

January



Learn It

Building Bones? Think Calcium.

In the learning circle, discuss how calcium plays a major role in keeping your bones strong, including your teeth. Using the cutouts found at cacfp.org, play the Moo Game! Cut out the white "moo-staches" and glue each of them onto a straw. Give one to each child. Print pictures of food or use food models, showing them one at a time to the group. If they think the food has calcium in it, they will bring the moo-stache under their nose and say, "moo." Some foods rich in calcium are yogurt, cheese, cow's milk, soy milk and collard greens.

Eat It Apple Sail Boats

Apples, halved and core removed

Ready-to-eat breakfast cereal

Sunflower seed butter

Cheese block, cut into triangle wedges



Serve each child $\frac{1}{2}$ an apple, 1 tablespoon of sunflower seed butter ($\frac{1}{2}$ oz eq), 1 cheese wedge, and breakfast cereal ($\frac{1}{2}$ oz eq). Have children build their apple boat by spreading the seed butter with a butter knife on the flat side of the apple. Add the wedge on top of the seed butter for the sail, and then sprinkle cereal on the sunflower seed butter.



Create It Sturdy Bridges



The construction engineers in your care are going to build their own bridge! Collect an assortment of building materials such as wooden blocks, heavy paper, craft sticks, paint stir sticks and cups. Working together or individually, experiment to see if they can make a bridge. Is it sturdy enough to hold an object?



Play It

Construction Simon Says

Using the traditional rules of Simon Says, ask one student to be Simon while the others follow. Simon must use construction instructions, though! Scoop, spin, push, tip, dig, and stretch are some examples. What other construction motions can your team can think of?

Fun Fact

Milk is a global drink with over 6 billion people around the world drinking milk products.



Read It

My Magical Foods - Get Picky Eaters to Choose Veggies and Fruits! by Becky Cummings (Author) and Zuzana Svobodova (Illustrator)

I Can Be Anything! Don't Tell Me I Can't by Diane Dillon

Boxitects by Kim Smith

Laugh About It

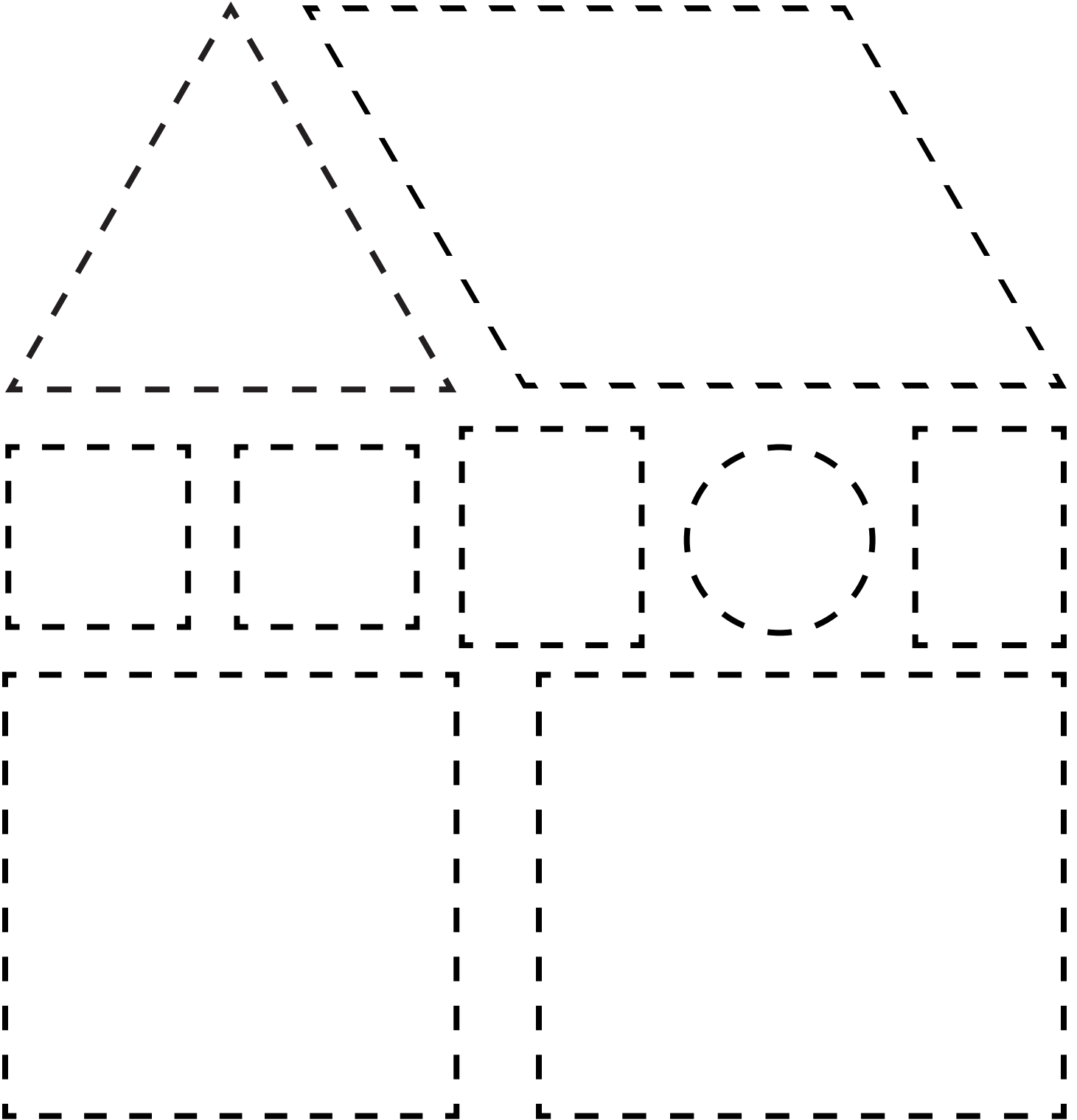
What bird loves construction? A crane.



