

**Family Resource and
Activity packet
Wednesday
(12-02-20)**

Frosty the Snowman



Frosty the snowman was a jolly happy soul
With a corncob pipe and a button nose
and two eyes made out of coal.

Frosty the snowman is a fairy tale they say
He was made of snow but the children
know how he came to life one day.

There must have been some magic in that
old silk hat they found
For when they placed it on his head
he began to dance around.

O Frosty the snowman
was alive as he could be
And the children say he could laugh
and play just the same as you and me.

Thumpety thump thump
thumpety thump thump
Look at Frosty go

Thumpety thump thump
thumpety thump thump
Over the hills of snow

Frosty the snowman knew
the sun was hot that day
So he said, "Let's run and we'll have some fun
now before I melt away."

Down to the village
with a broomstick in his hand
Running here and there all around the square
saying, "Catch me if you can."

He led them down the streets of town
right to the traffic cop
And he only paused a moment when
he heard him holler, "Stop!"

For Frosty the snow man
had to hurry on his way
But he waved goodbye saying,
"Don't you cry. I'll be back again someday."

Thumpety thump thump
thumpety thump thump
Look at Frosty go

Thumpety thump thump
thumpety thump thump
Over the hills of snow

BE ACTIVE KIDS®

5 Tips for Active Families

Make active play fun for the entire family!



Allow children to help choose and plan how the family will be physically active. Be sure to focus more on fun, not on performance or competition.

HOW TO BE A HEALTHY FAMILY

1. Be active for at least 60 minutes every day.
2. Eat at least 5 fruits and vegetables every day.



Make moving a priority!

Set aside time daily or throughout the week when the entire family can be physically active together. Try doing something before or after dinner or on weekends. Plan a weekly Family Fun Night that includes riding bikes, swimming, or dancing.

Get Moving on a Budget!



Plan activities that require little or no equipment like walking, jumping rope, playing tag, or dancing. Learn and explore parks, hiking trails, biking trails, swimming pools, tennis courts, and community centers in your area that can provide low-cost opportunities to be physically active.

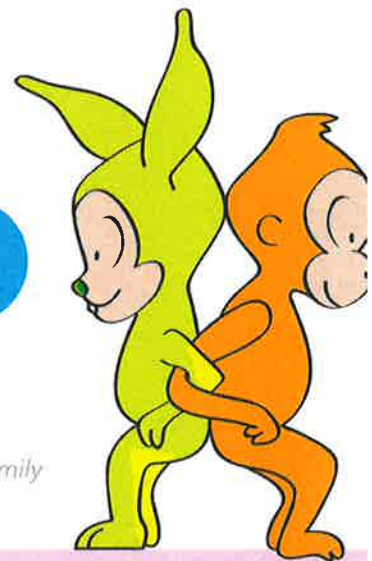


Be active inside and outside!

Spend time outdoors and be prepared for all weather conditions. There are a lot of activities your family can enjoy in the rain, mud and snow!

Get active with other families.

Meet up at playgrounds, the community pool, or a local trail. Host active birthday parties to help friends enjoy and benefit from being active as well.



REFERENCES

USDA's Choose My Plate's Healthy Tips for Active Families; NC Cooperative Extension's Get Them Moving... Physical Activity for Children and Teens; USDA's Nutrition Education Series' Be an Active Family

Looking for more resources to encourage your family to be active? Check out Be Active Kids' website www.beactivekids.org.

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



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and

NC STATE Design



1. Do a **push-up** on the side of a tree
2. Hang off of **lower branch**
3. **Climb it**
4. Make a **tire swing**
5. Hang **piñata** from it – swing away
6. Hang a **hoop** for a target
7. **Attach a ball** to a string and tie it from a limb to practice hitting
8. Kick a **soccer ball** at it
9. **Tie a rope** to the trunk and turn it for a friend to jump
10. Try to **push it over**
11. **Jump** to touch its leaves or limbs
12. **Build** a tree house in it
13. Use it as **“base”** in a game of tag
14. Build **fairy forts** around it or in it
15. Put a **sprinkler** in the tree and dance around the tree in the mist
16. Do some **pull-ups** from a lower limb
17. Put the bottom of your foot against the tree and **stretch**
18. **Paint** the tree with mud or throw mud at the tree
19. **Play chase** with friends around the trunk of the tree
20. Hide things around the tree for a **scavenger hunt**
21. **Connect a rope** or slackline between two trees
22. Hang a **rope swing**
23. Do a **handstand** against the base of the tree
24. **Swing sticks** against the tree
25. **Flip** over a lower limb



Boost Your Child's Self-Esteem

Parents can help a child develop the powerful trait of self-esteem.

