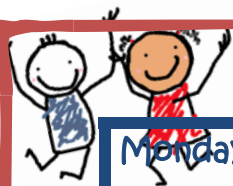


## Calendar of Healthy Fun!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Book of the Day:</b> Good for Me and You</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Crab Races</li> <li>Mirror Me</li> <li>Body Juggling</li> </ul>	<p><b>Nutrition Activity:</b> "Go, Slow, Whoa" – What's It all About?</p> <p>Woody the Woodpecker (puppet show)</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Blast Off</li> <li>Frog Jump</li> <li>Fish, Fish, Swim to Me</li> <li>The Ants Go Marching</li> </ul>	<p><b>Book of the Day:</b> The Carrot Seed</p> <p><b>Nutrition Activity:</b> My Pyramid for Preschoolers – What's It all About?</p> <p>It's Coloring Time</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Bubble Chase</li> <li>Simon Says</li> <li>Over and Under</li> <li>Jump Right Over</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Roadmap to Success: Preventing Obesity in Youth – A Parent Resource Guide</p> <p>Dietary Guidelines 2010 – Let's Eat for the Health of It</p>	
<p><b>Book of the Day:</b> Oh, the Things You Can Do ...</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Hula Crawl</li> <li>Footsie Roll</li> <li>Limbo</li> </ul>	<p><b>Nutrition Activity:</b> Buried Treasure</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Barker's Hoopla</li> <li>Hula Hop</li> <li>Freeze Dance</li> <li>Puppy Dog Roll</li> </ul>	<p><b>Book of the Day:</b> Blueberries for Sal</p> <p><b>Nutrition Activity:</b> Grow Good Food</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Galloping Pony</li> <li>Animal Parade</li> <li>Jumping Frogs</li> <li>Run and Freeze</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Be Active, Healthy, and Happy: Exploring Fitness as A Family Affair</p> <p>How Much Is Enough?</p> <p>Add More Vegetables to Your Day</p>	
<p><b>Book of the Day:</b> Toddlerobics: Animal Fun</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Animal Parade</li> <li>Magic Numbers</li> <li>Hop, Run, Hop, Run, FUN!</li> </ul>	<p><b>Nutrition Activity:</b> Healthy Food Sing-a-long</p> <p>It's Coloring Time (repeated, with new coloring sheets)</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Creeping, Crawling, Climbing</li> <li>Trash 'n Tidy Basketball</li> <li>Huddle and Go</li> <li>Head, Shoulders, Knees, and Toes!</li> </ul>	<p><b>Book of the Day:</b> Chicken Soup with Rice: A Book of Months</p> <p><b>Nutrition Activity:</b> Red Light, Green Light with "Go," "Slow," "Whoa"</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Chase Me, Chase Me</li> <li>Hula Hoop Chase</li> <li>Hula Twist</li> <li>Barker's Hoopla</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Healthful Eating...Food Labels Help!</p> <p>Focus on Fruits</p> <p>Everyone, Every Day Challenge: One Step at a Time, and You're On Your Way!</p>	
<p><b>Book of the Day:</b> The Busy Body Book</p> <p><b>Active Play:</b> Simon Says · Leap Frog · Skip to My Lou</p>	<p><b>Nutrition Activity:</b> Fruity Smoothies</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Frog Jump</li> <li>Wheels on the Bus</li> <li>Tight Ropes</li> <li>Magic Numbers</li> </ul>	<p><b>Book of the Day:</b> Color Crunch</p> <p><b>Nutrition Activity:</b> "Thank You, Family"</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>Roll Like a Log</li> <li>Red Light, Green Light</li> <li>Mighty Duke of York</li> <li>Airplanes..</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>It's Time to Play</p> <p>Child Care, What Will My Child Eat?</p> <p>Make Half Your Grains Whole</p>	

\* Programming should be arranged to ensure that children engage in a minimum of 30 minutes of active play each day \*  
 Activities from the Awareness section of the program should be implemented daily during ONE SINGLE week of teacher's choice