Name _____

Build a House

Cut out the shapes and color them in. Then, glue the pieces on a sheet of paper to build your house.



February



Learn It Nature Collage

Our heart beats to move nutrients and oxygen throughout our body, providing us with energy to move. When we play games that are active, our body needs more energy. The heart beats faster to transport the fuel our body needs to the areas using up the most energy. Show children where to find their pulse on their wrist. Then have them stand in a circle, arms width apart. Instruct them to jump, run or dance in place for 30 seconds. With help, have them check their pulse. Is it faster or slower than before?

Eat It Racing Snacks



Banana, peeled and cut in half
Strawberries, sliced
Mini pretzel twists
Bear-shaped graham crackers

On each plate, place $\frac{1}{2}$ of a banana, $\frac{1}{4}$ cup strawberries, $\frac{1}{2}$ oz eq of mini pretzels and a bear-shaped graham cracker. Help them build their racing snack by placing two strawberry slices on each side of the banana to make wheels. The pretzel is the driving wheel, so insert this on top of the banana. The bear is the driver, so insert it into the banana behind the pretzel wheel.



Read It

The Pigeon Loves Things That Go! by Mo Willems

How Did That Get in My Lunchbox?: The Story of Food (Exploring the Everyday) by Chris Butterworth and Lucia Gaggiotti

Creative Ninja: A STEAM Book for Kids About Developing Creativity by Mary Nhin

I Am Smart, I Am Blessed, I Can Do Anything! by Alissa Holder (Author), Zulekha Holder-Young (Author), Nneka Myers (Illustrator)

Create It Shake & Paint



Give each child a container, such as a large oat can. Help the children place their cardstock paper into the container. Then add one color squirt into the container. Have children pick two objects to shake around the container. These can include sponge pieces, steel wool, bouncy balls, ping pong balls, etc. Seal the lid on and allow the children to shake, shake, shake. Remove the lid, add another color and repeat. Take the cardstock out of the container and dry. They have created a beautiful piece of art with movement!



Play It Race It!

This is all about having fun with your team and racing towards the finish line. Divide the groups evenly and designate a starting line and finish line. The groups are going to play several rounds with a variation each time seeing how fast they can reach the goal. Try walking backwards, rolling sideways, wheelbarrow races, hula hoop races and rolling forward. Challenge the kids to create their own race methods!

Fun Fact

Did you know your heart beats about 100,000 times per day?



Laugh About It

What happened to the wooden car?
It wooden go!

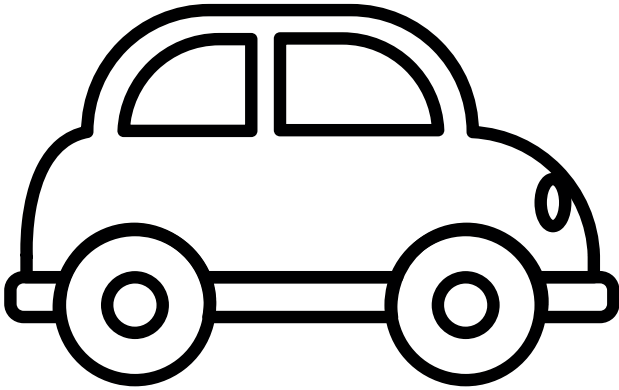


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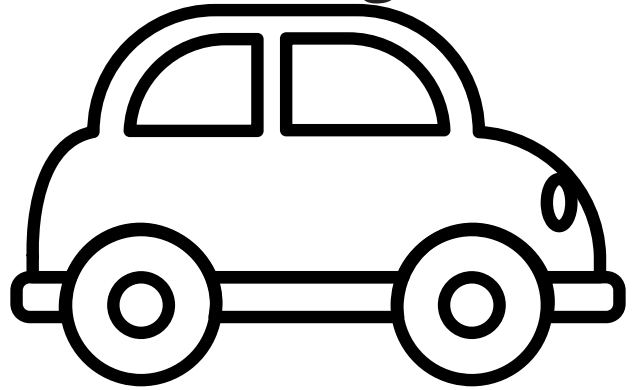
A New Coat of Paint

Color the car according to the the color above it.

