

# Healthy Start Sampler

Growing happier, healthier  
children in early learning  
environments

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## Healthy Start at the Fredericton Family Resource Centre is a success!

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Recently, the Healthy Start training was offered to agencies working directly with parents, families and early years children. One of the sites that attended a recent training, the Fredericton Family Resource Centre, had staff share their thoughts on the program:

*"I find the program to be engaging and practical for kids – it is about healthy eating and physical activity but for the kids it's about food and fun!" – Alyssa Guitar*

*"I like the program because it's a program I see our centre easily using in our existing programs. Families love that there is both an active part as well as the nutrition and cooking opportunity." – Brittney McKeil*

With more training opportunities scheduled in New Brunswick throughout this year, this program will be able to reach more people and give families new opportunities for a Healthy Start!



Photo Credit: Healthy Start/Départ Santé

## Literacy Corner



### "AS IF": Physical Literacy Activity

Read sentences to the class. Participants act out each sentence for 30 seconds. You can do this activity as a whole class together or as a rotating circuit.

1. **Jog** in place as if a big scary bear is chasing you.
2. **Walk** forwards as if you are walking through chocolate pudding.
3. **Jump** in place as if you are popcorn popping.
4. **Reach** up as if grabbing balloons out of the air.
5. **March** in place and play the drums as if you're in a marching band.
6. **Paint** as if the paint brush is attached to your head.
7. **Swim** as if you are in a giant pool of Jell-O.
8. **Move** your feet on the floor as if you are ice skating.
9. **Shake** your body as if you are a wet dog.

### Variations

Participants may create their own sentences for additional activities.

Adapted from: <http://www.saskatchewaninmotion.ca/public/images/DPA/Pg26-44.pdf>



# Let's Make

## Healthy Banana Split

### Ingredients

- 1 banana
- 3 tsp Greek yogurt
- 2 slices of strawberries
- 3 blueberries

### Directions

1. Cut the banana lengthwise. Place one of the halves on the plate, cut side up
2. Spoon yogurt onto the banana to cover
3. Place strawberry slices and blueberries on top of yogurt

Tip: Have the kids make their own banana split. It's a great way to get them to practice fine motor skills and to have fun in the kitchen!

Adapted from: <http://school-bites.com/healthy-valentines-day-treats-school-party/>



Photo Credit: Healthy Start/Départ Santé

## How to be active in the rain

Just because it's raining doesn't mean you have to stay indoors. Here are some ways on how the whole family can be active outside on rainy days:

- Jump in puddles. Jump over puddles, jump around puddles.
- Splash each other.
- Make paper boats and sail them down the sidewalk drain.
- Catch raindrops in creative ways - on your tongue, hands, fingertips, toes or nose.
- Go for a hike, walk around the neighborhood or head over to your local playground.

For more ideas on how to be active in the rain, please visit the Active for Life website: <https://activeforlife.com/get-kids-active-on-rainy-days/>



Photo Credit: Tracy Sentes