

Where to Find

# MOVEMENT IN LEARNING RESOURCES

**You can also contact  
your local Let's Go!  
Coordinator for  
guidance!**

Like adults, kids need to stay active throughout the day. Children who move feel less stressed, sleep better at night, gain more focus, are more ready to learn, and develop healthy bones, muscles, and joints.

One way to make sure that the children in your care are getting enough movement throughout the day is to incorporate movement into learning.

Below is a list of suggested resources that address movement in learning. Check them out and get moving!

## **Movement in Learning Resources:**

- **Diane Craft's Active Play Manual**  
<http://activeplaybooks.com/book-and-dvd-set/>
- **WinterKids: Guide to Active Learning, Preschool Edition**  
<http://www.winterkids.org/teachers-and-schools/goal/>
- **Sesame Street's Healthy Habits for Life Resource Kit**  
[http://www.sesamestreet.org/cms\\_services/services?action=download&uid=77960fa1-69ad-47c9-a54d-e98b95863ffa](http://www.sesamestreet.org/cms_services/services?action=download&uid=77960fa1-69ad-47c9-a54d-e98b95863ffa)
- **Growing Up WILD: Exploring Nature with Young Children**  
<http://www.projectwild.org/GrowingUpWILD.htm>
- **Let's Go!'s Activity Ring**  
Contact your local LG! Coordinator to order  
Or, visit [store.letsgo.org](http://store.letsgo.org)  
to order your own
- **StoryWalk™**  
<http://www.kellogghubbard.org/storywalk>

MaineHealth

**LET'S GO!**

**5-2-1-0**