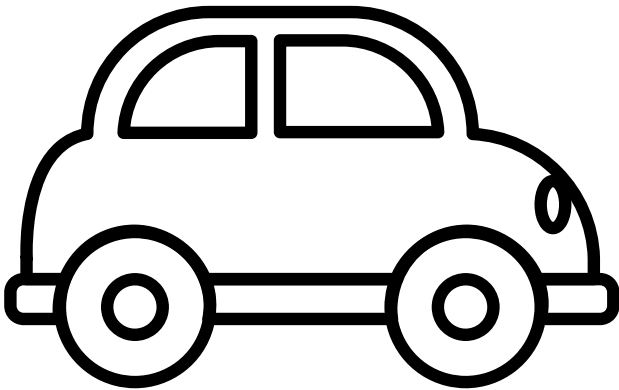
Red



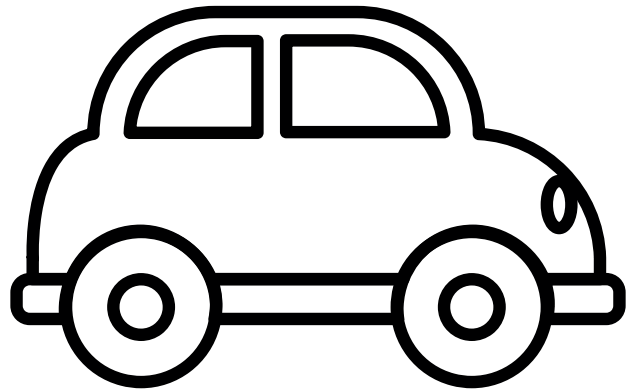
Orange



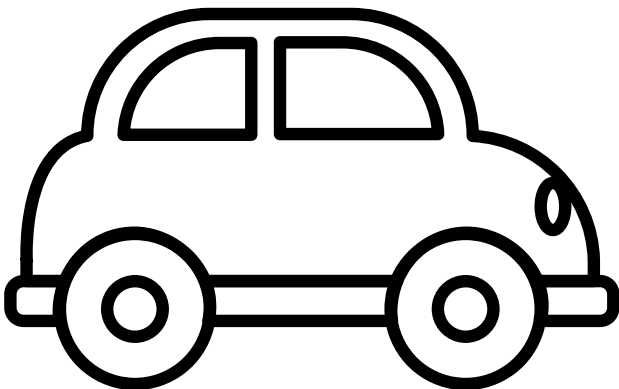
Yellow



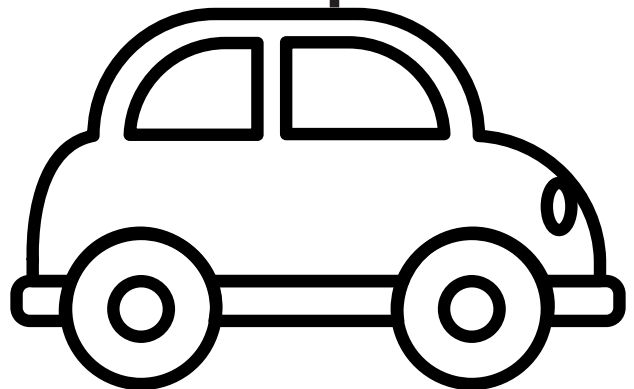
Green



Blue



Purple



March



Learn It Nerve Network

Talk with the children about the brain being the main control station of the body. The brain communicates with the rest of the body

through the nervous system. Let's practice by playing a game similar to the telephone game! Have children line up - the first child in line is the 'brain', children in the middle are 'neurons' and the last child in line is a 'body.' The brain whispers to the first neuron and gives instructions to pass down the line to the body, like "Lift arm up." Once the message reaches the body, that child will do the action it heard. Then the body will whisper to the child next to them, "my arm is tired" and now the message must go back to the brain. Then the brain will give the next instruction like "put the arm down." You can switch childrens' positions after two turns.

Eat It Chipotle Yogurt Dip

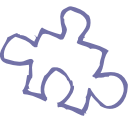
2 cups yogurt
2 tbsp ranch seasoning
½ chipotle pepper from a can



Blend all ingredients until smooth. Serve each child ¼ cup yogurt dip and pair it with a ½ cup of mixed vegetable sticks for dipping.



Play It Technicolor Movement



Place different colored poster boards around a room or designated area and ask the children to stand in the middle of the area. When you say go, they are going to move to the color circle that you have called out. They must move with an action starting with the first letter of the color name. Follow these examples or create your own.