Children with high self-esteem:

- Feel good about themselves
- Are confident in the contributions they make
- Are more willing to take positive risks and to take responsibility for their actions
- Are better able to cope with life's changes and challenges
- Are resilient in the face of rejection, disappointment, failure or defeat

Children with low self-esteem:

- Have feelings of worthlessness
- Lack confidence in their abilities
- Doubt their decisions
- Take failure personally
- Are less likely to stand up to negative peer pressure
- Are more likely to engage in self-destructive behaviors (drugs or alcohol, violence, early onset sexual activity, overeating)



Parents can make a positive difference in their child's self-perception by holding their children in high regard, giving encouragement and showing unconditional love.

Ways to help children develop healthy self-esteem:

- **View your child as a unique person.** Be positive and focus on your child's strengths. Don't compare him to friends or siblings. Be supportive of his interests and involved in his activities.
- **Accept your child's feelings, and teach him how to deal with emotions in a positive way.** Let him know what behavior is acceptable when reacting to a situation. *"It's okay to be mad, but you cannot hit your sister. Hitting is unsafe. Let's talk it through."*
- **Be a good listener.** Let your child know he can talk to you about anything. Be ready to listen. Sometimes children just want to be heard.
- **Keep expectations realistic.** Have developmentally appropriate expectations, and celebrate your child's efforts and successes. Expecting a child to do things she is not developmentally capable of will lead to feelings of frustration and inadequacy.



- **Clearly communicate your expectations.** When a child knows what to expect, it helps him cooperate and face situations with confidence. For example, if you want your child to clean his room, be specific – the bed should be made and the dirty clothes should be in the hamper.
- **Build in success.** Create opportunities where your child can be successful. Acknowledge effort and improvements instead of waiting for a task to be completed or a skill to be mastered.
- **Give age appropriate responsibilities and expect cooperation.** Give your child opportunities to help with tasks or chores around the house. Show appreciation for his contributions. Allow him to take the lead and complete projects. Be patient while he is learning new skills.
- **Resist taking over.** When your child is facing a challenging situation, let her know that you have faith in her and her capabilities. Model problem-solving, and give feedback in a positive, constructive way.
- **View mistakes as opportunities to learn.** When your child makes a mistake, focus on solutions rather than retribution.
- **Give choices.** Choices allow children to develop responsibility and a sense of ownership. Give choices appropriate to your child's developmental age. *"Do you want to wear blue pants or red pants?" "Would you rather cut the grass or sweep the garage before you go to the movies?"*
- **Keep a sense of humor.** Model a sense of playfulness, and help children see the humor in life. Play music while doing chores. Sing a song to transition from one activity to another. Tell a funny story about when you made a mistake and how it turned out.
- **Share an optimistic view of life.** Talk regularly about positive things that are happening. When things aren't going well, provide support and encouragement and focus on solutions.

Model and encourage kindness.

- Encourage your child to treat others with kindness.
- Read books or watch movies with a kindness theme.
- Comment when you see your child being kind. *"Wow, that was kind of you to help your sister with the dishes."*

When children are of service to others, they feel connected and valuable.

- Provide service in the community or volunteer as a family (e.g. animal shelter, food bank).
- School-age children and teens can read to younger children.
- Smile at a neighbor or hold the door open for an elderly person.

Above all else, love and accept your child.

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

FRENCH TOAST

4 servings



Prep time: 10 minutes

Cook time: 15 minutes

Eating breakfast is an important part of a healthy diet, and your kids will enjoy helping to prepare this tasty recipe. On busy evenings, try this French Toast as a quick and easy dinner that the whole family will love!

Ingredients

- 4 eggs
- ½ cup milk
- 2 tsp cinnamon
- 1 tsp vanilla (optional)
- 8 slices whole wheat bread

Instructions

1. In a shallow bowl beat together the eggs, milk, cinnamon and vanilla.
2. Spray a large non-stick frying pan with cooking spray and heat over medium heat.
3. Dunk each slice of bread in the egg mixture, soaking both sides.
4. Place in the pan and cook each slice about 3–4 minutes per side until golden.
5. Serve with sliced fruit and maple syrup.



TIPS FOR KIDS IN THE KITCHEN



Getting kids into the kitchen teaches them important cooking and healthy eating skills but did you know that it can also help with their math and language skills? With little ones, you can have them practice counting while you add the ingredients and dip the bread. With older children, you can practice addition and fractions with the measuring cups!