

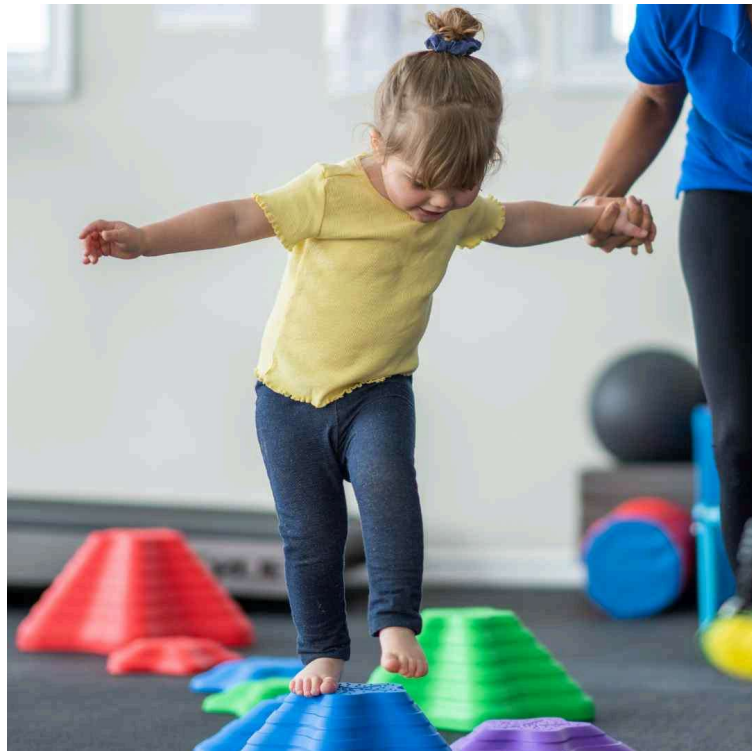
Move, Play, Thrive!

Dear Educator,

Active kids are happy, curious kids. This term's newsletter is packed with simple, fun ways to get little bodies moving.

Read how movement helps self-regulation in our interview with the Queensland University of Technology research team.

Plus, free professional learning, teaching catch and more. We've got everything you need to inspire active play in your service. Let's jump in!



Did you know?

Under 5s need **3 hours** of physical activity each day.

Munch & Move recommends 30% of the daily opening hours. That means if children are at your service for **6 hours**, they need **just under two** hours of active play. If they are there for **10** hours, they will need **3** hours of active play.

Celery-brating Vegie Month

875 services and 54,971 children from across NSW took part in vegie month this year — thank you to everyone who participated!

We know that children are more willing to try familiar and unfamiliar vegetables when they take part in Vegie Month. This makes a big difference to their health, now and in the future.

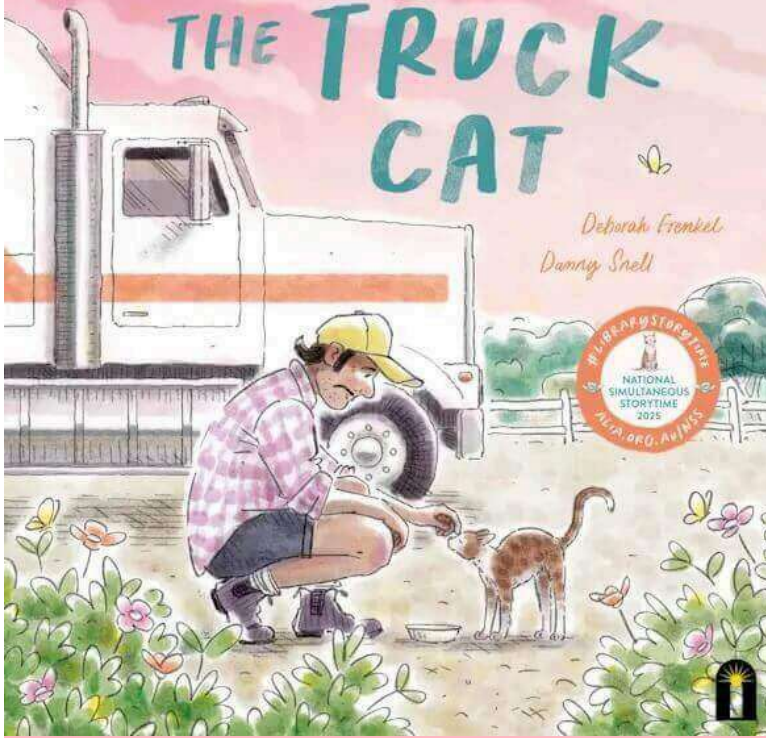
Pictured: [Papilio Early Learning North Strathfield](#) explored the Vegie Rainbow during Vegie Month.

They said, "We're so proud of their enthusiasm for both art and learning as they brought the Vegie Rainbow to life!"