Red	Run
Blue	Bunny Hop
Green	Giant Leaps
Purple	(Squat and) Pop Jump
Orange	Over an Obstacle
Yellow	(Whisper) Yell the ABCs While Walking

Create It

Liquid Sidewalk Chalk



Ask the children to assist you in making sidewalk chalk with cornstarch, water and food coloring. Mix the cornstarch and water to the desired consistency and pour into your choice of paint container. Then drop food coloring into each container, creating a variety of colors. The children will love painting the sidewalks outside on a warm spring day!

Laugh About It

Why did the computer go to the doctor?
It had a virus.



Read It

Amara's Farm (Where in the Garden?) by JaNay Brown-Wood

Ricky, the Rock That Couldn't Roll by Mr. Jay (Author) and Erin Wozniak (Illustrator)

You Are Creative (You Are Important Series) by Todd Snow and Melodee Strong

Fun Fact

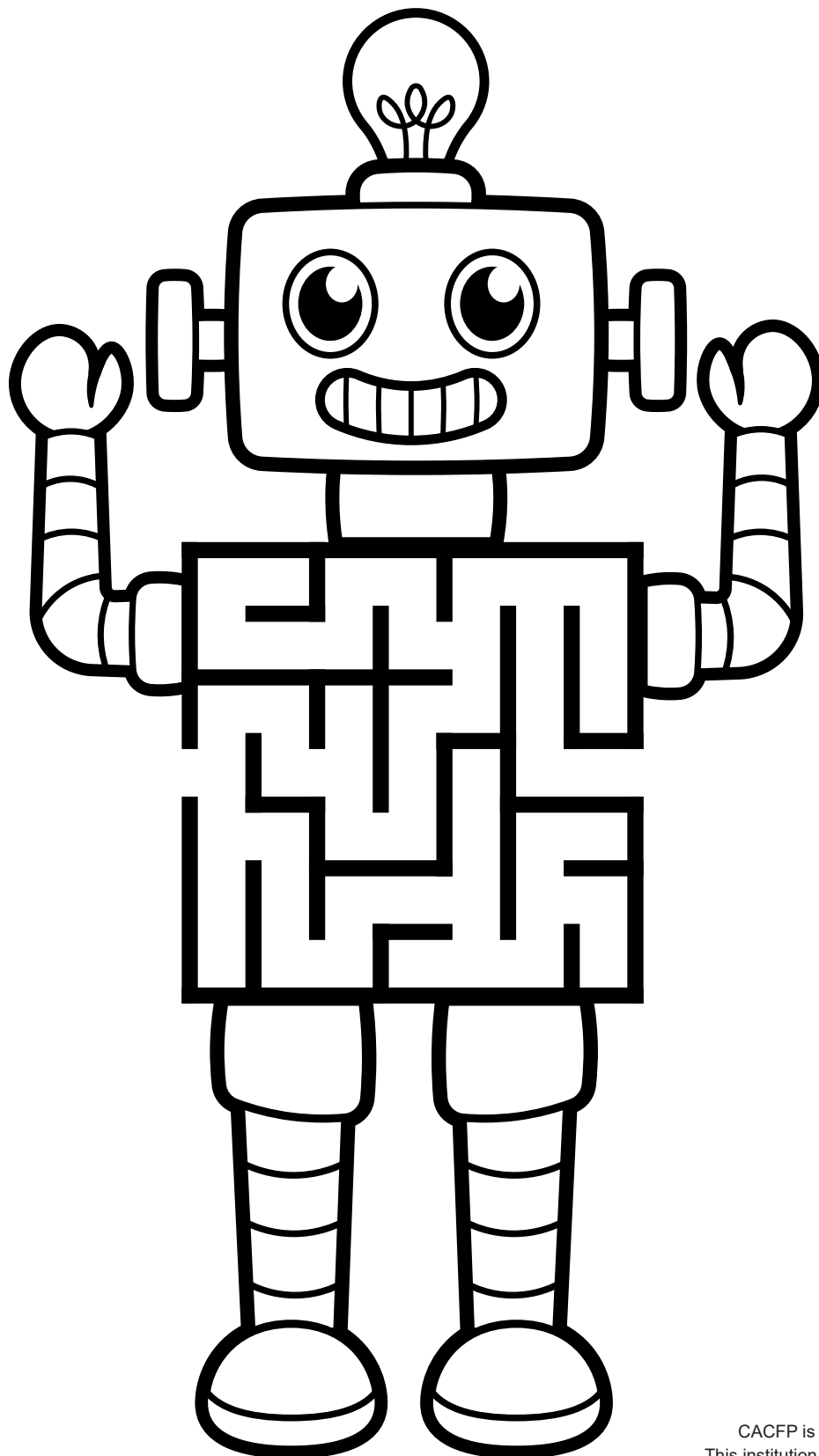
Information in the nervous system can travel up to 268 miles per hour.



Name _____

Maze-Bot

Find the path through the robot.



April



Learn It Brain, May I?

