

**To:** Head Start Parents and Caregivers,

**Did you know?** Research suggests that children who spend more time outside tend to be more active than children who spend their time indoors. Encourage your children to spend time outside when the weather allows. Two fun outdoor activities your child might enjoy are gardening and camping. Although it may be too cold this month to plant outside, you can start a seed in your kitchen window now. By the time it is warmer, you could have a nice seedling to plant outside.



Child Health Initiative for Lifelong Eating & Exercise

# ACTIVE PLAY ... EVERY DAY!



## Plant a Seed! Camp Out!

Module 8

### PLANT A SEED!

#### SUPPLIES NEEDED:

Soil  
Seeds  
Paper Cup  
Paint or Markers



#### HOW TO:

1. Have your child decorate their paper cup with paint or markers. Stickers and glitter can also be added. Let dry.
2. Let your child add soil to the cup.
3. Have your child sprinkle a few seeds in the cup.
4. Add a little bit more soil to the top.
5. Add a small amount of water and place by a sunny window.
6. Help your child check the plant daily to see if it needs water.
7. Plant outside after the last freeze.

### CAMP OUT!



The easiest place to get kids outside is in their own backyard. When the weather gets warmer, let them help you set up a tent early in the day, pull out the sleeping bags and a flashlight at sunset, and try sleeping in it for the night. Stay outside with them and comment on the brisk night air, the moonlight and stars, and nature's after-dark sounds. If you don't have a backyard, go to a nearby outdoor area where it is legal to set up a tent for an overnight adventure.

