



Up, Down, Move Around — Nutrition and Motor Skills: Active Learning for Preschoolers

Deborah Kayton Michals

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By connecting physical activity with learning, the books in this series provide preschoolers with educational enrichment as they explore, inquire, experiment, and discover. Filled with simple, stimulating games, they will have kids jumping, shaking, rolling, dancing, and clapping as they learn. Useful for parents, caregivers, and child care workers, the books contain fun activities that can be carried out easily and with minimal equipment.

Activities like Healthy Food Obstacle Course and Bendy Bodies Stretch help young children learn nutrition and health concepts as they develop fine and gross motor skills.

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