

Stay Active, Keep Well

MANTENTE ACTIVE, MANTENTE SALUDABLE

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La receta para un invierno cálido y saludable

¿Cocinaría usted el arroz sin sazonarlo? ¿Lo cocinaría sin la tapa del caldero? ¡Claro que no! El arroz le saldría soso y crudo. El sazón le da sabor, mientras la tapa mantiene la temperatura adecuada para que se cocinen los granos.

De la misma manera, para que sus seres queridos pasen el invierno sanos y activos, hay que usar la vestimenta adecuada al clima. La clave para mantener la temperatura en los 98.6 grados está en atrapar el calor del cuerpo, y, al mismo tiempo, protegerse la piel del aire frío. He aquí la receta infalible:


Ingredientes ** :

Una camiseta 

Una camisa de manga larga 

Un chaleco/un suéter/una sudadera 

Una chaqueta 

Una gorra 

Unos guantes/mitones 

Unos calcetines 

Unas botas impermeables 

Se atrapa el calor del cuerpo debajo de varias capas de ropa, se expone muy poca piel al aire y.. ¡ándate para afuera!



Primero

Atrape el calor del cuerpo usando la camiseta, la camisa, el chaleco y 'la tapa del caldero': ¡la gorra!

Después

Evite el contacto con el aire frío /el viento / lo húmedo usando chaqueta, bufanda, guantes/mitones, calcetines, pantalón y botas impermeables

Finalmente

Salga a disfrutar el aire fresco y puro. A los niños se les permite salir por períodos de 10 a 20 minutos. Habrá que entrarlos para recobrar la temperatura del cuerpo.

** Recuerde que ciertos materiales tal como la lana, el nylon o el fleecce son preferibles al algodón por el hecho de que repelen la humedad.

Recipe for a Warm and Healthy Winter


Would you cook your rice without seasoning? Would you cook your rice without covering it? Of course not! Your rice would be bland and undercooked! Seasoning adds flavor, while the lid traps the heat in the pot, allowing the rice to soften.

Similarly, we must wear the appropriate gear to enjoy a healthy, active Winter . The simple trick to keeping your body temperature at 98.6F is to keep the body heat in (insulation) and keep the cold out (weather protection).

Ingredients **:

Undershirt 

Long-sleeved shirt 


Vest/sweater/sweatshirt 

Coat 

Hat 

Gloves/mittens 

Socks 

Waterproof boots 



Body heat is trapped under all those layers. Little to no skin is exposed to the cold! Out you go!

Step 1. Keep the warmth in – an undershirt along with a long-sleeved shirt and a vest/sweater/sweatshirt and the lid - a hat!!

Step 2. Keep the cold/wind/dampness out – wool/nylon socks, coat, scarf, gloves, waterproof boots and snow pants

Step 3. Go out and enjoy the great outdoors! *For young children, limit exposure to 10 – 20 minutes at a time with indoor ‘warm-up’ breaks in between.*

**** Avoid cotton and opt for water-repellant materials like wool or fleece.**

Lesson Plan: Outdoor winter recess attire

Materials:

Paper dolls and clothing
List of necessary clothes for winter
Scissors
Glue
Crayons

Lesson objectives: Students will learn the necessary clothing for winter.

Lesson preparation: Copy and cut out the paper dolls for each student. If appropriate, students can help with the cutting.

Connect:

Ask students to think about a time they have been outside when it was really cold. How cold was it? What kind of clothes did they have on? What kind of games did they play outside?

Minilesson:

Read aloud the book Recess at 20 Below. Emphasize dressing in layers, and finishing with mittens last. Talk about the differences in the day in Alaska. Talk about some of the effects of the cold on recess, freezing breath, tongue sticking to metal.

Active Engagement:

Discuss with students the differences between recess at your school and recess in this school in Alaska. Have them talk to a partner and list things that are the same and things that are different.

Independent Practice:

Give students the paper dolls and winter clothes. Ask them to dress the dolls as they would have to dress for cold weather. Have them count all the pieces of clothes the dolls are wearing. They can check them off the list as they go. Make sure that they put the mittens on last!

When they are finished they can color their paper dolls.

Link:

Ask students to count and name each piece of clothing they put on before they go out for recess today. How will what they wear be different if it's a very cold day?

VISTE TU PERSONA EN LA ROPA NECESARIA PARA EL INVIERNO

Ropa necesaria:

Una camiseta

Una camisa de manga larga

Un chaleco/un suéter/una sudadera

Una chaqueta

Una gorra

Unos guantes/mitones

Unos calcetines

Unas botas impermeables

DRESS YOUR PERSON IN THE NECESSARY CLOTHES FOR WINTER

Necessary clothes:

Undershirt

Long-sleeved shirt

Vest/sweater/sweatshirt

Coat

Hat

Gloves/mittens

Socks

Waterproof boots

Get moving!

Tips to keep indoor recess active

Research shows that brief bursts of physical activity throughout the school day encourage **creativity**, improve **memorization skills**, and increase **on-task behavior** and **productivity**. Active movement breaks can also improve children's attitudes towards school.

Why stop all of that just because it's raining and we have indoor recess? Below are some ways you can make your indoor recess more active. Suggested activities can be done whole-group in the classroom or with smaller groups in the hallway.

IN YOUR CLASSROOM:

WHOLE GROUP ACTIVITIES

Classroom Mousetrap: Several pairs of children form arches around the circle. The arches remain up until the teacher says, "Snap"; then they are brought down. The other children (the mice) scurry through the arches and try to avoid being caught. Anyone caught forms additional arches.

