

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