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KIDDIE CATS ON THE MOVE NEWSLETTER



Welcome to the Newsletter!

We are excited to share updates from the Kiddie CATs project along with other important information about physical activity. Thank you to our incredible community partners, teachers, children, and families who make this work possible!

PHYSICAL ACTIVITY IS IMPORTANT FOR PRESCHOOLERS AND THEIR FAMILIES!

TIPS FROM THE KIDDIE CATS TEAM FOR STAYING ACTIVE

- Go for a 15-20 minute walk/jog
- Turn on some music and have a dance party
- Play a game of tag or chase
- Visit your local playground
- Set up a backyard scavenger hunt
- Limit screen time to one hour or less each day
- Create a regular schedule for when your family will exercise together and HAVE FUN!



SCAN ME

CHECK OUT OUR KIDDIE CATS ONLINE VIDEOS FOR MORE FUN WAYS TO MOVE AS A FAMILY THIS SUMMER!

Videos include "How To" videos for teaching and practicing motor skills, interactive physical activity story books, 5-minute activity videos, and full-length Kiddie CATs program videos. Videos can be accessed for free on our website: <https://www.uvm.edu/catsmove>



NEED MORE IDEAS FOR STAYING ACTIVE THIS SEASON? TRY THESE FREE LOCAL ACTIVITIES!

- Try Preschool Yoga at Fletcher Free Library, Burlington, VT
- Join the preschool play group at Winooski Memorial Library, Winooski, VT
- Go for a family bike ride at Johnson Trailhead, Johnson, VT, the Island Line Trail, South Hero, VT, or the Burlington Bike Path, Burlington, VT
- Splash around at North Beach Burlington, VT
- Hike the Hard'ack Recreation Area in St. Albans, VT or Bolton Valley Resort, Bolton Valley, VT

Did you know?

During preschool, kids start to learn how to control their bodies. The Kiddie CATs games can help them practice this important skill!

LOOKING FOR PHYSICAL ACTIVITY FUEL? CHECK OUT THESE FREE MEAL OPTIONS!

- Feeding Chittenden, Burlington, VT (M-F, 9am-11pm)
- First Congregational Church, Burlington, VT (Sat., 8am-9am)
- Salvation Army, Burlington, VT (M, W, Th, F & Sat., 5pm-6pm)
- For more options near you, text the word "FOOD" to 304-304 or call 1-866-348-6479!



PRESCHOOLERS' PHYSICAL ACTIVITY AND SELF-REGULATION

Playing active games with rules about when to start and stop body movements can be a great way for preschoolers to stay active while practicing how to control their bodies! Being able to control your body is an example of self-regulation. Self-regulation begins to develop in early childhood (Kochanska et al., 2001), so the preschool years are a great time to practice these new skills. In fact, research shows that higher levels of self-regulation during childhood are linked to fewer social, academic, and behavioral problems during early school years, adolescence, and adulthood (Robson et al., 2020).

"These findings suggest that structured, active play can help kids learn how to manage their behaviors."

One research team in Australia found that when preschoolers and caregivers participated in an intervention that included playing structured games targeting self-regulation for eight weeks, preschoolers' behavior problems decreased (Healey & Healey, 2019). These findings suggest that structured, active play can help kids learn how to manage their behaviors. Some of the games included in this intervention are similar to games that we use to promote physical activity in our Kiddie CATs program!

Please see below for ideas of Kiddie CATs games that can help preschoolers learn to control their bodies.

GREAT GAMES FOR PRACTICING SELF-REGULATION



RED LIGHT GREEN LIGHT

The goal in this game is to travel from the starting line to the finish line. When the traffic controller yells "green light," run as fast as you can! But when they say, "red light" you have to stop.

FREEZE DANCE

Dance along to your favorite song. When the music pauses, everyone should freeze their body! Perform a specific movement (e.g., 5 jumps) to resume the dance party!



SIMON SAYS

The person playing Simon will instruct the group to perform an activity (e.g., star jumps). If they give a command starting with "Simon says..." you should do it! However, if Simon gives a command without this phrase, hold still and wait for the next activity.

Have questions about what you read or want to know more games you can play? Email us at: catsmove@uvm.edu.

Citations

Kochanska, G., Coy, K. C., & Murray, K. T. (2001). The development of self-regulation in the first four years of life. *Child development*, 72(4), 1091-1111. <https://doi.org/10.1111/1467-8624.00336>

Robson, D. A., Allen, M. S., & Howard, S. J. (2020). Self-regulation in childhood as a predictor of future outcomes: A meta-analytic review. *Psychological Bulletin*, 146(4), 324-354. <https://doi.org/10.1037/bul0000227>

Healey, D., & Healey, M. (2019). Randomized Controlled Trial comparing the effectiveness of structured-play (ENGAGE) and behavior management (TRIPLE P) in reducing problem behaviors in preschoolers. *Scientific reports*, 9(1), 3497. <https://doi.org/10.1038/s41598-019-40234-0>