

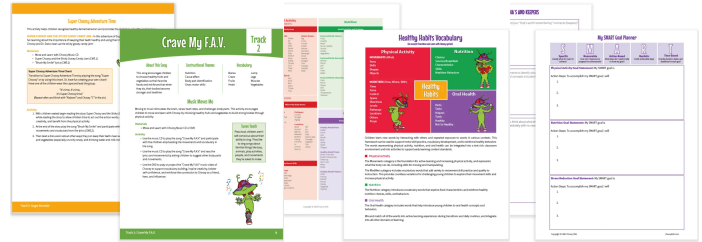


Presents

Move and Learn with Choosy

Presentation Resources (Resources referenced in the virtual training)

Links to all music and resources presented in the training can be found in your training pack at: choosykids.com/ml-virtual-training-pack

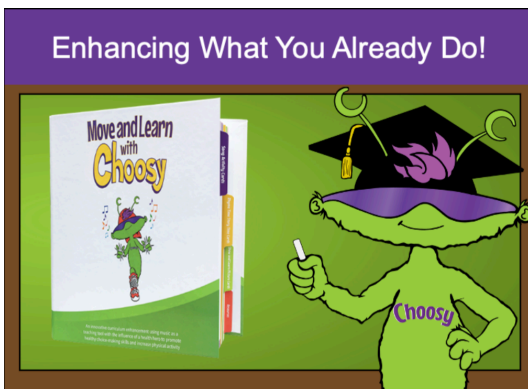


Learning Objectives

Participants will be able to:

1. Describe the key concepts that lay the foundation for physical activity, brain development, and learning
2. Implement strategies for supporting the health and well-being of staff and families
3. Utilize music as a teaching tool
4. Enhance teaching practice by utilizing the *Move and Learn with Choosy* system across curriculum areas and during routines of the day

NOTES



The ultimate goal of the Move and Learn with Choosy system is to support what you already do to promote physical activity, nutrition, and oral health

Song: *Play In Choosy's Band (My Wiggle Makes Me Giggle CD)*

Moving to Music Makes Me Feel Good

Moving to music elevates your heart rate and your mood, and is a great teaching tool

The Move and Learn with Choosy System reinforces using children's songs to teach by actually studying the song's concepts, themes, and vocabulary, and using the song lyrics to support adult-child conversations

Promoting Healthy Habits and Active Learning

- Our approach embraces that school readiness includes, and in fact depends, on health
- Many pediatricians now say that childhood obesity is the new failure to thrive
- Prevention rather than Intervention is the best model for avoiding health issues and unhealthy habits later on

Your Role: Nurturer, Leader, Influencer, Champion

You are a very special combination breed of nurturer, leader, influencer, and Champion

Your influence is foundational, and children take it with them as they grow

Obesity Is...

Public health says that obesity is a biological response to our convenience driven environment

Obesity may also be a biological response to our policies and practices

Head Start Initiated IMIL in 2004



Choosy Kids helped develop and lead the launch of I Am Moving I Am Learning (IMIL)

IMIL is a highly regarded curriculum enhancement that includes simple strategies designed for limited space and limited budgets that will support active learning in ECE settings in every region of the country

Move and Learn with Choosy includes key concepts of IMIL and is included as a valuable resource in national IMIL training events

When Children Are Moving, They Are Learning

IMIL embraces experiential learning—the well-known concept that active learning is how children learn best

We Can't Separate Knowing From Doing

This is the foundation of our approach to active learning for IMIL and for the extensions of it

The Most "influential others" for Preschool Children:

- Family
- Early educators
- Health care providers
- Faith-based programs
- Children's characters

Characters Influence Children

Public health experts recommend the use of children's characters to promote classroom themes, especially for health

Research confirms that children's characters are VERY influential

Health Needs A Hero

We use Choosy to help influence children's preferences for healthier food and active play



Choosy stands for:

Choose
Healthy
Options
Often &
Start
Young

Intensity Levels of Physical Activity:

Sedentary, Light, Moderate, Vigorous

Young children should accumulate 3 hours a day of all three types of physical activity in small bursts, both indoors and outdoors

U.S. Department of Health and Human Services.
Physical Activity Guidelines for Americans, 2nd edition.
Washington, DC: U.S. Department of Health and Human Services; 2018.

How Can We Help Children Understand Happy Healthy Hearts?

Children deserve to know that when they run and play, and it feels like their hearts are beating faster, that's a good sign that those little hearts are happy and saying thank you!