THE TRUCK CAT

Deborah Frenkel
Danny Snell



Book nook: Truck Cat

Written by **Deborah Frenkel**, this is an award-winning, simple but powerful story of acceptance, difference and belonging. Plus, it'll be a hit for anyone who loves animals or trucks!

"What I've really loved hearing is that the book has allowed parents and grandparents to talk to kids about their own family stories of immigration."

National Simultaneous Storytime will be held on Wednesday, 21 May 2025 at 12pm.

[Register](#) for resources including videos, audio recordings and a PDF copy of the book.

Discussion questions

- What foods, drinks or games are important to your family?
- What makes people belong or not belong, and who gets to decide?

Did you know?

30% of Australians were born overseas.



Rhythm and movement for regulation - supporting little brains and bodies



Are you struggling with big behaviours in your children?

Helping children understand, communicate, and manage their attention, behaviours, and emotions has lifelong benefits and is increasingly important for families. You can incorporate regulation education alongside physical activity using the evidence-based Rhythm and Movement for Self-Regulation (RAMSR) program.

We spoke about this program with Professor Kate Williams from RAMSR and Rhythmic Integrations director Rebecca Eager.

RAMSR is not a traditional early years music program; instead, it uses rhythm and movement to help young kids develop their attention, manage impulses, and develop more flexible thinking skills over time (these are key self-regulation skills).

How does it work?

RAMSR embeds brain tricks throughout the activities, which means that children are practising self-regulation skills. Children's brains and bodies are supported through audio-cued movement.

"Benefits include improved focus, fewer behavioural challenges, and stronger motor coordination. Research shows these effects last beyond the early years," says Professor Williams.

Who can it help?

RAMSR helps children of all backgrounds, including those in early intervention programs. Their largest study included Australian children from a non-English speaking background, Aboriginal and/or Torres Strait Islander children, and children with a developmental delay. It has also been effective outside Australia, in Hong Kong.

The RAMSR training provides educators with specific tips and tricks for including children of all backgrounds and diverse abilities in RAMSR sessions.

And the best part is that you don't need an instrument or have to be a great singer. There's a free app full of activities for children of all abilities and backgrounds, plus tips and training for educators.

What's your favourite song?

"*My Feelings Move*, it was both fun to compose and to record," says Rebecca.

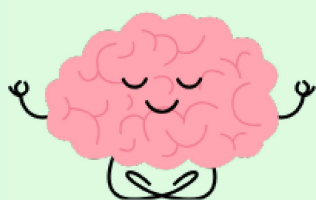
The track features Prof Kate Williams on saxophone and Rebecca on vocals and bass clarinet. It was supported by a childrens choir made up of family members and neighbours. The track explores emotions through music changes and helps kids adjust their movements to match the music.

"Changes in speed and intensity of the music are paired with the feelings mentioned in the lyrics and children....it's interesting to see whether children can adjust their movements to match the music," says Rebecca.

"Once the music is up to those red zone feelings and their arousal and alertness level has been raised, can they come back 'down' along with the music? It takes lots of control which children have been working on throughout the RAMSR program. And although it's not intended to 'teach' emotions, many educators have given feedback to us that they have been able to use it in other areas of their teaching curriculum. Some are even using it for end of year concerts or grandparents day performances," says Rebecca.

Resources

- [Toddler medley](#) (Introductory video, 5 minutes)
- [Free introductory course](#) (12 lessons)
- [Read the research](#)
- Free companion apps: RAMSR-T (18 months to 3 years) [Google](#) or [Apple](#); RAMSR-0 (3 to 8 years) [Google](#) or [Apple](#)
- [Training and more](#)



How does rhythm and movement help self-regulation?

"When the brain processes beat and rhythm, areas related to hearing and movement become active, even if we are not moving. Rhythm enhances coordination and is linked to cognitive functions and self-regulation. RAMSR fosters crucial connections within the brain and between the brain and body to support self-regulation. Using rhythmic movement for development is important and fun for young children." ~ Professor Kate Williams

Teaching catch

Catching is one of the fundamental movement skills. We need to teach children these skills; they don't come naturally. Start with larger balls and those with patterns or bumps. To catch, teach children:

