the equipment and playground surfaces, and following some simple safety rules. If you can make the play area safe, they are less likely to get hurt.

Before Heading to the Playground:

Remove clothing that has drawstrings or other strings that could get caught on equipment. Also remove necklaces and leave jump ropes at home.

Teach Basic Playground Rules:

- Never push or roughhouse
- Take Turns
- Use equipment properly — slide feet first, don't climb outside guardrails, no standing on swings, etc.
- Place bikes, backpacks, and bags away from the play area so that no one trips over them



Be Alert:

- Make sure the equipment is safe for the age and size of your child
- Keep kids away from equipment that is broken, cracked, splintered or rusted
- Look out for objects that stick out and could cut a child or cause clothing to become caught
- Watch for broken glass, twisted metal, or other sharp things
- Keep your child near you. Kids will try crazy things when no one is looking!

Playground Surfaces:

A proper playground surface is one of the most important factors in reducing injuries that occur when kids fall from equipment.

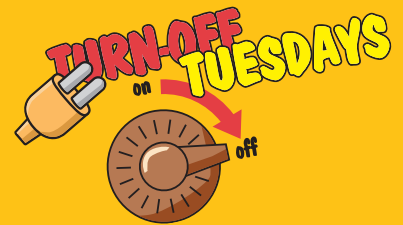
- The surface under the playground equipment should be soft enough and deep enough to soften the impact of a child's fall. About 12 inches is a good guideline for loose fill.

Help keep your playground clean and safe:

- Pick up trash
- Report any equipment or surface problems to the organization that is responsible for the playground.



The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.



What can you do while the TV is off?

Use the extra time to:

- Sit at the table and eat together
- Do homework together
- Play a card game
- Do an art project
- Clean or decorate one room
- Do the laundry together
- Do an activity from the CHILE newsletter or Take Home Kit

Make a Commitment to keep the TV off one whole day each week!

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.