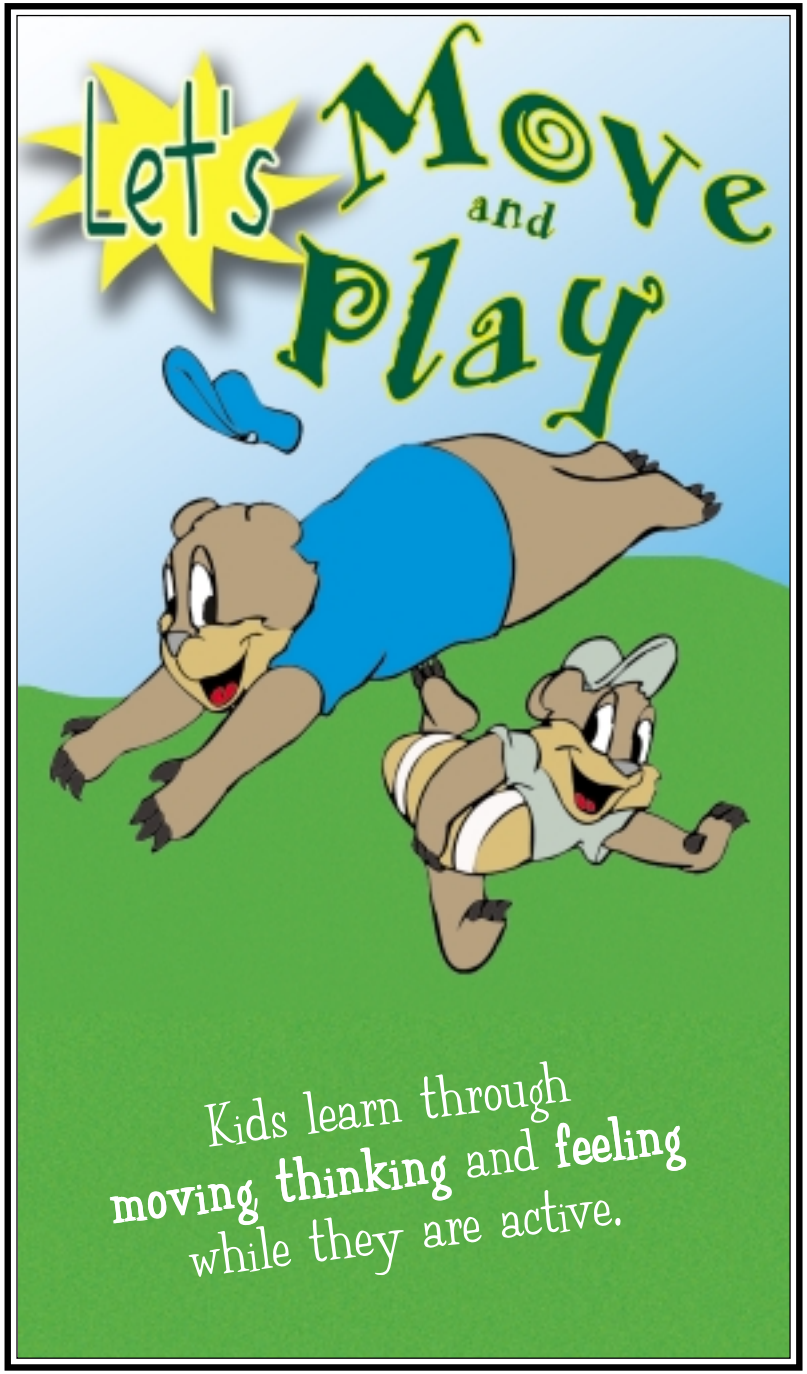
Put together a box of toys that are inexpensive and FUN!

Be prepared when your children say, "I don't have anything to do." We can spend a lot of money on toys, but often the simple toys that cost very little are the toys used the most!

This project was supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.

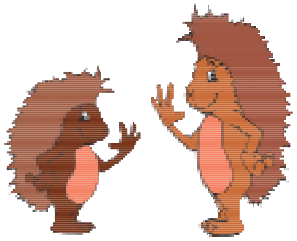
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202)720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."



Move and Play with your Kids

- Throw a ball into a large target like a box, a big plastic container or a laundry basket.
- Toss a balloon in the air and hit it upward with both hands. Then use other parts of the body (head, elbow, hip, knee, foot).
- Kick a large ball or balloon. Use one foot. Then switch and kick with the other foot.

*Children need to learn motor (**moving**) skills, such as, hopping, skipping, bending, stretching, throwing , catching and kicking.*



*Activities can help children learn to express their emotions or **feelings**. Children can also learn social skills, such as how to work together, through activity.*

- Play "show me". Show me how you look when you feel sad, when you are angry, when you feel tired. Show me how you look when you are very happy!
- Put on some music or turn on the radio. Move to the music. Try marching, hopping, taking big or little steps, walking forward or backward.
- Play a mirror game. Have your child face you and make the same shapes you make (as if they were looking in a mirror.) Now let the child make the shapes and you become the mirror.

- Read a favorite story to your child. Have her do the actions. If the story is about animals, she can pretend to be that animal. Your child will learn new words, learn to listen as you read and will have fun moving.
- Ask your children to create shapes of letters with their bodies. Together you and your children can figure out how to "spell" words with your bodies.
- Go for a nature walk. What kinds of trees and leaves do you see? What are the colors of the flowers?

*Children learn to **think** through movement. Activities can help kids learn math, science, reading and language.*

Moving Kids Are Learning Kids