

***I Am Moving, I Am Learning***  
**Hillsdale Great Start Training, May 2014**  
**Brooke Rains, Trainer**  
**[bdlrains@gmail.com](mailto:bdlrains@gmail.com)**

Helpful websites:

- [www.choosykids.com](http://www.choosykids.com) – CDs, lots of Choosy resources
- [www.pkimbrell.com](http://www.pkimbrell.com) – resources that support *I Am Moving, I Am Learning*
- [www.headstartbodystart.org](http://www.headstartbodystart.org) – lots of terrific movement activities and more
- Angela Russ: [www.abridgeclub.com](http://www.abridgeclub.com) – CDs w/intentional movement
- <http://www.aahperd.org/naspe/> - info on national movement recommendations for children
- <http://eclkc.ohs.acf.hhs.gov> (click on “Health”) – info on the strategy of *I Am Moving, I Am Learning* and the Head Start Child Development and Early Learning Framework
- [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org) – *Let’s Move* Child Care (Mrs. Obama’s initiative)

***I Am Moving, I Am Learning***  
**Hillsdale Great Start Training, May 2014**  
**Brooke Rains**  
**[bdlrains@gmail.com](mailto:bdlrains@gmail.com)**

Helpful websites:

- [www.choosykids.com](http://www.choosykids.com) – CDs, lots of Choosy resources
- [www.pkimbrell.com](http://www.pkimbrell.com) – resources that support *I Am Moving, I Am Learning*
- [www.headstartbodystart.org](http://www.headstartbodystart.org) – lots of terrific movement activities and more
- Angela Russ: [www.abridgeclub.com](http://www.abridgeclub.com) – CDs w/intentional movement
- <http://www.aahperd.org/naspe/> - info on national movement recommendations for children
- <http://eclkc.ohs.acf.hhs.gov> (click on “Health”) – info on the strategy of *I Am Moving, I Am Learning* and the Head Start Child Development and Early Learning Framework
- [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org) – *Let’s Move* Child Care (Mrs. Obama’s initiative)