

# MONTH 1



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Animal Action Fun! One person says the name of an animal and the other person has to move around the house like that animal would.

## DAY 2

Kids Yoga: Click on the links in the instructions page and have fun practicing yoga with your kids.

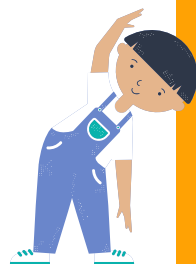
## DAY 3



Go on a walk through your home. How many steps does it take to get from one space to another?

## DAY 4

Say the ABC's by putting your body into the shape of each letter.



## DAY 5

Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.

## DAY 6

Obstacle Course: Set up household objects and furniture that your child has to go over, under and around.

## DAY 7

CHALLENGE DAY!

# MONTH 1



# NUTRITION



## INSTRUCTIONS

*The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!*

## DAY 1

Fruit Placemat!

## DAY 2

Why do we Wash our Hands? Lessons and Activities.

## DAY 3

Veggie guessing bag: place some veggies in a small bag, and have kids place their hand inside to feel the veggie and try to guess what it is.

## DAY 4

Complete the MyPlate Maze Activity. Have Fun!

## DAY 5

Food Critic: This month pick a FRUIT.



## DAY 6

Read through "The Two-Bite Club" Read pages 2 through 16 and discuss different types of grains and vegetables within your home.

## DAY 7

Little Chef: Make a fruit salad for the family...yummy\_yummy!!

# MONTH 2



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

I Spy...Body Parts: Call out descriptions of which body parts you observe, and try and have the other person guess which body part you are seeing!

## DAY 2

FREEZE DANCE: Turn on fun music and have your child dance or move to the music. When you pause the music the child freezes! Keep playing as much as desired! Don't forget to join in on the fun!

## DAY 3



Hide and Go Move: Hide and find the game cards! Complete all the exercises!

## DAY 4

Animals Yoga: Put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.



## DAY 5

Indoor Blizzard!

## DAY 6

Put on a SHOW!

## DAY 7

CHALLENGE DAY!

# MONTH 2



# NUTRITION



## INSTRUCTIONS

***The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!***

## DAY 1

I Spy...Fruits & Veggies: Call out descriptions of fruits and veggies in your kitchen, and try and have the other person guess what you are seeing!

## DAY 2

Nutrition Games Board!

## DAY 3

Veggie Placemat!

## DAY 4

Food Alphabet: try to come up with a fruit or vegetable for every letter of the alphabet. How many of these do you have at home? Taste the ones you have at home! How do they taste? How do they feel?

## DAY 5

Food Critic: This month pick a VEGETABLE.



## DAY 6

Read through "The Two-Bite Club"  
Read pages 17 through 26 and discuss different types of fruit and dairy within your home.

## DAY 7

Little Chef: Making a Garden Salad.

# MONTH 3



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Little Steps, Big Steps: While on a walk (or in an open room) alternate between calling out "little step, big step, little jump, big jump" and have your child do the movement.

## DAY 2

Weather Walk: Come up with different movements for different types of weather! Walk around the house and take turns calling out the types of weather and acting them out!

## DAY 3



Family Commercial Challenge.

## DAY 4

Musical Kangaroos: This game is just like musical chairs except players jump instead of walk around the chairs.



## DAY 5

Go for a color walk outside. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors.

## DAY 6

Garden Yoga for Kids

## DAY 7

CHALLENGE DAY!

# MONTH 3



# NUTRITION



## INSTRUCTIONS

***The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!***

## DAY 1

Read the Lub-Dub short story. After reading, ask your child questions about the story.

## DAY 2

The Five Food Groups Games.

## DAY 3

Fruit guessing bag: place some fruits in a small bag, and have kids place their hand inside to feel the fruit to try to guess what it is.

## DAY 4

Food Sorting Fun!

## DAY 5

Food Critic: This month pick a FRUIT.



## DAY 6

Read through "The Two-Bite Club" Read pages 27 through 39 and discuss different types of protein within your home. You finished the book! Complete the certificate. Look ahead to Sunday we are going to create a FULL MYPLATE!

## DAY 7

Little Chef: Creating a healthy plate modeled after "MyPlate" and the "Two Bite Club" activity. Make sure you have the right amount of carbs, protein, fruit, dairy and veggies on your plate!

# MONTH 4



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Draw your name on the sidewalk with chalk, or spell out your name indoors with pieces of string. Run in the pathway of each letter of your name. Make each letter big and then small. How many other names can you spell out and run in the path of?

## DAY 2

Staying Active as a Family!

## DAY 3



Jump the River: Make a line on the ground (using tape, string or chalk). Have your child jump over the river, jumping with two feet then one foot. Jump sideways and backwards too! Older children: make the "river" wider for an added challenge.

## DAY 4

Be a superhero! Have your child think about their favorite superhero and move around/act like that superhero. Feel free to add props!



## DAY 5

Animal Races: First, create a start and finish line. Then, your child will race you or another child from one end to the other using an animal movement.