As if: Students or teacher can use cue cards with words/pictures to read the sentence to the class. Children will then perform each action for 20-30 seconds. This is also a great transition activity.

- *Jog in place as if a big scary bear is chasing you*
- *Walk forward as if you're walking through chocolate pudding*
 - *Jump in place as if you are popcorn popping*
 - *Reach up as if grabbing balloons out of the air*
- *March in place and play the drums as if you are in a marching band*
 - *Paint as if the paint brush is attached to your head*
 - *Swim as if you are in a giant pool of jell-o*
- *Move your feet on the floor as if you are ice skating*

12 Days of Fitness: Just like the 12 days of Christmas, except students create exercises to go with each "day." On the first day do 1 push-up, second day do 2 sit-ups, 3 tuck jumps, 4 jumping jacks, etc. Make sure to include a rest somewhere around the 5th or 6th day so they don't get tired out!

The Big Picture Challenge: Divide the class in half. Each group should have colored markers and a large sheet of easel paper hung at a distance from the children. Give all groups the same silly challenge, such as: an elephant made only of triangles, a rhino taking a bubble bath, a gorilla mowing the lawn, a rabbit getting married. One child at a time will run (or skip, jump, walk backwards) to their paper to take his turn with the picture. Set a timer, giving each child 15 seconds – long enough to draw a little, but the

fun is the feeling of speed. They must run (skip, jump, walk backwards) to their seated teammates and give a high-five to whoever will go next. Then compare the pictures!

Hopscotch Math: Make a hopscotch model on your floor with masking tape or string. Place numbers in the squares that are answers to different math problems on the accompanying flashcards. Give each student a flashcard with a math problem. Have them say the problem out loud, and then one student will attempt to answer the problem correctly by hopping to the answer on the board.

Addition and Subtraction Bounce: Stand students in a circle. Give them an addition problem (ex: $3+7=10$). Have them “bounce” the answer, jumping up and down 3 plus 7 times, starting with a squat and jumping up into the air with their full body, reaching their arms up high.

IN THE HALLWAY:

SMALL GROUP EXERCISES

Jump!: Grab some jump ropes and get jumping!

Run, run, as fast as you can: Do a relay race!

Hula-hoops: Who can keep it up the longest?

Coffee Grinders: Keep one hand on the floor, walk around hand in circle.

Crazy 8: Do all movements with 8 counts: move feet apart, clap hands down, walk hands away from body, do 8 push-ups, and then reverse all movements.

Grasshoppers: Start in the crab position, then jump up with your legs.

Jelly Beans: Start in a squat position, say “1-2-3 jump!” Jump up 3 times with arms extended in the air.

Superkids: Start on stomach, say “Up, up, & away!” Raise arms & legs off ground and hold briefly.

Mountain Climbers: Keep hands on the floor and move legs as if climbing a mountain, alternating forward and backward.

Reverse Mountain Climbers: In the crab position, do the same as regular mountain climbers.

Seat Twirls: Sit on their bottoms and twirl in a circle with feet lifted off floor, using their hands to spin their bodies. Go in both directions.

Ski Jumps: Keeping feet together, jump side to side while hands pretend to hold ski poles.

Pancakes: In the push-up position, flip over without letting knees or tummy touch the ground.

Swimmers: In the push-up position, touch hands alternating to each hip.

Jumping Jacks: Count by 1s, 2s, 5s, 10s, 25s, or 100s.

Push Up/Line Up: When the students line up against the wall to leave the classroom, have each student face the wall and perform 10 wall pushups. After all pushups are completed the class can walk in the line.

Resources:

Active lesson plans based on grade level and content area:

<http://www.activeacademics.org/>

Lesson plan for winter dress based on:

<http://www.polartrec.com/learning-resources>

Resource for paper dolls

www.ActivityVillage.co.uk

Article: 7 Reasons Why Kids Need Recess (Even the Kids Who Misbehave).

<http://www.movingandlearning.com/Resources/Articles30.htm>

More websites for Classroom Based Physical Activities

<http://eatbettermovemore.org/sa/enact/school/documents/afterschool.pa.programs.K-5-Energizers.pdf>

http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf

<http://www.valleyair.org/programs/ActiveIndoorRecess/Active%20Indoor%20Recess%20Curriculum%20-%20Kindergarten%20-%206th.pdf>

Websites for how dress for winter

How to Dress Warmly to Avoid Frostbite

<http://cold-weather.factoidz.com/how-to-dress-warm-and-avoid-frostbite/>

How to Dress for Winter Weather

http://www.weather.com/activities/recreation/ski/articles/snowboarding_dress.html

Dressing in Layers to Protect Yourself from the Elements

<http://ezinearticles.com/?Dressing-In-Layers-To-Protect-Yourself-From-The-Elements&id=5620856>

How Much Heat do You Lose Through Your Head?

<http://sciencemags.blogspot.com/2010/01/how-much-heat-do-you-lose-through-your.html>

Article on winter recess policies across the North Eastern United States

Too Cold for Recess? School Policies Vary as Much as Temps
Reported in USA Today on 1/8/11.

http://www.usatoday.com/news/education/2011-01-18-winter-recess_N.htm

Google map displaying data from article created for this project

<http://maps.google.com/maps/ms?vps=2&hl=en&ie=UTF8&oe=UTF8&msa=0&msid=211400225325649990273.0004b802456e9ef06f85c>