During play kids learn to cope with emotions like anger, fear, and frustration. Emotional: Letting kids exchange information, ideas, & messages.

Communication: Play helps kids learn to share, compromise, and much more!

Cognitive: Kids learn to think, reason, and pay attention through play. Cognitive: Active play helps with balance, motor skills, and coordination.

Physical: Active play helps boost their creativity!
Minced garlic and onion, along with the squash, are your only ingredients. You can start by dicing the squash and then mincing the garlic and onion. After that, you can add everything else to the soup. This will give you a rich and hearty meal that everyone will love. 

- **Squash Soup Ingredients**:
  - 1 butternut squash-about 2 lbs.
  - 1/4 tsp. ground cumin
  - 1/8 tsp. salt
  - 1/2 tsp. pepper
  - 1 small onion, chopped
  - 2 cloves garlic, minced
  - 1 medium carrot, peeled & thinly sliced
  - 1 fresh jalapeno pepper, seeded, minced
  - 1 – 14 1/2 oz. can of reduced-sodium chicken broth
  - Nonfat plain yogurt
  - Chopped cilantro

**Preparation Instructions:**

1. Cut squash in half, scoop out seeds.
2. Peel squash and cut into one inch squares.
3. In a large saucepan or flame-proof casserole dish, heat oil over medium heat. Add onion and garlic and cook, stirring often, until they begin to brown, about 5 minutes.
4. Add squash, jalapeno pepper, and chicken broth. Bring to a boil, reduce heat to medium-low, cover and cook 15-20 minutes or until vegetables are very tender.
5. Puree soup in batches in a blender or food processor. Return to saucepan and return to a boil over medium-low heat. Serve hot garnished with yogurt and chopped cilantro.

**How to Foster Healthy Habits with Holiday Toys**

Providing toys that encourage physical activity and mental development may give the kids in your life more than a few hours of entertainment. You can encourage active kids by...