## DAY 6

Red Light, Green Light: When you say, "Green Light", children move across the room. When you say "Red Light!", they stop moving. Alter movement instructions with each round - instead of walking, try to tip toe, hop, gallop, or skip when "Green Light" is called.

## DAY 7

CHALLENGE DAY!

# MONTH 4



# NUTRITION



## INSTRUCTIONS

*The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!*

## DAY 1

Healthy Food Guessing Game: Say "I am thinking of a fruit or vegetable that begins with the letter..." and then give extra clues like color, shape, texture, until children correctly guess the fruit or vegetable. Let children take turns guessing and describing a fruit or vegetable for you to guess.

## DAY 2

Let's Go On A Picnic!

## DAY 3

Grocery Store Scavenger Hunt!

## DAY 4

How Much Sugar is in Your Drink?

## DAY 5

Food Critic: This month pick a VEGETABLE.



## DAY 6

Read pages 1 through 11 of "Give Me 5 a Day!" to your child.. With your child, identify the the fruits and vegetables in your home.

## DAY 7

Little Chef: Hummus Butterfly.



# MONTH 5



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Nature Walk: Go on a walk in your neighborhood and see how many of nature's wonders you can spot.

## DAY 2

Indoor Camping: No camping gear needed!

## DAY 3



Steady as You Go! Place a bean bag, sock, or stuffed animal on your child's head. See if they can walk across the room without it falling off! If too easy, see if they can jump, hop, slide, or gallop across the room without it falling off.

## DAY 4

Spot Markers - Inexpensive Home-Made Props and Activities



## DAY 5

Active "I Spy": Play "I Spy" inside or outside, but when your child identifies the object, have them walk, run, skip, or hop to the object

## DAY 6

Go to different spaces in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.

## DAY 7

CHALLENGE DAY!

# MONTH 5



# NUTRITION



## INSTRUCTIONS

***The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!***

## DAY 1

Color Your Salad!

## DAY 2

Healthy S'mores Alternatives: Great to go along with indoor camping activity!

## DAY 3

Healthy Drink Choices!

## DAY 4

Categories game: Pick a food group, then you and your child take turns naming foods from that group. Whoever can name the most items wins! Repeat again with all five food groups (Fruits, Vegetables, Grains, Protein, Dairy).

## DAY 5

Food Critic: This month pick a FRUIT.



## DAY 6

Read pages 12 through 27 of "Give Me 5 a Day!" to your child. With your child, come up with 5 fruits and vegetables that were not listed in the book

## DAY 7

Little Chef: Terrific Tacos!

# MONTH 6



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Roll up a pair of socks. Try to balance the socks on different parts of your body as you move around your home. Try to go around, over and under things while balancing the sock.

## DAY 2

Say the ABC's and put your body into the the shape of each letter!

## DAY 3



Find The Timer!

## DAY 4

Scarves - Inexpensive Home-Made Props and Activities



## DAY 5

Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again. How did your heartbeat change? Try this again with a new song.

## DAY 6

T-shirt Toss! Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?

## DAY 7

CHALLENGE DAY!

# MONTH 6



# NUTRITION



## INSTRUCTIONS

*The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!*

## DAY 1

Go, Slow, and Whoa Foods!

## DAY 2

Whole Grain Coloring Page.

## DAY 3

Finders Keepers

## DAY 4

Grocery Shopping: Use page 2 of the WeCan! Parent Tips to make a grocery list with your child. Try using the list the next time you go shopping with your child!

## DAY 5

Food Critic: This month pick a VEGETABLE.



## DAY 6

Read the story: A Delicious Day.

## DAY 7

Little Chef: Rainbow Vegetable Skewers.

# MONTH 7



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Jump, Jump! Jump side-to-side over a line for 20 seconds without stopping. Go again but jump front to back. Repeat as many times as you want. Put on some music and have fun!

## DAY 2

Treasure Hunt! Hide a shiny toy or plastic necklace outside or around the house. Have your child search for the hidden treasure!

## DAY 3



Twins: Pick a partner and set a timer for 2-5 minutes. Come up with fun movements to do and make sure your partner copies your movements for the whole time.

## DAY 4

String or Rope - Inexpensive Home-Made Props and Activities



## DAY 5

Shape Search: Cut pieces of paper into different shapes and place them around the room. Call out the name of a shape and how the child should move to that shape (run, hop, dance, walk backward, etc.).

## DAY 6

Bandana Tag!

## DAY 7

CHALLENGE DAY!

# MONTH 7



# NUTRITION



## INSTRUCTIONS

*The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!*

## DAY 1

Salty Potato Experiment!

## DAY 2

Fruit Facts & Coloring Sheet - Pineapple

## DAY 3

Have A Fresh Happy Birthday!

## DAY 4

Put On A Show!

## DAY 5

Food Critic: This month pick a FRUIT.



## DAY 6

Food Around the World!

## DAY 7

Little Chef: Grilled Cheese.

