



Keeping School Aged Active



What Do School-Aged Children Need?

1. In your table group, discuss your ideas for what you think school-aged children need when they are in your care.

2. Add ideas from the whole-group discussion here.

A Peek at School-Aged Development and Ways to Offer Support

Development 6–11 Year Olds	Child Characteristics	Adults Can...
Thinking and learning	<ul style="list-style-type: none"> • Ability to sequence things, see patterns, and think in reverse • Improved memory • Developing reading skills • Ability to use skills from one area in other areas • Developing writing skills 	<ul style="list-style-type: none"> • Create opportunities for children to make choices and explain why they do things a particular way. • Encourage children to think about how things relate to each other. For example, "If I continue to draw, I will become a better artist." • Play games with children. For example, Sorry or Monopoly. • Read to children and/or take them to the library. • If children are interested, have them read to younger children.
Self-awareness and awareness of others	<ul style="list-style-type: none"> • Ability to remember rules; belief that fairness is important and ideas are right or wrong, good or bad • Developing conscience • Ability to judge own abilities and skills • Friendship related to interests, loyalty, and trust • In need of adult guidance 	<ul style="list-style-type: none"> • Involve children in making rules. • Help children understand reasons for rules. • Encourage children's goal-setting. • Let children contribute by doing chores and creating checklists for completion. • Involve children in helping younger children if they want to.
Communication	<ul style="list-style-type: none"> • Ability to talk about another person's perspective • Enjoyment of jokes, riddles, and tongue twisters • Ability to use language to seek information and relate experiences 	<ul style="list-style-type: none"> • Encourage children to talk about their experiences, and let them provide explanations. • Encourage children to write letters, stories, and songs.
Physical development	<ul style="list-style-type: none"> • Improving arm and leg coordination • Improving eye-hand coordination • Increasing interest in games with rules 	<ul style="list-style-type: none"> • Provide craft activities to support fine-motor skills. • Create an obstacle course. • Provide opportunities for children to walk, run, and play organized games outdoors.

Strategies for Supporting Development

Area of Development	Strategies I Use	Strategies to Try
Thinking and learning		
Self-awareness and awareness of others		
Communication		
Physical development		

Materials for School-Aged Children

Materials for a Craft Box

Ideas for Craft Box Materials

blank books
scrapbooks
construction paper
plain paper
stapler, staples
brads
tape
glue
scissors
stickers
fabric scraps
clean, used knee-highs
elastic
yarn
beans
polyester stuffing
beads
buttons
feathers
bells
string
towel rolls
jars
pipe cleaners
newspaper
rubber stamps and pads
popsicle sticks
soap bars
wood pieces
sandpaper
woodworking tools
screws, nails, washers, nuts
styrofoam trays
egg cartons
disposable pie tins
envelopes
boxes
index cards
markers
pencils
colored pencils
chalk
tempera paint
erasers
clay
clay tools

Additional Materials to Support Development

Collections	Inside Games	Outside Games	Cooking	Projects	School-Related
stickers stamps coins small albums boxes	playing cards tokens bingo chips Board Games: Sorry Life Boggle Monopoly Puzzles jigsaw puzzles crossword puzzle books sudoku puzzles word searches word jumbles	hula hoops jump ropes tennis balls basketball basketball hoop softball bat milk crates garden tools	mixing bowls measuring cups liquid measuring cups measuring spoons rolling pin mixing spoon spatula waxed paper aluminum foil plastic bags baking sheets muffin tins recipe file/cards	seeds potting soil paper cups rain gauge thermometer barometer graph paper	informational books books based on children's interests magazines shoeboxes cardboard atlas flash cards computer/software for math and science activities Legos

Other Ideas for Materials

Collections	Inside Games	Outside Games	Cooking	Projects	School-Related

Activities for School-Aged Children

Creative Art Activities	Collections	Inside Games	Outside Games	Cooking Ideas	Projects	School-Related
jewelry making ceramics clay molding knitting	rocks state quarters post cards keys bottle tops stamps	Card games: Uno Old Maid Playing Cards Crazy 8 Board Games: Sorry Clue Monopoly Life Puzzles jigsaw crossword sudoku word search word jumble	kickball catch softball basketball obstacle course Races: crawling running walking hopping jumping sack races hopscotch hula hoops jump rope tag jug catch	play dough sidewalk chalk finger paint goop healthy snacks	weather station clothesline art show	books reading circles science math social studies

