

**Family Resource and  
Activity packet  
Tuesday (12-01-20)**





## A-Camping We Will

Go

(tune - The Farmer in the  
Dell)

A-camping we will go,  
A-camping we will go,  
Hi-ho and off we go,  
A-camping we will go.

More Verses:

First we pitch our tent  
Next we chop some wood  
We light the campfire now  
We cook our dinner now  
We tell fun stories now  
It's time to go to sleep

# Masks: The basics



## Why should I wear a mask?

Wearing a cloth face mask can help prevent people who have COVID-19 from spreading it to others. A mask helps even when you have no symptoms.

## When should I wear a mask?

You should wear a face mask when you're in public settings. Even when you're wearing a mask, you should stay six feet apart from others.



## How do I wear a mask?

Your mask should cover the bridge of your nose down over your chin. It should be snug on the sides.



[www.aphagetready.org](http://www.aphagetready.org)

AN INITIATIVE OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION



AMERICAN PUBLIC HEALTH ASSOCIATION

*For science. For action. For health.*

# BE ACTIVE KIDS

## 25 Active Things To Do With Paper Plates



1. Use 2 as **ice skates** and skate around the room.
2. Use one as a **target**—tape it to a wall or hang from a tree.
3. Throw a paper plate like a **frisbee**.
4. Make **stoplights** with 3 colored stoplight colors. Hold up a plate and have kids stop for red, walk slowly for yellow, and run for green.
5. Cut the middle out and use as a **ring toss**.
6. Use them to make **mud pies**.
7. Cut the middle out and try to **throw a ball through it**.
8. Make **healthy plates**. Spread pictures of healthy food around the room and have children pick up a few and run back to tape them on their plate.
9. Pretend taped plates on the floor are **lily pads**—jump or leap between them.
10. Try to **balance** one on your head while walking at different speeds—slow, fast, medium.
11. Hold one in each hand with arms extended and pretend they are **wings**—fly around the room.
12. Draw **numbers** on them and see who can put the numbers in order the fastest.
13. Draw **letters** on them and spread them out in a large area. Have children race to the letter you call out.
14. Make a **tambourine**. Punch holes around the edges of 2, put rice or beans between, and weave string through the holes to connect them. Pretend you're in a marching band—march as you play your tambourine.
15. Play **Musical Plates**. Tape them to the floor in a circle. Dance, hop, walk or jump from plate to plate.  
*Plates may slip, so use caution when moving.*
16. Play **Hopscotch**. Write a number from 1–10 on each and make a hopscotch pattern with them.
17. Make **active cardboard creations** with box/plates/craft materials for children to create a car, boat, train, etc.
18. Make a **wheel charade game**. Glue pictures of planes, trains, cars, motorcycles to plates and act each out.
19. **Decorate** with eye catching colors and things that make noise. Have infants and toddlers try to hit or kick it.
20. Play **Tic-Tac-Toe**. Write a big "X" on 5 and a big "O" on 5. Draw a tic-tac-toe grid with chalk on the ground.
21. Play a **life-size board game**. Line plates up in a curvy path with "start" written on a plate at one end and "finish" on the other. Roll a large die (made out of foam or a small box) and jump or hop from spot to spot.
22. Make racquets and play **racquetball**. Tape a paint stick or paper towel roll to a plate to make a racquet. Use socks, pom poms or other light-weight objects and practice striking them with the paper plate racquet.
23. Use the plate as a **steering wheel** and actively pretend to drive around town running various errands.
24. Line up various sized plates to use as an imaginary **balance beam**.
25. Make an **animal mask**. Draw your favorite animal face on your plate and move like your animal.

*Note: You can modify some of these activities by varying the distance, height, and amount of plates to make this a successful and positive movement experience for children of all ability levels.*

Looking for additional ideas to get kids moving with loose parts?

Find other Be Active Kids handouts on things to do with sticks, beach balls and more at [www.beactivekids.org/resources/handouts](http://www.beactivekids.org/resources/handouts).



Is Be Active Kids® at your child's daycare center or school? If not, contact us at [info@beactivekids.org](mailto:info@beactivekids.org) or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

[www.beactivekids.org](http://www.beactivekids.org)  
[facebook.com/beactivekids](https://facebook.com/beactivekids)  
[pinterest.com/beactivekidsnc](https://pinterest.com/beactivekidsnc)

# Make Reading Fun!

**Start reading to your child before birth and establish reading as a routine part of every day.**

**Here's how to make reading fun for your children:**

- **Select age-appropriate books.** Infants like rhyming patterns and repetition. Toddlers like lots of bright, colorful pictures. Older children need books that will help stimulate their imaginations. Don't discourage your child from asking for the same story over and over, night after night.
- **Read with feeling.** Act out parts as you read them and don't be afraid to use different voices for different characters. Keep your child interested in the story and entertained.
- **Share the book.** Cuddle with your child so that he can see the book, hold it and help turn the pages. Children like to see pictures, colors and shapes. Reading together is also a great opportunity to snuggle.
- **Answer questions.** Asking questions means your child is listening. Stop frequently during the story to answer questions. Allow time at the end of the story to talk it over. Remember to be patient.
- **Personalize the story.** Children like to hear their names, so substitute your child's name for a character's. If your child seems restless, leave out overly descriptive passages.
- **Always complete the story.** Children need a sense of completion. If it's getting too late or your child seems restless, find an appropriate stopping point. Create an ending for your time together such as a kiss good night.





## Reading Tips

- Read with your child every day.
- Choose books that are right for your child's age.
- Infants like patterns and repetition.
- Toddlers enjoy bright colors.
- School-aged children need books that help create mental pictures.
- Share the book and cuddle while reading.
- Talk about the pictures. You do not have to read the book to tell a story.
- Let your child help by turning the pages or holding the book.
- Make the story come alive!
- Ask your child questions about the story.
- Let your child read a page, then you read a page.

For more information on health-related topics, visit our health library at [CHKD.org/healthlibrary](http://CHKD.org/healthlibrary).

**Your child's pediatrician should be your primary source of advice about your child's health.**

# TERIYAKI SALMON

4 servings



Prep time: 10 minutes  
Cook time: 20 minutes

Salmon has a mild taste that children often like more than other fish. Salmon is high in both vitamin D and omega-3s. Eat fish twice a week to reap its nutritional benefits!

## Ingredients

- 13 oz salmon fillet
- 2 tbsp sodium-reduced soy sauce
- 2 tbsp rice vinegar
- 2 tbsp brown sugar
- 2 tsp grated fresh ginger

Recipe adapted from *The Ultimate Healthy Eating Plan*, Pearson and Smith, 2002

## Instructions

1. Preheat oven to 425°F (220°C).
2. Line an 8" x 8" baking pan with parchment paper or foil.
3. Place salmon in the pan.
4. Mix together the soy sauce, rice vinegar, brown sugar and fresh ginger. Pour over the fish.
5. Bake for 15 to 20 minutes or until the salmon fillet easy flakes with a fork. Serve with brown rice and a salad for a complete meal.



## TIPS FOR KIDS IN THE KITCHEN



Helping hands in the kitchen can reduce mealtime stress! Have your child set the table while the salmon cooks.