

Where to Find

MOVEMENT IN LEARNING RESOURCES

**You can also contact
your local *Let's Go!*
Coordinator for
guidance!**

Like adults, kids need to stay active throughout the day. Children who move feel less stressed, sleep better at night, gain more focus, are more ready to learn, and develop healthy bones, muscles, and joints.

One way to make sure that the children in your care are getting enough movement throughout the day is to incorporate movement into learning.

Below is a list of suggested resources that address movement in learning. Check them out and get moving!

Movement in Learning Resources:

- **Diane Craft's Active Play Manual**
<http://activeplaybooks.com/book-and-dvd-set/>
- **WinterKids: Guide to Active Learning, Preschool Edition**
<http://www.winterkids.org/teachers-and-schools/goal/>
- **Sesame Street's Healthy Habits for Life Resource Kit**
http://www.sesamestreet.org/cms_services/services?action=download&uid=77960fa1-69ad-47c9-a54d-e98b95863ffa
- **Growing Up WILD: Exploring Nature with Young Children**
<http://www.projectwild.org/GrowingUpWILD.htm>
- **Let's Go!'s Activity Ring**
Contact your local LG! Coordinator to order
Or, visit <http://www.letsgotoolkits.com/supplies.php?e=1>
to order your own
- **StoryWalk™**
<http://www.kellogghubbard.org/storywalk>