Show children where the brain is located and discuss how the brain controls the rest of the body. Play a game similar to "Mother, May I?" but instead you say "Brain, May I?". Assign one child as the brain and the other children are lined up away from the brain. The goal is to reach the brain by asking questions like, "Brain, may I hop on one foot?" Have children take turns being the brain after each round.

Eat It

Mathematically Delicious Fruit Salad

Strawberries, chopped
Blackberries, halved
Kiwi, peeled and chopped
Lime, juiced and zested
Fresh mint, minced



In a medium bowl, have children help add equal amounts of strawberries, blackberries and kiwi. Then add lime juice, lime zest and fresh mint. Gently mix fruit so the lime juice and mint are evenly dispersed. Serve immediately or allow it to marinate in the refrigerator for one hour before serving.



Create It Marble Run

Using cardboard tubes and painter's tape, show the children how to create a marble run maze. Weather permitting, use an outdoor fence, or you can use an inside wall. Ask the children to assist you in placing the tubes in a pattern that will allow the marble to roll down through them. The children will have fun taking turns rolling their marble.



Play It Number Obstacle

Create an obstacle course outside, weather permitting, or in an indoor space with room to move. Your obstacles could include cones, hula hoops, pool noodles, baskets, tunnels, jump ropes or carpet squares for jumping. At each station, post the numbers. When the children get to that station, they'll yell out the number they are on. Also make sure to practice positional words such as over, under, down, up, in front of and behind.



Read It

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

Be a Maker by Katey Howes (Author) and Elizabet Vuković (Illustrator)

I Am Amazing! by Alissa Holder (Author), Zulekha Holder-Young (Author) and Nneka Myers (Illustrator)



Laugh About It

What is the math teacher's favorite dessert?
Pi.



Fun Fact

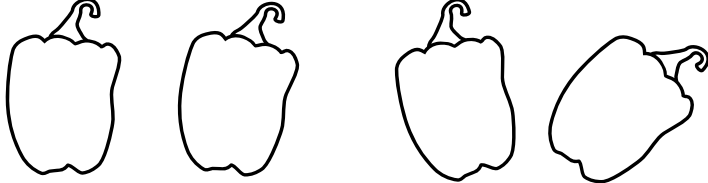
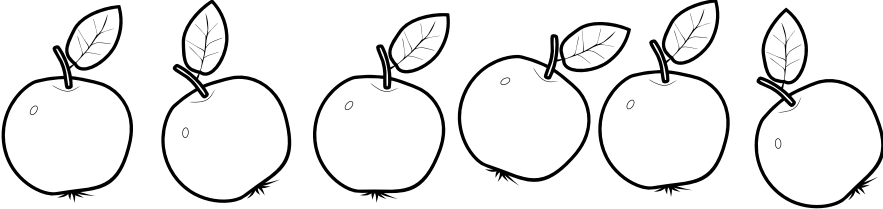
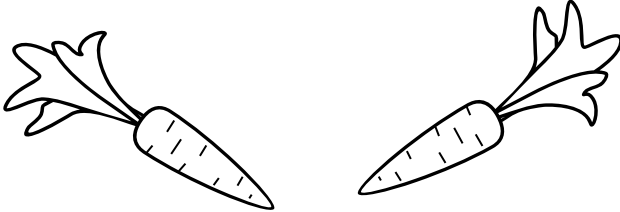
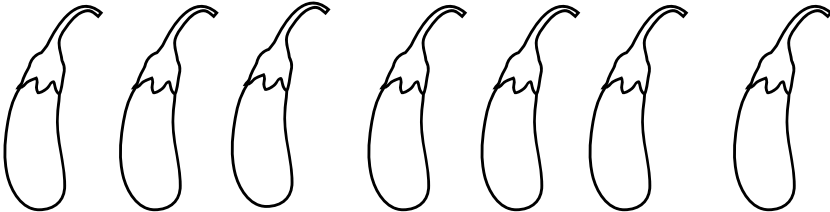
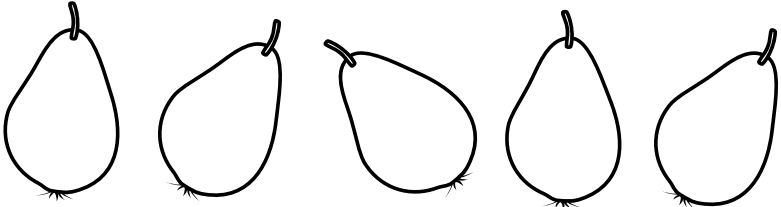
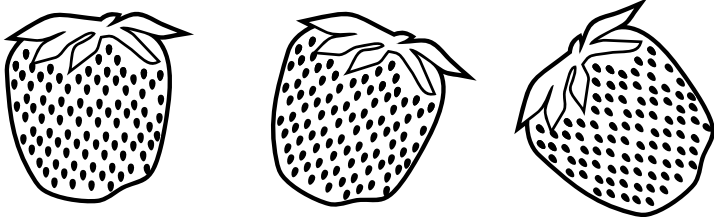
The brain is not considered fully formed until age 25.



