



# April 2024

## Activity Calendar



# Healthy Habits



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Eating Healthy</b></p> 	<p>1 Make a rainbow lunch! Think <b>red</b> strawberries, <b>green</b> dill pickle, <b>yellow</b> sliced cheese, and a glass of <b>white</b> milk!</p>	<p>2 Have a healthy food taste test! Place small servings of fruits and vegetables, blindfold your child, and see if they can figure out what they are eating!</p>	<p>3 Create a healthy food bingo card. Each time your child eats a healthy food, mark off the square and a full row gets them a prize!</p>	<p>4 <b>ACTIVITY PAGE</b></p> <p><b>Vegetable Garden</b></p>	<p>5 Cookies, ice cream, and other sweets don't have to be off limits. Just tell your child they are "sometimes" foods!</p>	<p>6 <b>Weekend Wrap-Up</b></p> <p>Read and repeat any of the activities you did this week to learn how to eat healthy!</p>
<p>7 <b>Staying Active</b></p> 	<p>8 April showers bring... <b>PUDDLE JUMPING!</b> What better way to get your child's heart pumping than to let them put on rainboots and jump in some puddles!</p>	<p>9 Blow bubbles up high and way down low! Let your child pop them with a flyswatter. Cardio and strengthening muscles at the same time!</p>	<p>10 Do the "Hokey-Pokey". Putting hands in and hands out. Feet in and feet out. Heads in and heads out. This is quite the workout!</p>	<p>11 <b>ACTIVITY PAGE</b></p> <p><b>Let's Get Physical</b></p>	<p>12 Simon Says—touch your toes; jump up and down; run in place; do 10 jumping jacks—you get the picture! What a fun way to get moving!</p>	<p>13 <b>Weekend Wrap-Up</b></p> <p>Read and repeat any of the activities you did this week to learn ways to stay active!</p>
<p>14 <b>Getting Rest</b></p> 	<p>15 Make quiet time boxes made up of books, puzzles, fidget toys, small stuffed animals, etc. that only come out for rest time.</p>	<p>16 Make good use of a toy wand and use it to "cast a sleep spell" over your child for naps. They won't be able to fight the sleep fairy's magic!</p>	<p>17 Create a sensory bin using a bag of lavender Epsom salt and some pouring and measuring cups. Supervision is necessary but the scent will lead to a restful sleep</p>	<p>18 <b>ACTIVITY PAGE</b></p> <p><b>How to Stay Healthy</b></p>	<p>19 Nothing like letting your child shine light in their bed with a small flashlight. They can quietly chase the light with their eyes until they fall asleep!</p>	<p>20 <b>Weekend Wrap-Up</b></p> <p>Read and repeat any of the activities you did this week that helped you get some rest!</p>
<p>21 <b>Stopping Germs</b></p> 	<p>22 Sing while washing hands. "The more we wash our hands, our hands, our hands. The more we wash our hands, the healthier we'll be"</p>	<p>23 Blow into a handful of pom-pom balls to show your child how an uncovered sneeze spreads germs everywhere!</p>	<p>24 Show your child how to sneeze and cough into the crease of their arm where their elbow is to prevent the spread of germs!</p>	<p>25 <b>ACTIVITY PAGE</b></p> <p><b>Stop Spreading Germs!</b></p>	<p>26 Teach your child how to set an egg timer to 20 seconds each time they wash their hands. Now, they can "hear" and see how long 20 seconds really is!</p>	<p>27 <b>Weekend Wrap-Up</b></p> <p>Read and repeat any of the activities you did this week to help you stop spreading germs!</p>
<p>29 Help your child:</p> <p><b>DRINK LOTS OF WATER</b></p>	<p>29 Help your child:</p> <p><b>BRUSH THEIR TEETH!</b></p>	<p>30 Help your child:</p> <p><b>LIMIT SCREEN TIME!</b></p>	<p><b>Character Word: Compassion- concern for others</b></p> <p>Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez</p>			





## Vegetable Garden

This is a great fine motor activity for your child and they can learn about vegetables while playing! First, wrap a shoe box or tissue box with green wrapping paper and help your child paint or color the top of the covered box brown (this is the soil). Next, glue pictures or place stickers of different types of vegetables on the tops of popsicle sticks. Cut slits in rows on the top of the box that are big enough for the popsicle sticks to be placed into. Now, let your child plant their vegetables and pull them out when they have grown! Another way to use this box is to have your child plant their vegetables and then you ask them to hand you each one and help them learn the names of the vegetables. You can also tell them to pick one or two each day that they would like to try with their lunch or dinner!





## Let's Get Physical

Help your child build their muscles by lifting some weights! Let your child fill two sandwich Ziploc bags with rice, about halfway full. Stick each bag inside of a toilet paper roll. Next, cut two more toilet paper rolls in half. Turn each half so the openings are facing up and down. Take the side of the roll and cover the opening of one side of a toilet paper roll. Use packing tape to tape these two pieces together (don't worry how it looks, just seal it securely). Do this same action to the other opening of this toilet paper roll and then both opening of the second toilet paper roll. Now, give your child a roll of colored electrical or masking tape and let them totally cover the entire roll and the side rolls. They can roll and twist and turn until all of the parts of the rolls are covered! Now, they have a set of dumbbells to lift and strengthen their biceps and triceps!



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# **How to Stay Healthy**

by Helen Jaeger

A great way to help your child get ready to rest is to read a book with them. The book How to Stay Healthy is full of ideas and information and fun activities you can do with your child when they are not resting. One activity is simply called “Go take a walk” but this walk will let your child use their 5 senses. What do they **see** on the walk? What do they **hear** on the walk? What can they **feel** on the walk? What do they **smell** on the walk? Is there anything they can **taste** on the walk? When you return from the walk, ask your child how they feel. Calm? Happy? A walk is a great physical and mental activity for you and your child to do together. Look through the entire book to find more healthy activities to do with your child!



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## Stop Spreading Germs!

This activity will help your child see how they spread germs and how they can stop spreading germs! First, pour some flour on a plate and have your child place their hands in the flour. Then, give them a few wooden blocks or toys and tell them to play with them. After a few minutes, show them how much of the flour is on the toys. Explain that the flour is like germs that we spread around if we don't wash our hands with soap and water. Now, have your child run their hands through running water. They will see that the flour becomes sticky on their hands but does not go away. Have your child add soap to their hands, rub hands together for 20 seconds, and then rinse. The flour (germs) are gone! Talk to your child about all of the important times to wash their hands- before and after they eat; after they go potty; and, especially after they may have coughed or sneezed into their hands!

