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KIDDIE CATS ON THE MOVE NEWSLETTER

Welcome to the Newsletter!

We are excited to share information about 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!

WHAT IS KIDDIE CATS ON THE MOVE?

Kiddie CATs on the Move is a fun, 30-minute physical activity program offered through a partnership between the University of Vermont (UVM) and preschool classrooms across Chittenden, Franklin, and Grand Isle counties. The program is designed to promote preschoolers' well-being through engaging movement activities that support both physical health and social-emotional development.

Each session is led by UVM students and filled with playful, movement-based games that get moving and interacting with one another. *Kiddie CATs* is built on key early learning principles that encourage children and adults to play together in ways that support physical activity and social connection.



SCAN ME



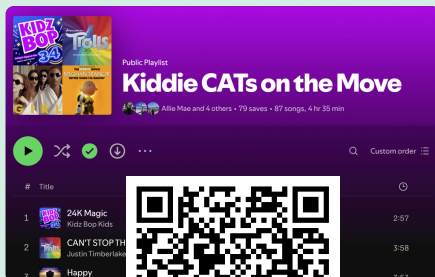
YOU CAN PLAY KIDDIE CATS GAMES AT HOME WITH YOUR CHILD!

Videos include "How To" tutorials for teaching and practicing motor skills with young children. Also available on the website are 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>



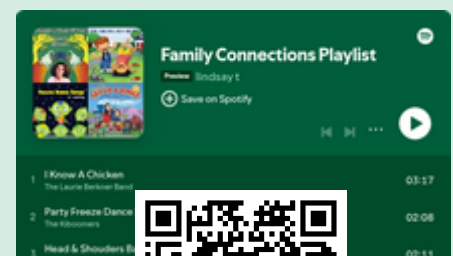
POWER UP MOVEMENT WITH MUSIC!

Music makes movement even more exciting! Some Kiddie CATs games, like Freeze Dance, are built around music. Other games, such as Moving Like Weather and Barnyard Escape, don't need music to play music, but adding background music can make them more fun. Our team has put together two age-appropriate playlists that are free for families to use.



AGES 3-5: USE THIS QR CODE TO ACCESS THE KIDDIE CATS PLAYLIST

AGES 0-3: USE THIS QR CODE TO ACCESS THE ITTY BITTY KIDDIE CATS PLAYLIST



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 playgroup 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 Greenway (Burlington, VT)
- Ethan Allen Park, Oakledge Park, and Waterfront Park offer plenty of space for walking, running, and playing games! (Burlington, VT)
- Splash around at Leddy, Oakledge, or North Beaches (Burlington, VT)
- Hike the Hard'ack Recreation Area (St. Albans, VT), Bolton Valley Resort (Bolton Valley, VT), or the walking trails at Shelburne Farms (Shelburne, VT)
- Read as you walk through the BTV StoryWalk at Leddy Park (Burlington, VT)

Did you know?

Kiddie CATs games are designed to get kids moving and thinking! These fun activities help children practice important skills like staying focused, following directions, and working toward a goal - all while being active and having fun

PRESCHOOLERS' FAVORITE KIDDIE CATS GAMES



MOVING LIKE WEATHER



- This is a "Follow-Me" Game where the adult models weather-related movements for children to copy.
- Movement examples include:
 - Stomping like thunder
 - Waving your arms like the wind
 - Tip-toeing like the rain
 - Making a rainbow with your arms

BARNYARD ESCAPE



- The adults pretend to be cows, and the children pretend to be ranchers.
- Mark off a section of the play area with cones, approximately 5 ft. x 5 ft., to make a "barn" for the game.
- Whenever a cow breaks free from the barn, the ranchers must tag them before they can return them to the barn!

FREEZE DANCE



- The adult controls the music.
- When the music starts, everyone dances. When the music stops, everyone strikes a pose!
- To turn back on the music, the group needs to do a movement together (e.g., jump three times).

WHY IS PHYSICAL ACTIVITY IMPORTANT?

You may have heard the term "executive functioning" before. This term refers to the brain's ability to help children stay focused, follow directions, manage their emotions, and adjust when plans change. These skills start developing early in life and are important for success at home, in school, and in social situations.

Research shows that physical activity is not only good for the body, but it also helps build these important executive functioning skills (Best, 2010). Kids benefit from both short bursts of movement and longer periods of activity. But physical activities that also challenge the brain, like learning new dance moves, playing games with rules, or working with a team, are especially helpful. These kinds of activities give kids a chance to practice planning, paying attention, and problem-solving, all while having fun and staying active.

CITATION

Best J. R. (2010). Effects of Physical Activity on Children's Executive Function: Contributions of Experimental Research on Aerobic Exercise. *Developmental Review*, 30(4), 331-551. <https://doi.org/10.1016/j.dr.2010.08.001>

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