## Calendar of Healthy Fun!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Book of the Day:</b> Toddlerobics <b>Active Play:</b> · Leap Frog · Hula Twist · Knock 'Em Down	<b>Nutrition Activity:</b> Let's "Pear Up"	<b>Active Play:</b> · Popping Popcorn · Fish, Fish, Swim to Me · Kick Course · Huddle and Go!	<b>Book of the Day:</b> Eating the Alphabet <b>Nutrition Activity:</b> Sprouting Beans	<b>Active Play:</b> · Scarves and Ribbons · Roll Like a Log... · Body Juggling · The Mighty Duke of York	<b>Weekend Take-home Materials:</b> Why Breakfast? Got Your Dairy Today?	
<b>Book of the Day:</b> Berenstain Bears: Too Much Junk Food <b>Active Play:</b> · The Ants Go March · Square Hop · Hula Hoop Chase	<b>Nutrition Activity:</b> Planning a Picnic with the Swedish Chef - Ants on a Log and/or Trees in a Broccoli Forest	<b>Active Play:</b> · The Wheels on the Bus · Target Toss · Creeping, Crawling, Climbing · Red Light, Green Light	<b>Book of the Day:</b> Growing Vegetable Soup <b>Nutrition Activity:</b> Gone Fishing	<b>Active Play:</b> · Head, Shoulders, Knees and Toes · Limbo · Turtle Shell Tango · Run and Freeze	<b>Weekend Take-home Materials:</b> For Growing Bones . . . Which Milk? With Protein Foods, Variety Is Key Everyone, Every Day Challenge: Fruits and Veggies, More Matters! The Fruit and Veggie Eater-Meter	
<b>Book of the Day:</b> My Very First Book of Motion <b>Active Play:</b> · Hula Hop · Target Toss · Knock 'Em Down	<b>Nutrition Activity:</b> Collage Creations Healthy Food Sing-a-long (repeated)	<b>Active Play:</b> · Simon says · Magic Numbers · Bubble Chase · Square Hop	<b>Book of the Day:</b> Growing Colors <b>Nutrition Activity:</b> "Go, Slow, and Whoa" Sorting Game	<b>Active Play:</b> · Plate Skating · Crossing the River · Crab Races · Chase Me, Chase Me	<b>Weekend Take-home Materials:</b> Be Active, Healthy, and Happy: Physical Activity Guidelines in Youth Enjoying the Family Meal Build a Healthy Meal	
<b>Book of the Day:</b> Over Under, Through <b>Active Play:</b> · Over/Under—Frog Jump	<b>Nutrition Activity:</b> Baking Bread	<b>Active Play:</b> · Hop, Run, Hop, Run, FUN · Mirror Me · Shoveling Snow	<b>Book of the Day: I Eat Fruit OR "Green Eggs and Ham"</b> <b>Nutrition:</b> PlayDough	<b>Active Play:</b> · Animal Parade · Hula Hoop Chase · Skip to My Lou	<b>Weekend Take-home Materials:</b> Healthful Choices for Vegetarian Families	

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## Calendar of Healthy Fun!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Book of the Day:</b> Berenstain Bears: Too Much TV</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Crossing the River</li> <li>· Plate Skating</li> <li>· The Wheels on the Bus</li> </ul>	<p><b>Nutrition Activity:</b></p> <p>Food Pyramid Game</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Skip to My Lou</li> <li>· Tight Ropes</li> <li>· Knock 'Em Down</li> <li>· Turtle Shell Tango</li> </ul>	<p><b>Book of the Day: I Eat Vegetables OR "To Market, To Market"</b></p> <p><b>Nutrition Activity:</b></p> <p>Pretzel Time</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Popping Popcorn</li> <li>· Foolsie Roll</li> <li>· Laundry Basketball</li> <li>· Jumping Frogs</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Family Food Shopping: Spend Less, Get More Smart Shopping for Fruits and Veggies</p> <p>Everyone, Every Day Challenge: T.V. Timeout!</p>	
<p><b>Book of the Day:</b> Jump Frog, Jump</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Galloping Pony</li> <li>· Turtle Shell Tango</li> <li>· Jumping Frogs</li> </ul>	<p><b>Nutrition Activity:</b></p> <p>Ring Around the Baggy</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Scarves and Ribbons</li> <li>· Body Juggling</li> <li>· Shoveling Snow</li> <li>· Blast Off</li> </ul>	<p><b>Book of the Day:</b> Jamberry OR Pancakes, Pancakes!</p> <p><b>Nutrition Activity:</b></p> <p>What's for Dinner?</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Puppy Dog Roll</li> <li>· Puddle Jump</li> <li>· Freeze Dance!</li> <li>· Hop, Run, Hop, Run, FUN!</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Tips for Taking More Steps (bookmark)</p> <p>Family Meals: Fast, Healthful</p> <p>Live Up your Meal with Fruits and Vegetables</p> 	
<p><b>Book of the Day:</b> Looking After Me</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Head, Shoulders, Knees, and Toes</li> <li>· Shoveling Snow</li> <li>· Bubble Chase</li> </ul>	<p><b>Nutrition Activity:</b></p> <p>Healthy Food Sing-a-long (repeated) AND repeated 'activity of choice'</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Target Toss</li> <li>· Kick Course</li> <li>· Square Hop</li> <li>· Limbo</li> </ul>	<p><b>Book of the Day:</b> Lunch OR Peanut Butter and Jelly: A Play Rhyme</p> <p><b>Nutrition Activity:</b> "Go, Slow, and Whoa" Sorting Game (repeated)</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Mirror Me</li> <li>· Animal Parade</li> <li>· Crossing the River</li> <li>· The Ants Go Marching</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Let's Eat Out! Healthful Fast Foods</p> <p>Kid-Friendly Veggies and Fruit</p>	
<p><b>Book of the Day:</b> From Head to Toe</p> <p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Jump Right Over</li> <li>· Chase Me, Chase..</li> <li>· Laundry Basketball</li> <li>· The Mighty Duke of York</li> </ul>	<p><b>Nutrition Activity:</b></p> <p>Food Pyramid Game (repeated)</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Freeze Dance</li> <li>· Plate Skating</li> <li>· Hula Twist</li> <li>· Trash Bag Toss</li> </ul>	<p><b>Book of the Day: No Milk! OR The Very Hungry Caterpillar</b></p> <p><b>Nutrition Activity:</b></p> <p>Red Light, Green Light with "Go, Slow, Whoa" (repeated)</p>	<p><b>Active Play:</b></p> <ul style="list-style-type: none"> <li>· Head, Shoulders, Knees, and Toes</li> <li>· Over and Under</li> <li>· Knock 'Em Down</li> <li>· Crab Races</li> </ul>	<p><b>Weekend Take-home Materials:</b></p> <p>Let's Eat Out: Making Meals Pleasant</p> <p>Be a Healthy Role Model for Children</p> 	

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