

Identification Number: _____

***To assign yourself a unique identification number, please combine the initials of your first and last name with the 4 digits that describe the month and day of your birth. For example, Laura Taylor was born on July 4; her unique identification number is: LT0704.

Socializing Healthy Habits in Young Children: Part 2: Physical Activity

Pre-Session Information Sheet

How often do you:

1. Engage in creative movement or dancing with children? Never Rarely Monthly Weekly Daily
2. Allow children to play outdoors? Never Rarely Monthly Weekly Daily
3. Write down children's new motor skills (galloping, dribbling)? Never Rarely Monthly Weekly Daily
4. Encourage children to practice motor skills like running, balancing, and throwing? Never Rarely Monthly Weekly Daily
5. Allow preschool children to play outdoors, uninterrupted, for at least 1 hour? Never Rarely Monthly Weekly Daily
6. Explain outdoor play safety rules to children? Never Rarely Monthly Weekly Daily
7. Provide sand or water play for children (indoors or outdoors)? Never Rarely Monthly Weekly Daily
8. Talk with preschool children about learning new motor skills (skipping, swinging, catching)? Never Rarely Monthly Weekly Daily
9. Play games that involve identifying body parts ("Simon Says" and "Head, Shoulders, Knees and Toes")? Never Rarely Monthly Weekly Daily
10. Plan activities specifically to help children develop their small and large motor skills? Never Rarely Monthly Weekly Daily

Do you have:

1. Ample indoor space for children's large motor play? Yes No
2. Simple musical instruments for indoor music play? Yes No
3. Props for dancing or creative movement (scarves, special music)? Yes No
4. Ample outdoor space for children's large motor play? Yes No
5. Black top-, grass-, and wood chip-covered surfaces outdoors? Yes No
6. Protection from the elements outdoors (shade, covered porch)? Yes No
7. A variety of outdoor play equipment? Yes No

Because of this workshop, I...