Thank You Thank You Thank You



How fast is your heart saying, "Thank You?"

One way adults can demonstrate for children how the beating heart says thanks is by opening and closing a fist

Active Video: My Heart Says Thanks (Move and Learn with Choosy system)

NAEYC Screen Time Recommendations

- Use to extend and support active, hand-on, creative, and authentic engagement with those around them and with their world
- Prohibit the passive use of television, videos, DVDs, and other non-interactive technologies and media in early childhood programs for children younger than 2
- Discourage passive and non-interactive uses with children ages 2 through 5

Active Screen Time

- Increases physical activity
- Provides opportunities for interacting with images of other people, animals, characters, places, and vocabulary words

Physical activity during early childhood helps build young brains

"Physical activity is like Miracle-Gro for the brain!"

— John Ratey, Harvard Psychiatrist

Primary Brain Builders

- Movement
- Physical activity
- Consistent, repeated, and multi-sensory learning experiences

Brain Building

Build and connect the brain networks with **VARIETY**
 Strengthen networks with **REPETITION**

Crossing Multiple Midlines

Our bodies have three midlines, front/back, top/bottom, right/left

Activities that cross midlines help organize and strengthen brain networks

Basic Motor Skills Are Important

If children can't jump, hop, catch, and throw, etc, they will have limited interest and opportunities for engagement in childhood games, recreational activities, and sports later on in life (Stodden, et al, Quest, 2008)

Learning and practicing basic motor skills are also important for brain building, and for establishing a preference or interest in engaging in physical activity

Song: I'm The Boss (Choosy Nation CD)

Adult Guided Learning—Be An Active Play Partner!

The research tells us that another way to increase physical activity and to challenge the brain with movement experiences, is to be an active play partner and not a life guard




Each child not only benefits from personal interaction with an important adult, but also benefits from seeing a role model who is encouraging physical activity

Body Language

A significant feature of the *Move and Learn with Choosy* system is a focus on “experiencing” vocabulary

Healthy Habits Vocabulary

Healthy Habits Vocabulary

<p>Physical Activity</p> <p>MOVEMENTS (What)</p> <ul style="list-style-type: none"> Parts Skills Shapes Objects <p>MODIFIERS (How, Where, With)</p> <ul style="list-style-type: none"> Time Force Control Space Directions Levels Pathways Locations Others Props 	<p>Nutrition</p> <ul style="list-style-type: none"> Choices Sources/Essentials Characteristics Skills Mealttime Behaviors 
<p>Oral Health</p> <ul style="list-style-type: none"> Parts Tasks Helpers Tools Healthy Not So Healthy 	<p>Healthy Habits</p>

Preschool children should be acquiring vocabulary words about their bodies and the movements they can make

The *Move and Learn with Choosy* system includes a Healthy Habits Vocabulary Framework with words for physical activity, nutrition, and oral health

It helps adults design active learning experiences to get children moving, learning about their bodies, and **experiencing** vocabulary

Nutrition

Our approach is to include nutrition in movement activities, music, and conversations throughout the routines of the day and across curriculum areas

Oral Health

These are the categories of words for keeping or maintaining a healthy mouth

Physical Activity

These four categories of words for physical activity help:

- organize possibilities for movement instruction
- remind teachers of ways to add variety in the practice of movement skills
- modify movement challenges to help plan individualized learning experiences for classrooms or home visiting

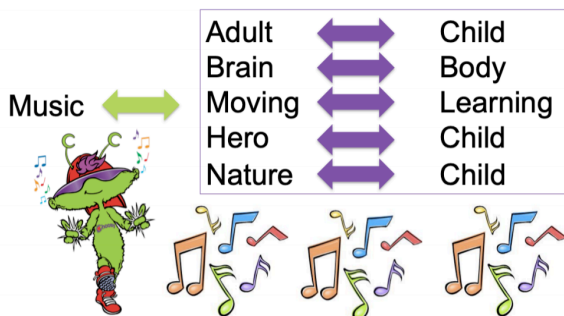
What
How
Where
With

Children Say and Do What They See in Us

Adult-child interactions are profoundly influential during early childhood

The *Move and Learn with Choosy* system includes components for both families and staff

Early Relationships



All of these early relationships can be enhanced by music

Song: *Opposites (Super Choosy CD)*

Music is a Teaching Tool

- Promotes healthy habits
- Supports quality instruction
- Stimulates the brain

BREAK

Develop Healthy Active Learners

The ultimate goal of the *Move and Learn with Choosy* system is to support what you already do to promote physical activity, nutrition, and oral health

