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: