

WATERMELON and WIGGLES



Outdoor Obstacle Course

Get kids moving in new ways by designing your own Outdoor Obstacle Course! Adult-led activities can challenge kids to try something new and turn up the intensity.

Materials: Portable play equipment (beanbags, Poly Spots, etc.)

Preparation: Create a series of obstacles for children to move through

Tell children they will be going through an obstacle course that you created. Walk them through each step.

Here are some ideas for your obstacle course:

1. First, run in a circle around a tree
2. Next, zigzag around Poly Spots
3. Run to the slide and slide down
4. Throw a beanbag at a targeted object
5. Then, crab walk to the fence
6. Skip to the finish line

This activity and more outdoor activities can be found [here](#).

HEALTHY Community Connections

Fitness Walking Group Starting this Summer!

WHEN: Sundays 2:00 p.m. - 3:00 p.m.

WHERE: Eagan Community Center
1501 Central Parkway, Eagan, MN

RSVP to Gladys Kim at 651-341-1427 or swickster@gmail.com. Kids and strollers welcome!

Visit the [Dakota County](#) website for more information on how to start or join a walking group.

Story time can be active time, too!

During story time encourage your child to move along with the actions of stories.

For instance, if someone in the story is running have your child run in place. If children in the book are dancing, dance along.

You can also make up your own action stories together. Go on an adventure that includes jumping over a puddle, crawling under a bush, and spinning around on a windy beach. Get creative with books in your home library or check out this action-packed [book list](#) if you're looking to expand your collection!



Find Fresh Local Ingredients at a Nearby Farmers Market

Many [markets](#) are open now through October!



The Dog Days of Summer are Here!

Take a little adventure to a new spot to play! Consider taking your child on a fieldtrip to Jensen Lake Trailhead in Egan. It's a great spot to picnic and spend time in nature.

Enjoy the play area and interpretive trails.

There are on-site restrooms and entrance is free!

Find other play areas by visiting the [County Parks](#) website.



Ready, Set, Go...OUTDOORS!



Long summer days provide lots of opportunity to get out and get moving. Help kids develop healthy habits by spending at least 60–90 minutes per day outdoors – but be sure to also be sun-smart!

Avoid peak sun exposure by heading out in early morning and late afternoon and follow these recommendations from the Centers for Disease Control and Prevention:

- **Cover up** – use light-weight long-sleeved shirts and long pants and skirts.
- **Wear a hat** – preferably hats that shade the face, scalp, ears, and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses** – protect children's eyes from UV rays, which can lead to cataracts later in life.
- **Use sunscreen** – apply sunscreen with at least 15 SPF (sun protection factor). For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



Find more tips at [Summer Safety](#).

YOGURT PARFAIT

Ingredients:

- 3/4 cup lowfat vanilla yogurt
- 1/4 cup toasted oat cereal
- 1 Tbsp chopped nuts
- 1/2 cup

Source: <https://www.choosemyplate.gov>



Resources you'll dig:

'Get Moving Today' Calendar for your preschooler

Get out of the same old groove with Head Start Body Start's physical activity ideas you can try out with your preschooler. Try a different movement skill each day of the year!

Download the [Get Moving Today Calendar](#) (PDF).



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