

## Module 3, Session 1

Select and offer one activity on physical health and one on nutrition to the children in your group. Refer to pages 65-75 and 144-157 to design the activity.

### **Learning Activity Planning Template: Physical Health OR Nutrition**

Your name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Outcome: What do you hope children will learn from this activity? Refer to the indicators in the ELG for Infants and Toddlers:
  
2. List the Suggested Supportive Learning Experiences you will offer:
  
3. List your ideas for additional learning experiences that will support the outcome you listed in #1:
  
4. Offer the activity and respond:
  - a. How did the children react to the activity (observe, ask)
  
  - b. What changes would you make to improve this learning experience?
  
  - c. How would you adapt this activity for a child who is not yet walking or has motor challenges?
  
5. What activities will you offer to support learning in this area?
  
6. Additional Comments: