

Red Light Green Light

Supplies:

- Red Paper
- Green Paper
- White Paper
- Popsicle Sticks
- Sandwich Size ziplock Bags
- Glue Stick
- Scissors

Instructions:

1. Print off the STOP signs (page 4) on red paper.
2. Print off the GO signs (page 5) on green paper.
3. Print off the information page (page 6) on white paper.
4. Cut out all items right along the line.
5. Glue popsicle sticks to the back of the STOP and GO signs.
6. Make sure glue dries completely before moving onto step 7.
7. In each ziplock bag add one STOP sign, one GO sign, and one information card.



If you have any questions, contact Staci at 801-979-1519 or stacif@unitedwayuc.org

Please mail or deliver by December 1, 2021 to:

Attn: Staci Fuller
United Way of Northern Utah
2955 Harrison Blvd., Ste. 201, Ogden, UT 84403

Open during regular business hours. Items can be left with receptionist.

Please print off the Volunteer Sheet (third page) and return it with items made and donated.

Thank you!!

Final should look like this:

In one ziplock bag: one information card, one stop sign, and one go sign.



Community Impact

Help Me Grow Utah is an information and referral network that aims to connect families and communities with the knowledge and resources they need to make a difference in the lives of children. Help Me Grow supports prenatal parents and families with children through age 8, offering services at no cost in both English and Spanish. For more information, visit our website at: helpmegrowutah.org

The early years are a crucial time in a child's life, their brains are growing rapidly and they are learning foundational skills that will impact the rest of their lives. Much of this learning takes place while a child plays! We like to provide parents with activity ideas and supplies that they can do with their child to build developmental skills. This particular activity helps a child build Gross Motor Skills.

Help Me Grow Utah

Volunteer Sheet - Red Light Green Light

****Please include this sheet when you drop off the items you're donating****

Date: _____

Contact Name: _____

Organization: _____
(If applicable)

Phone Number: _____

Email: _____

Address: _____

Address used to send thank you card to volunteers

Have you volunteered for Help Me Grow before? YES / NO

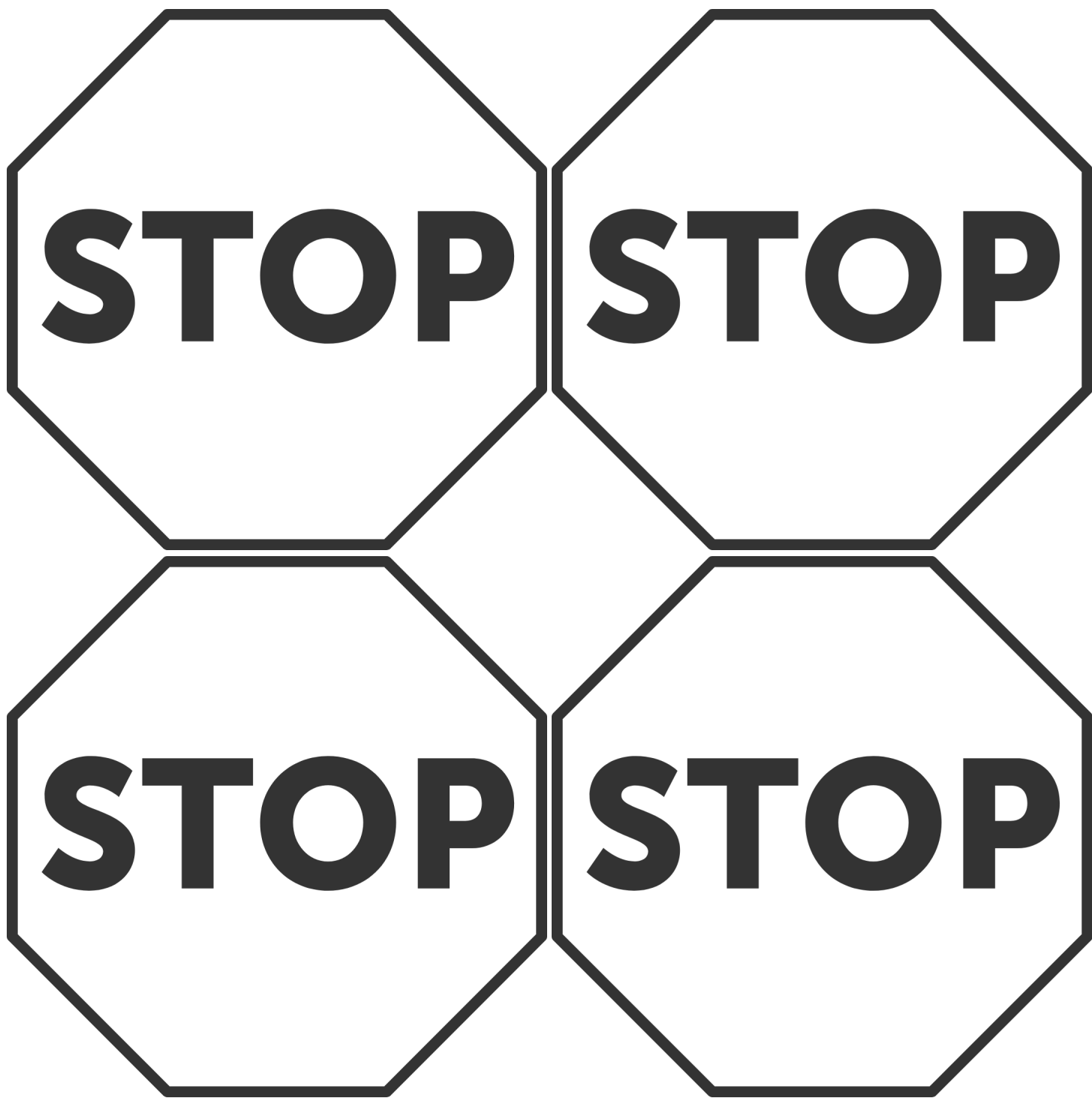
How did you hear about this project? _____

Would you like to be emailed about future volunteer projects? YES / NO

Number of volunteers: _____

How much time each volunteer spent on project: _____

How many items made: _____



STOP

STOP

STOP

STOP



GO



GO



GO



GO

Red Light! Green Light!

Playing Red Light Green Light is a great way to get your children moving. Have them line up on one end of your room or yard, and you stand up on the other. Hold up the Green GO sign and say "Green Light" when you want them to go. Hold up the red STOP sign and say "Red Light" when they should stop. Have them try do different movements as they make their way towards you. They could run, skip, tip toe, hop, etc. Take turns holding the signs.

Looking for additional activities? Go here:

helpmegrowutah.org/activities

**HELP ME
GROW** UTAH

Visit helpmegrowutah.org for more information or call/text 801-691-5322

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