



## 303 Preschooler-Approved Exercises and Active Games

By Kimberly Wechsler

Hunter House Publishers. Paperback. Book Condition: New. Michael Sleva (illustrator). Paperback. 168 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. 303 Preschooler-Approved Exercises and Active Games is written specifically for children ages 2-5 years old. In the Building Blocks of Fitness section, each fitness and sport skill is taught in different stages. This allows teachers, counselors, or parents to teach their preschooler a skill that sets the foundation of a more difficult skill; the next level adds a new and more complex element. By doing this, the preschool child will be safe and will feel confident about themselves. Children will learn: Sportsmanship Socialization skills Self-control How to focus and follow rules How to share Reasoning and thinking skills The preschool years are filled with milestones and major physical changes; young children will develop physically, intellectually, emotionally, and socially. During this time, lifestyle behaviors begin to emerge that can define a pattern of behaviors all the way through adulthood. It is vital to a child's health to instill healthy lifestyle habits, behaviors, and disciplines during these young years. Through creative physical activities and easy-to-follow guidelines, this book will teach families how to navigate their dynamic and hectic lifestyles into a healthy and active lifestyle....

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