Other Ideas for Activities

Creative Art Activities	Collections	Inside Games	Outside Games	Cooking Ideas	Projects	School-Related

Activity Recipes for School Agers (with adult supervision)

Cupcakes for Birds

½ cup peanut butter
1 cup bird seed
1 ½ cup cornmeal
½ cup melted shortening
Muffin tins sprayed with Pam
Pencil-sized sticks
Yarn

Combine the ingredients, drop into the cups of the muffin tins, press down with fingers. Push a stick through the middle of the cup. DRY overnight. Remove from the muffin tin and take the sticks out. Thread the yarn through the holes created by the sticks. Tie and hang from tree branches.

Jewelry Beads

¾ cup flour
½ cup salt
½ cup cornstarch
warm water

Mix dry ingredients, and add water until the dough can be molded into shapes. Roll into balls, and pierce each one with a toothpick. Dry overnight, paint, and string the beads.

Papier Maché

1 part flour
2 parts water
Sprinkle of cinnamon (optional)

Mix the ingredients together and remove lumps. The mixture should have the consistency of thick glue, not paste. To sweeten the smell, add a sprinkle of cinnamon. Alternate glue and paper to form sculptures.

Food Recipes for School Ageds (with adult supervision)

Yummy Banana Pops

6 whole bananas
¾ cup peanut butter
¾ cup chocolate chips
2 tablespoons vegetable oil
2 cups crushed crisp rice cereal

Peel and cut the bananas in half, crosswise. Insert a popsicle stick in the cut ends. On a baking sheet lined with waxed paper, place bananas and freeze until firm (two hours). Melt peanut butter, chips, and oil in a tall, narrow glass in the microwave oven for 1 to 2 minutes. Crush cereal inside a plastic bag with a rolling pin. Dip each frozen banana in the chocolate mixture, and then in the crushed cereal. Freeze for 20 minutes before eating. For longer storage, wrap in aluminum foil individually. Makes 12. (250 calories each)

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Bunny Snack

1 lb. baby carrots
2 tablespoons of water
¼ cup raisins
2 tablespoons butter
3 tablespoons honey or sugar
½ teaspoon cinnamon

Place carrots in a microwave-safe dish, cover, and microwave for 10 minutes. Stir the carrots after 5 minutes. Drain the water, stir in the rest of the ingredients, and microwave for an additional minute.

Good Old Fruit Smoothie (serves 4)

1 cup vanilla or plain yogurt
¼ teaspoon vanilla
2 ice cubes
Fruit

Rinse and pull stems from fruit. Cut into pieces if necessary. Put all of the ingredients in a blender and blend for 30–40 seconds. Pour into glasses.

Healthy Snack Mix

4 tablespoons of butter
1 cup orange juice or apple juice
¼ cup brown sugar
2 teaspoons cinnamon
3 cups oatmeal cereal squares
2 cups pretzel sticks
1½ cup whole almonds
1 cup raisins or dried cranberries

Preheat the oven to 300 degrees. In a saucepan mix juice, brown sugar, and butter. Stir over low heat until the butter is melted. Add the cinnamon. Spread the oatmeal squares on a baking sheet. Toss the squares in the saucepan mixture. Bake, stirring every ten minutes, for a total of 30 minutes. Remove from the pan and fold in the dried fruit. Cool and store in an airtight container.

Veggie Sandwich Cookies

1 cup vegetable flavored cream cheese
24 cucumber slices
48 miniature rice cakes

Spread the cream cheese on 24 mini rice cakes. Place a cucumber slice on top of the cream cheese. Top with another mini rice cake. Substitute other vegetable slices for variety.

Chicken Wraps

⅓ cup honey dijon salad dressing
¼ cup mayonnaise
2 cups cubed chicken
1 green pepper chopped
2 tomatoes chopped
4 lettuce leaves
4 slices of swiss cheese
4 tortillas

Mix the salad dressing and mayonnaise together in a bowl. Add chicken, pepper, and tomatoes. Line each tortilla with a lettuce leaf and slice of cheese. Wrap and cover individually with waxed paper. Chill until serving time. Makes 4 servings.

Running the Bases: Materials + Activity = Support

Think about the materials that you already have for school-aged children. Write down one activity that you could do with school-aged children using those materials.

Material	Activity