Evidence-supported features of *Move and Learn with Choosy*:

- Brain Builders – build and connect brain networks with VARIETY; strengthen networks with REPETITION
- Expand Vocabulary by Experiencing It
- Characters Influence Children
- Early Relationships
- Tunes Teach – *Move and Learn with Choosy* studies the song’s concepts, themes, and vocabulary, and uses the song lyrics to support adult-child conversations

Song: *Circles (Super Choosy CD)*

The System Components

- Choosy Music and Videos
- Quick Guide
- Song Modules
- Rhyme Time Story Time
- Show and Learn Picture Cards
- Resource Materials

Field Trip Through a Song Module

Field Trip Through a Song Module

- Music Moves Me
(Listen, Watch, Move)
- Rhyme Time Story Time
(Lyrics Only, Conversation)
- Super Choosy Adventure Time
(Creative Expression)
- Extend the Learning (x2)
(Application to Curriculum)
- Engaging Families
(Reflection and Chain of Healthy Habits)
- Staff Wellness
(Get Healthy While You Teach)

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Music Moves Me

The Music Moves Me activity in each song module uses moving to music the way most of us already do to stimulate the brain, raise heart rates, and challenge body parts.

Each song module includes an active screen time music-video to pair physical activity with vocabulary and images on the screen that can contribute to active learning.

Active Video: Crave My F.A.V. (Move and Learn with Choosy system)

Lyrics and Literacy: “Study” the Song Beyond the Music Rhyme Time Story Time

Features the song’s lyrics and vocabulary to support conversations about the themes and vocabulary in a song

A truly unique activity to encourage “shared thinking” and dialog about the lyrics

Consider doing this activity during a time that you typically read a story

Active Video: Sugar Monster (Move and Learn with Choosy system)

Super Choosy Adventure Time

These fun adventures with Super Choosy help nurture children’s creativity for story telling and stretch their imagination

Children can practice identifying the sequence of events in a story as well as acting out the action words and motor skills

Active Video: What Can You Do? (Move and Learn with Choosy system)

Extend The Learning

Extend the Learning activities are suggestions for stretching themes found in the song lyrics into movement challenges, problems to solve, or skill practice

Active Video: Mix It All Up (Move and Learn with Choosy system)

Engaging Families

- Programs and parents must be **partners** in promoting healthy habits
- Activities and learning experiences for nutrition and physical activity should be reinforced at home
- Families should be invited to share *their home approach* to promoting healthy habits

Dipti, A., et al, American Journal of Health Promotion 2017, Vol. 31(2) 153-162

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Know It And Show It

Reflection Time

Each song has Engaging Families activities designed to review and reinforce all of the learning experiences introduced to support the themes and vocabulary of the song

Engaging Families

The Know It and Show It activity provides young children a chance to:

- reflect on the activities they experienced for the featured song
- discuss what they might like to do at home
- recall and further explore their thoughts, feelings, and preferences

My Choosy Family

Each song has a send home printout for families called My Choosy Family and is an invitation to families to support what their child has learned about each song

As families feel more informed, they are more likely to participate in the classroom project, Choosy's Chain of Healthy Habits

Choosy's Chain of Healthy Habits

A fun class project that documents healthy behaviors that happen away from the classroom and fosters family partnerships



Name the Domain
<p>Approaches to Learning (self regulation, curiosity, creative expression)</p>
<p>Social and Emotional Development (relationships, emotional functioning, sense of self)</p>
<p>Language and Literacy (communication, vocabulary, story structure, asks and answers questions)</p>
<p>Cognition (counting, sorting, graphing, problem solving)</p>
<p>Motor and Physical Development (gross, and fine motor skills, nutrition)</p>
<small>choosykids.com</small>

IMIL and *Move and Learn with Choosy* support any curriculum you are currently using

The *Move and Learn with Choosy* system is designed to be used across your curriculum areas and in your daily routines

Staff Wellness

By simply participating in the activities in each song module, you can support your own personal health and well-being, and at the same time remain the active play partner children admire and want to model after

Get Healthy While You Teach – supports staff by offering opportunities for personal health benefits by simply participating with children in the specific activities in each song module

Children Need Champions

A bonus music track in the *Move and Learn with Choosy* system

Play it at staff meetings and parent events, in the car on your way to work, or before you start your morning routines

Identify and celebrate champions in your program often and encourage staff to embrace this song as a personal motivator