Name _____

Count and Match

Count the number of fruits or vegetables in each box. Draw a line to match it with the correct number.

	6
	2
	4
	3
	7
	5

May



Learn It

I Spy with My Little Eyes!

During circle time, discuss the eyes and the many things they do, such as seeing objects far and nearby. Your eyes are hard at work all day. They help us see shapes, colors and movements, which let us know what goes on in our environment. Set up a scavenger hunt for children to search for objects in the classroom that are near or far to exercise those eyes!

Eat It Butterfly Crackers

Whole grain-rich crackers
Mandarin orange wedges
Blueberries, halved
Cream cheese



Serve ½ oz eq of crackers, 1 tablespoon cream cheese, and ½ cup mixture of blueberries and mandarin orange wedges. Instruct children to spread a little cream cheese on each cracker with a butter knife so it acts like glue for when the children add the fruit. They can use the blueberries to make the body of the butterfly and the orange slices as wings.



Fun Fact

The World Record to complete a 1000-piece puzzle is 1 hour and 40 minutes and was set in 2020 by Sarah Mills.

Create It Mosaic Butterfly



Have the children tear various colors of tissue paper into squares. Then using the butterfly template at cacfp.org, they will glue the colors to create a beautiful spring butterfly. Fantastic fine motor practice for the pincer fingers!



Play It Kickball Course

Set up a course with cones for the children or ask them to create their own as you assist. Each child can take a turn kicking the kickball through the course while walking, running and even creating their own movement to get their ball through the course.

Read It



Eating Your Colors by Amanda Miller

Made by Maxine by Ruth Spiro (Author) and Holly Hatam (Illustrator)

What Should Danny Do? (The Power to Choose Series) by Adir Levy (Author), Ganit Levy (Author) and Mat Sadler (Illustrator)



Laugh About It

What did the painter do when he was cold?
Put on another coat!



cacfp.org

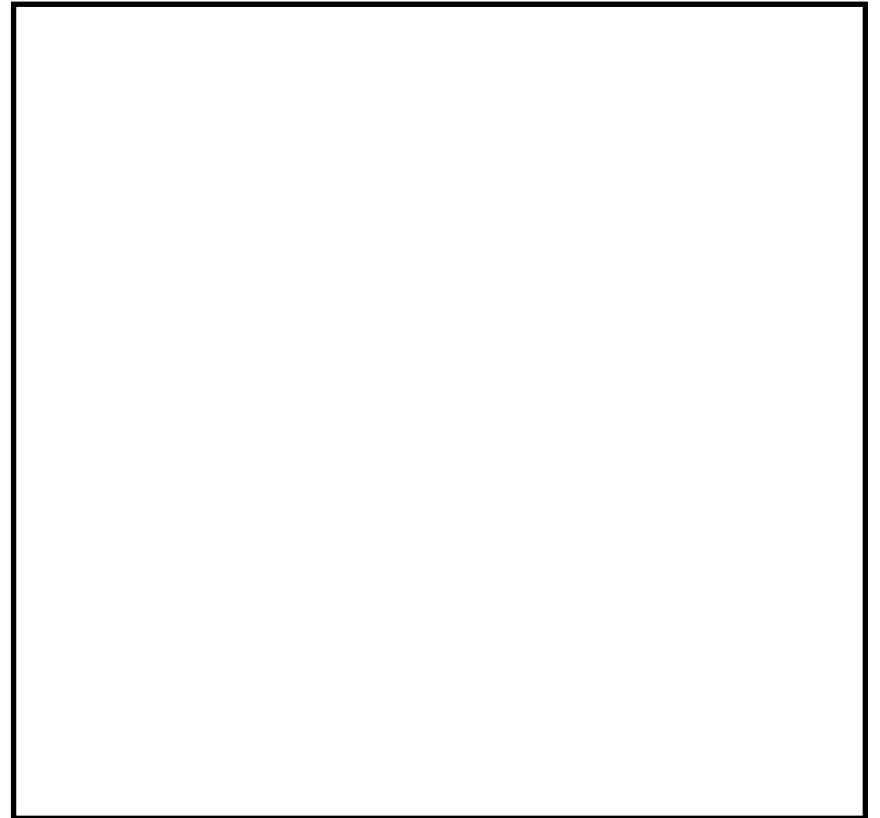
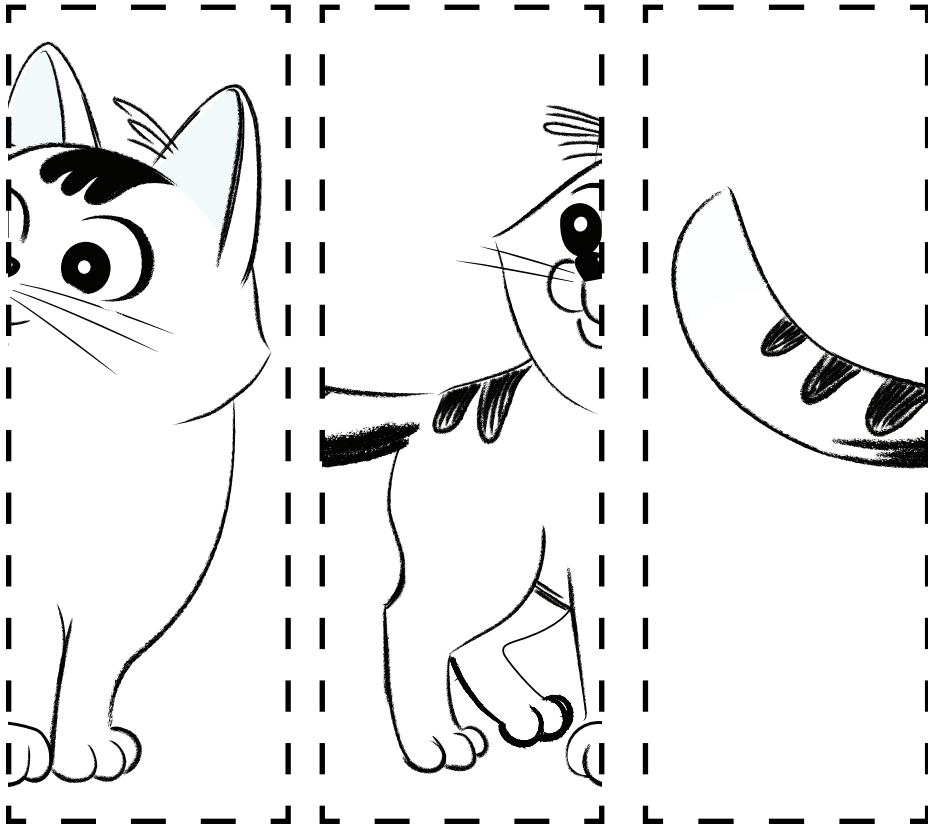
CACFP is an indicator of quality care.
This institution is an equal opportunity provider.



