

Calendar of Healthy Fun!



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|--------|
| <p>Book of the Day: Good for Me and You</p> <p>Active Play:</p> <ul style="list-style-type: none"> Crab Races Mirror Me Body Juggling | <p>Nutrition Activity: "Go, Slow, Whoa" – What's It all About?</p> <p>Woody the Woodpecker (puppet show)</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Blast Off Frog Jump Fish, Fish, Swim to Me The Ants Go Marching | <p>Book of the Day: The Carrot Seed</p> <p>Nutrition Activity: My Pyramid for Preschoolers – What's It all About?</p> <p>It's Coloring Time</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Bubble Chase Simon Says Over and Under Jump Right Over | <p>Weekend Take-home Materials:</p> <p>Roadmap to Success: Preventing Obesity in Youth – A Parent Resource Guide</p> <p>Dietary Guidelines 2015 – Let's Eat for the Health of It</p> | |
| <p>Book of the Day: Oh, the Things You Can Do ...</p> <p>Active Play:</p> <ul style="list-style-type: none"> Hula Crawl Footsie Roll Limbo | <p>Nutrition Activity: Buried Treasure</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Barker's Hoopla Hula Hop Freeze Dance Puppy Dog Roll | <p>Book of the Day: Blueberries for Sal</p> <p>Nutrition Activity: Grow Good Food</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Galloping Pony Animal Parade Jumping Frogs Run and Freeze | <p>Weekend Take-home Materials:</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>Book of the Day: Toddlerobics: Animal Fun</p> <p>Active Play:</p> <ul style="list-style-type: none"> Animal Parade Magic Numbers Hop, Run, Hop, Run, FUN! | <p>Nutrition Activity: Healthy Food Sing-a-long</p> <p>It's Coloring Time (repeated, with new coloring sheets)</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Creeping, Crawling, Climbing Trash 'n Tidy Basketball Huddle and Go Head, Shoulders, Knees, and Toes! | <p>Book of the Day: Chicken Soup with Rice: A Book of Months</p> <p>Nutrition Activity: Red Light, Green Light with "Go," "Slow," "Whoa"</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Chase Me, Chase Me Hula Hoop Chase Hula Twist Barker's Hoopla | <p>Weekend Take-home Materials:</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>Book of the Day: The Busy Body Book</p> <p>Active Play: Simon Says · Leap Frog · Skip to My Lou</p> | <p>Nutrition Activity: Fruity Smoothies</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Frog Jump Wheels on the Bus Tight Ropes Magic Numbers | <p>Book of the Day: Color Crunch</p> <p>Nutrition Activity: "Thank You, Family"</p> | <p>Active Play:</p> <ul style="list-style-type: none"> Roll Like a Log Red Light, Green Light Mighty Duke of York Airplanes.. | <p>Weekend Take-home Materials:</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 *

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

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| <p>Book of the Day: Berenstain Bears: Too Much TV</p> <p>Active Play:</p> <ul style="list-style-type: none"> · Crossing the River · Plate Skating · The Wheels on the Bus | <p>Nutrition Activity:</p> <p>Food Pyramid Game</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Skip to My Lou · Tight Ropes · Knock 'Em Down · Turtle Shell Tango | <p>Book of the Day: I Eat Vegetables OR "To Market, To Market"</p> <p>Nutrition Activity: Pretzel Time</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Popping Popcorn · Foolsie Roll · Laundry Basketball · Jumping Frogs | <p>Weekend Take-home Materials:</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>Book of the Day: Jump Frog, Jump</p> <p>Active Play:</p> <ul style="list-style-type: none"> · Galloping Pony · Turtle Shell Tango · Jumping Frogs | <p>Nutrition Activity:</p> <p>Ring Around the Baggy</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Scarves and Ribbons · Body Juggling · Shoveling Snow · Blast Off | <p>Book of the Day: Jamberry OR Pancakes, Pancakes!</p> <p>Nutrition Activity: What's for Dinner?</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Puppy Dog Roll · Puddle Jump · Freeze Dance! · Hop, Run, Hop, Run, FUN! | <p>Weekend Take-home Materials:</p> <p>Tips for Taking More Steps (bookmark) Family Meals: Fast, Healthful</p> <p>Live Up your Meal with Fruits and Vegetables</p>  | |
| <p>Book of the Day: Looking After Me</p> <p>Active Play:</p> <ul style="list-style-type: none"> · Head, Shoulders, Knees, and Toes · Shoveling Snow · Bubble Chase | <p>Nutrition Activity:</p> <p>Healthy Food Sing-a-long (repeated) AND repeated 'activity of choice'</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Target Toss · Kick Course · Square Hop · Limbo | <p>Book of the Day: Lunch OR Peanut Butter and Jelly: A Play Rhyme</p> <p>Nutrition Activity: "Go, Slow, and Whoa" Sorting Game (repeated)</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Mirror Me · Animal Parade · Crossing the River · The Ants Go Marching | <p>Weekend Take-home Materials:</p> <p>Let's Eat Out! Healthful Fast Foods</p> <p>Kid-Friendly Veggies and Fruit</p> | |
| <p>Book of the Day: From Head to Toe</p> <p>Active Play:</p> <ul style="list-style-type: none"> · Jump Right Over · Chase Me, Chase.. · Laundry Basketball · The Mighty Duke of York | <p>Nutrition Activity:</p> <p>Food Pyramid Game (repeated)</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Freeze Dance · Plate Skating · Hula Twist · Trash Bag Toss | <p>Book of the Day: No Milk! OR The Very Hungry Caterpillar</p> <p>Nutrition Activity: Red Light, Green Light with "Go, Slow, Whoa" (repeated)</p> | <p>Active Play:</p> <ul style="list-style-type: none"> · Head, Shoulders, Knees, and Toes · Over and Under · Knock 'Em Down · Crab Races | <p>Weekend Take-home Materials:</p> <p>Let's Eat Out: Making Meals Pleasant</p> <p>Be a Healthy Role Model for Children</p>  | |

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