# MONTH 8



# PHYSICAL ACTIVITY

## INSTRUCTIONS

*The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!*

## DAY 1

Follow Along with the Movement

## DAY 2

Use your nose, elbow or foot to draw a letter, number or picture in the air. Have your partner guess what you drew!

## DAY 3



Get Moving Action Cards

## DAY 4

We've Got the Moves - A Move-Along Story: Have your child follow along with the moves in the story!



## DAY 5

Towel Tower! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?

## DAY 6

Add-On Movement Fun! Do one movement, then your partner repeats it but adds on one more, then you do your first movement, your partners' move and then add on more moves.

## DAY 7

CHALLENGE DAY!

# MONTH 8



# NUTRITION



## INSTRUCTIONS

*The following activities were created to help you and child(ren) explore nutrition, cooking, and proper handwashing. We encourage you to use this calendar often to help improve nutrition practices as a family.*

## DAY 1

Plan a trip to a farmers market with your child.

## DAY 2

Learn how bugs help keep plants and people healthy!

## DAY 3

Learn about fruits and veggies with Chef Asata.

## DAY 4

Read "Leroy the Lemon" with your child. After reading the story, talk with your child about what kinds of fruit you would both like to try putting in your water. Come up with 1-2 fruits to add to your water and drink this week.

## DAY 5

Healthy Foods: Counting Game



## DAY 6

Hand Wash Scramble: Clean Hands Before Eating or Cooking

## DAY 7

Little Chef: Making Guacamole. What's a fruit? What's a veggie?



# MONTH 9



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Up and Down Game

## DAY 2

Sock Toss: Roll socks into balls and place a basket or bowl in the middle of the room. Have your child toss the socks into the basket/bowl.

## DAY 3



Follow Along with the Song

## DAY 4

Place soft objects (e.g. pillows) on the floor with space between them. Have your child get down on all fours. Chase them across the room and see if they can crawl to the other side without bumping into or touching the obstacles.



## DAY 5

Create a movement sequence with your child – using moves like hopping, twisting, or stretching – and then do it together. Say the word for each move as you do them! If you are able, record a short video of you and your child going through the sequence on your phone and share with your family.

## DAY 6

Run, Jump, Play! Complete the coloring activity, then pick one of the types of active play to do with your family.

## DAY 7

CHALLENGE DAY!

# MONTH 9



# NUTRITION



## INSTRUCTIONS

***The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!***

## DAY 1

Why do we Wash our Hands? Lessons and Activities.

## DAY 2

Sing the 'Reach for the Sky Song' with your child(ren)!

## DAY 3

Veggie Guessing Bag: place some veggies in a small bag, and have kids place their hand inside to feel the veggie and try to guess what it is.

## DAY 4

Food Alphabet: try to come up with a fruit or vegetable for every letter of the alphabet. How many of them have you tried? Name two or three that you would like to try.

## DAY 5

Food Critic: This month pick a VEGETABLE.



## DAY 6

Read the Story: Potter the Otter (pages 1-15) to your child. Do the "Show Me the Sugar Activity" on the first page

## DAY 7

Little Chef: Happy Face Toast. Spread peanut butter (or any nut butter) on a slice of whole grain toast. On top let your child use chopped fruit to make a happy face on their toast.

# MONTH 10



# PHYSICAL ACTIVITY

## INSTRUCTIONS

***The following activities will help you and your child(ren) have fun while moving! Use this calendar to make physical activity a daily habit!***

## DAY 1

Obstacle Course Round 2: Set up household objects and furniture that your child has to go between and to the left and right side.

## DAY 2

Pick 3 physical activities from the past couple months that were fun for your child(ren). Let them pick which one they want to do again today!

## DAY 3



Outdoor Scavenger Hunt

## DAY 4

At-Home Parade: Give your child 1-2 streamers or scarves, show them how to march (knees come up high), put on some music, and let them come up with their own marching routine using the streamers as props.



## DAY 5

Visit every window in your home, and when you get there try to jump as high as you can, reaching your arms up high. Try to hop on one foot, and then try jumping with both feet. Which way can you jump higher?

## DAY 6

Alphabet Hopscotch

## DAY 7

CHALLENGE DAY!

# MONTH 10



# NUTRITION



## INSTRUCTIONS

***The following activities will help you and your child(ren) explore fun and easy healthy eating ideas and proper handwashing. Use this calendar often to reinforce the importance of smart food choices as a family!***

## DAY 1

Weekly Meal Planner: Fill out page 2 of the We Can! Parent Tips Sheet with your child to get them involved in planning family meals for the week! Give your child examples and a limited number of options to help them decide.

## DAY 2

How Do Veggies Grow?

## DAY 3

A Color Adventure. Have a colorful taste test and rate the foods on the page!

## DAY 4

My Favorite Foods Scavenger Hunt!

## DAY 5

Food Critic: This month pick a FRUIT.



## DAY 6

Read the Story: Potter the Otter (pages 16-27) to your child. Do the counting and tracing activity "Potter the Otter & Friends" at the end of the story.

## DAY 7

Little Chef: Food Rainbows.