Name _____

A Purr-fect Fit

Cut out the pieces and arrange them in the box to complete the puzzle.



June



Learn It Lung Exercise

During circle time, ask children about their most recent check-up at the doctor's office.

Discuss what the doctor looks for to make sure you are healthy, like using the stethoscope to check your heart and your lungs. Ask the children to take a deep breath in and discuss where their body gets bigger and where did the air come in from. Their body is bringing in fresh air (oxygen) into their body. Now if they breathe out, discuss what part of their body gets smaller and where does the air go? This removes used-up air from the body. We need our lungs to be strong and healthy so they can move enough air to run and play or play a musical instrument in a band like the trumpet.

Eat It Smooth Jazz Cheese Sauce

- 16 ounce cottage cheese
- 1 cup shredded semi-soft cheese (Colby Jack, Mexican)
- 1 teaspoon taco seasoning
- 1 (4 ounce) can diced mild green chilis, drained (optional)

Blend all ingredients in a blender until smooth. Serve each child $\frac{1}{8}$ cup of cheese sauce ($\frac{1}{2}$ oz eq) in a small container and pair with pretzel bites, apple slices, or broccoli florets.



? Fun Fact

Our lungs are not the same size. The right lung is larger than the left lung to accommodate the heart.



Create It Colorful Xylophone

Prepare strips of colored paper for the children using the template at cacfp.org. You will need a color for each of the six "keys." Use the second template to create xylophones. As the children are gluing their keys onto the xylophone bars, they are practicing size order. For mallets, the children can glue pom poms onto two craft sticks. Play a song and have the children practice on their instruments.



Play It Find the Rhythm

Find an assortment of songs with various rhythms, slow to fast. Have the children march along in a rhythm parade. Use the rhythm sticks from the calendar activity to tap along. Can you march slowly? Can you march quickly? How do your feet feel?

Read It



The Foodie Flamingo by Vanessa Howl

My Little Growing Mindset: Growth Mindset for Ages 2-5 by April Hartmann

My Magical Dreams - Show Kids how to Reach Goals and Dream Big! by Becky Cummings (Author), Zuzana Svobodova (Illustrator)



