






Let's Get Moving Amador

This year we are asking Quality for Kids Participants to join us in a "Let's Get Moving Amador" Campaign.



Movement is so unique as that it can happen anywhere and at any time. It is also a key component for maintaining your own health.

Studies show that when children move their bodies in a variety of motions, they are building brain connections for:

Cognitive  Socia;-Emotional  Language
 Large Motor  Fine Motor



Each month you will fill out and return in the Let's Get Moving Amador Log by listing 3 movement activities the children in your care enjoyed the most and 3 new movement activities you introduced that month.

Logs will be collected by the 15th of every month and incentives will be paid quarterly

For a bonus incentive, comment on the monthly Let's Get Moving Amador post on the Q4K Facebook page documenting one of the activities. *Please be aware of your photo release permission slips if posting pictures of children. *



Let's Get Moving Amador logs will be available on the First 5 Amador website, Q4K Facebook page and printed logs are available at 975 Broadway, Jackson

Our Partners

The Resource Connection
Engaging Families
 Empowering Communities
 Enriching Lives

AMADOR College C*NECT

Amador Child Care Council 

FIRST5 AMADOR 