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
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
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

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