

# FEBRUARY KIDSHAPE NEWS



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## Inspirational Quote

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralph Waldo  
Emerson

## Physical Activity Game of the Month — Cooperative Handball

Set up two chairs at opposite ends of the playing area. One student from each team sits in a chair and becomes the goalie. Divide the class into two teams with one team wearing the jerseys/pinnies. Each team spreads out on its half of the playing area. Toss a coin to see which team will get the ball first. The object is to pass the ball from teammate to teammate, until the team goalie catches the ball. The goalies are placed on the opposite ends of their teammates playing area.

In other words the goalies will be facing their teammates at the start. Set up a 6' x 8' safety area in front of the goalies. The defensive players cannot go inside of that area. When the goalie catches the ball, score a point for that team.

### Basic rules:

- After catching the ball a player cannot walk (or move his/her chair). If he/she does, then traveling is called and the other team is awarded the ball.

- Players may use a pivot foot/wheel as in basketball.
- If the ball touches the floor, (i.e. a teammate drops the ball or has it batted down when throwing), the other team is awarded the ball.
- Defensive players must stay at least 1-2 feet (your decision) from the offensive player. This should limit fouls and some possible rough play.



## KidShape Graduate Recipe Corner — Boneless Buffalo Wings

### Ingredients:

1 lb boneless, skinless chicken breast, cut into bite size pieces  
6 Tbs hot sauce or chicken wing sauce  
1 1/3 cups toasted bread crumbs  
1 tsp onion powder  
1 tsp cayenne pepper  
Salt and pepper to taste

Directions: Preheat oven to 375 degrees. Spray cookie sheet with nonstick cooking spray. Put chicken pieces and hot sauce in large Ziploc bag. Shake until all chicken pieces are covered with sauce. In second Ziploc bag, mix breadcrumbs, onion powder, cayenne pepper, salt and pepper. Move chicken pieces into bag with breadcrumb mixture and shake to coat. Put the coated chicken on cookie sheet. Bake for 10 minutes, turn pieces and bake another 10-15 minutes. Makes 4 servings. Submitted by Nick Green.

## Nutrition Tip

To boost fiber and protein, serve whole grains - rather than refined—as much as you can. If your kids are resistant to trying whole wheat pasta or brown rice, try a 50/50 mix with the white stuff. They probably won't notice the difference.

