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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | Make a yummy breakfast parfait with yogurt, fresh fruit and granola.  | Create a fun placemat to use at the table during meals.  |
| Pumpkins are a great source of antioxidants. Make yummy pumpkin bread as a family. | Make a family meal together. Have each person choose what they would like to eat, and prepare in the kitchen.  | Move in opposites- fast/slow, up/down, near/far, big/small.  | Go to your local library and check out, *Be Good to Your Body* by Roz Fulcher and make a snack from the book.Be Good to Your Body--Healthy Eating and Fun Recipes  | Go outside for a walk and look at different shapes. Move your body to create the shapes you see.  | Use different household items to make drums. Play the drums and move to the beat. You can even create a fun song to go with it.  | Place three different foods on a plate. Ask your child to describe how each food tastes, smells, looks and feels like.  |
| Make a set of cards with numbers on them. Have everyone choose a card and the number they selected is the number of body movements you have to make (stretch to the ceiling, march in place, touch your toes, etc.). | Choose a healthy food that begins with the letter ‘N’. Try the food together as a family.  | Place plastic or real vegetables in a bag. Close your eyes and reach in the bag to describe and guess the vegetable. Add vegetables of different sizes and textures.  | Place a bunch of washcloths across the floor, and try jumping from one to the next without touching the floor. | Use magazines and find fruits and vegetables that are orange and red and create a harvest basket. | Have someone name a color and then create a movement to match that color.  | Guess the Fruit! Have one person describe the fruit they choose and everyone try to guess.  |
| Make funny face pizzas using whole grain bread. | Do some outdoor chores as a family. Reach, push, pull and bend.  | Go to your local library and check out the book, *The Berenstain Bears and Too Much Junk Food*, by Stan and Jan Berenstain.Image result for preschool books about healthy drinks | Add a whole grain food to your snack or meal. | Practice balancing a paper plate on your head and walk across the room. Time yourself to see who is able to reach the other end the quickest. | Sit down and have a family meal together without the TV, phones or computers. | Mindful Minute Close your eyes and take a deep breath and let your body relax.  |
| Practice your jumping skills. Bend your knees and push off the floor, See how high and far can you jump. | Play “I spy” outdoors, the person has to make a guess by running to the object they think it is.  | March in place for one minute without stopping. Talk to your family about what happens to your heart.  | Create a sorting game, by having your child sort canned fruits or vegetables, by color or size.  | Add your favorite fruit to your water and talk about the taste. | Try fresh vegetables with hummus dip.  | Choose your favorite physical activity from November and repeat. |

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