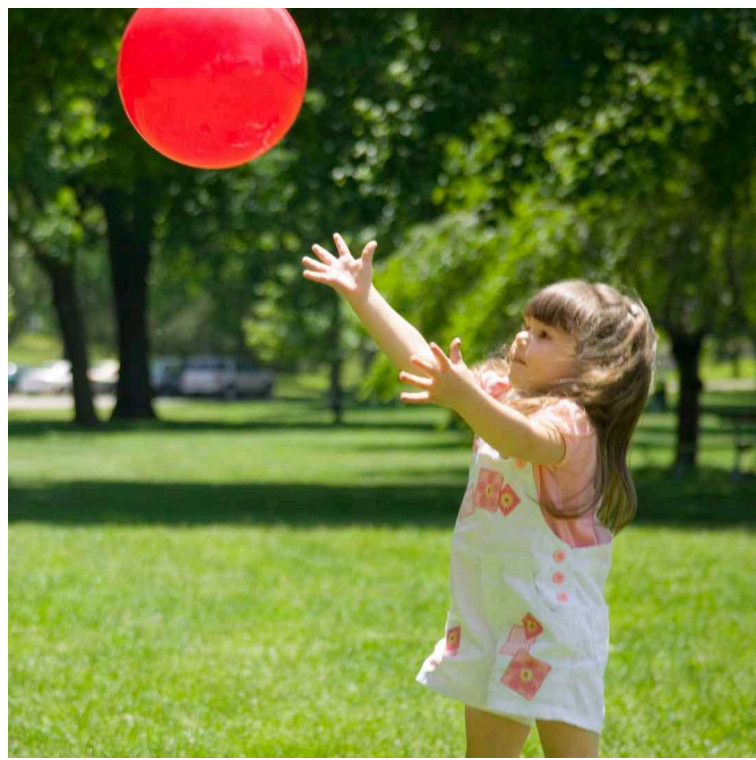
- Hands in front
- Eyes on the ball
- Catch with both hands and bring the ball to chest.

Catch by age

- Babies & toddlers – making contact with a rolling ball on the ground or catching bubbles
- 2 to 3 years – catching a ball with hands and arms or trapping a ball against their body.
- 4 to 5 years – catching a ball with hands, choose smaller balls like tennis balls.

Reflective practice questions

- What worked teaching catch? How do I know?
- What would I do the same or differently if I could reteach this lesson? Why?
- What intentional learning experiences are planned for teaching catch?
- How are 'spontaneous' opportunities used?
- How is the importance of fundamental movement skills communicated with families?

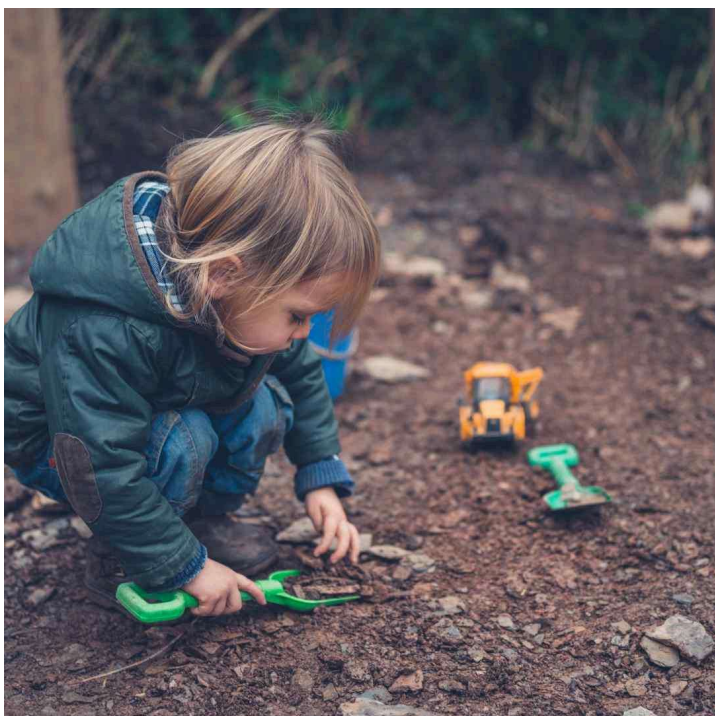


[Teaching catch video](#) | [Download more FMS resources](#)



Did you know?

You can use scarves or rolled socks instead of balls to help children learn how to catch.



Free webinar: Active play in rainy weather

This free webinar has some great active play ideas across the seasons, indoors and out.

Find out how to create a supportive centre philosophy & policy and much more.

[Watch the recording](#) (53mins)

Find more [free professional learning opportunities](#) from Munch & Move.

Term 2 Events

Here are events for you to consider adding to your service calendar:

- ♥ Mother's Day, 11 May
- 👣 [National Walk Safely to School Day](#), 16 May
- 📖 [National Simultaneous Storytime](#), 21 May
- ♥♥♥ [National Reconciliation Week](#), 27 May - 3 June
- 🌊 [World Oceans Day](#), 8 June
- 🏳️ [Pride Month](#), June
- ☁️ [Mud Day](#), 29 June
- ♥♥♥ [NAIDOC Week](#), 6 - 13 July

Wishing you an active and healthy term!

~ The Munch & Move Team

- Corinne Martin
- Bryony Leach
- Maxine Molyneux
- Kate Collins
- Shelby Craig

Please [email us](#) if you would like any support in implementing Munch & Move or to unsubscribe.



Healthy Eating Active Living, Northern NSW Local Health District, [31 Uralba Street, Lismore 2480](#)

The land in which we live and work on is Bundjalung, Yaegl and Gumbaynggirr land. NSW Health acknowledges the people of the many traditional countries and language groups of New South Wales. It acknowledges the wisdom of Elders past and present, and pays respect to all Aboriginal communities of today.

