



Be Active Kids is an innovative, interactive health program for children ages birth to five, available to adults working in childcare centers, childcare homes and schools across North Carolina.

Find out more information at [www.beactivekids.org](http://www.beactivekids.org)



**BE ACTIVE KIDS Outdoor Portable Play Equipment in the time of Covid-19**

**Motor Skills**

- Rolling marbles, balance boards
- Taggers or baskets
- Perennial jumping
- Jacks or other colorful, bouncy, and noisy
- Winkles and winks
- Push Toys
- Shoos or other colorful bouncers
- Roller skates
- Skateboards
- Bouncing balls
- Rolling toys
- Rolling hoops
- Mini trampolines

**Health-Related Fitness Components**

- All ages
- Crawls, hops, skips and paly specks
- Poles and cones
- Ribbon Wars (individual or classroom)
- Balance and Tunes
- Scooter boards
- Swing games
- Washable Sprinkles or water users (individual or classroom)
- Bird and Mac Tote (individual or classroom)
- Roller (individual or classroom)
- Small a dice
- Washable marbles
- Bubbles and bubble machine
- Yoga and physical activity cards
- Tunnel mats
- Equipment storage container (individual or classroom)

**Tips for using traditional portable play equipment:**

- Provide reminders for safe participation.
- Modify equipment to balance success and challenge.
- Use more types of equipment.
- Encourage children to take turns and use the equipment.
- Use music to encourage energy in tempo, tempo, etc.
- Use fun for directions.
- Use directions to self-start equipment.
- Teach one child how to use equipment when.

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Glide is guiding us into fall with great outdoor portable play equipment ideas, ways to keep the equipment safe, and tips for using the equipment. Glide suggest items that can easily wiped down, washed, or that allow for social distancing. She encourages the use of equipment that is novel and allows for maximum individual participation. To keep children safe and the equipment clean, Glide provides a list of ideas from limiting the mixing of children to directions on how to clean toys and equipment. In the time of COVID, playing outdoors is more important than ever to the health and well-being of our children!



**Ingredients:** 1 celery stick, 1 carrot, 1/2 tsp. cream cheese, raisins, animal crackers (optional)

**Directions:** Cut carrots into coin shapes for wheels. Spread cream cheese into celery pieces. Put toothpick through each end of the celery pieces to make the axles. Put carrot wheels on toothpicks. Put raisins or animal crackers on top of the spread for drivers and passengers.

Dart has been busy looking around for healthy recipes that kids can create on their own. With many young children at home with working parents, Dart knows that parents are looking for ideas to help their children learn. Why not learn and make a snack at the same time. Check out all of the fun and easy snack ideas Dart has created to help children and families come together during their time at home.



## In the News...

This summer, Be Active Kids offered their first Be Active offered their first Online Early Childhood Educator Trainings in June and August. Both of these trainings were very well attended and provide over 200 childcare providers 3 NCDCEE continuing education credits. We look forward to offering this same online training in **October and December** this year. Please let us know if you are interested in being a part of the next Online Early Childhood Educator Training by emailing us at [info@beactivekids.org](mailto:info@beactivekids.org) or [register on our Professional Development page.](#)



The Be Active with Blue campaign (#beactiveblue) is a multifaceted marketing and communication project aimed to improve positive health behaviors and practices of parents, providers, teachers, and children! Visit our website, [www.beactivekids.org](http://www.beactivekids.org) to find out more!

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