



Sheri Karan

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Biography

I have been a family child care provider for ten years. My husband, Troy, and I have been married for almost sixteen years and I am mom to two teenagers, Jeremy and Lyndsay. I began doing child care as a way to be home with my own children, and instead found my calling. It has grown into a true passion for me! I graduated in 2008 with my AAS in Early Childhood Education through the TEACH program. In August 2009 I renewed my NAFCC accreditation and in September 2009 my program was awarded a Star 4 in Keystone STARS, the highest in our state. My family is extremely supportive of my child care program and I am grateful for them as well as the never ending support of the families of the children who I have cared for over the years!

Project -"Kids Fitness"

Childhood fitness and health are very important to me and prompted my idea for Kids Fitness. By the utilization of a toddler to preschool aged physical education curriculum, I will integrate fitness into a variety of curriculum areas, as well as focusing on wellness and health. Materials such as child sized yoga mats, balancing pods, and large balls will be added into the process will make it fun and child-focused. Family involvement will be encouraged and the hope is to inspire families to do more on their own to extend not only their child's understanding of health and fitness, but their own as well.