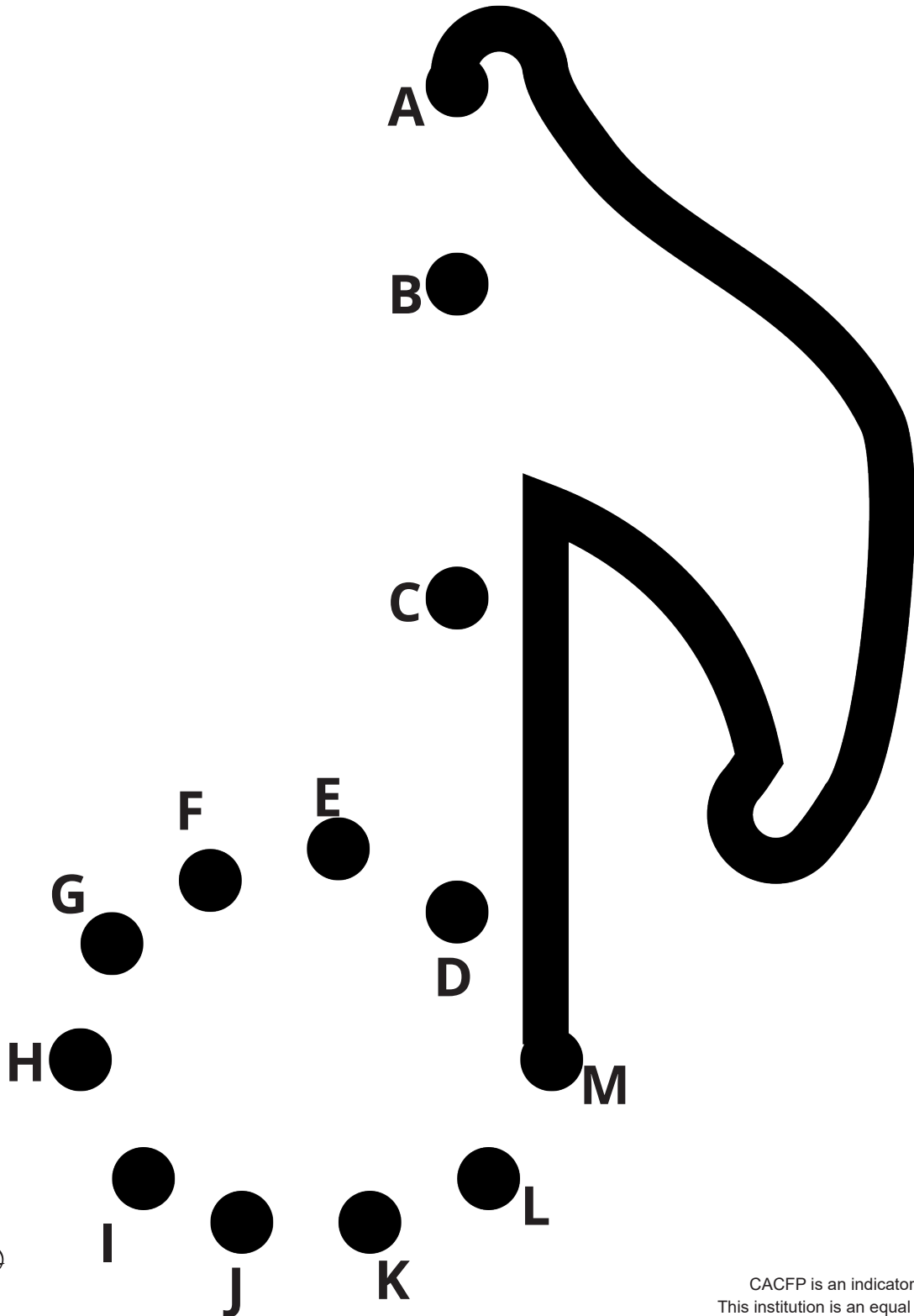
Laugh About It

Why couldn't the musician open the piano?
They lost the keys.

Name _____

Keeping Gr-eight Rhythm

Connect the dots to form the note. Do you know what note it is?



July



Learn It Healthy Gut with Fiber

Discuss how eating healthy foods is important to get nutrients in the body. Explain that the digestive system starts at the mouth and goes to the stomach and then the intestines. Each area helps break down the food you eat, and, in the intestines, the body absorbs the nutrients from the foods. Fiber is an important nutrient to consume because it helps you feel fuller longer and helps the digestive system stay in a good working order. Show them pictures of foods that are high in fiber like whole wheat bread, whole wheat pasta, brown rice, oatmeal, fruits and vegetables. Talk about what foods they have eaten that week or day that had fiber in it.

Eat It Yogurt Breakaways

Vanilla Greek yogurt
Loose granola



On a small sheet pan, lay down parchment paper. Spread Greek yogurt evenly on the parchment. Have children sprinkle granola over the yogurt. Cover the pan with foil. Freeze until firm, about three to four hours. Remove parchment paper and cut into ½ oz eq pieces. Serve one yogurt breakaway on a plate for each child and pair with a favorite fruit.

Play It Magnifying Walk



Give each child a non-breakable magnifying glass and a baggie. Take the kids outside for a nature walk. Incorporate movement by skipping, hopping or jogging to designated spots with a definite start and stop for safety. At each location, show the children how to use their magnifying glass to investigate the area around them and collect materials for their fairy or bug house creation.



Create It Nature Fairy and Bug House

On your nature walk, gather materials to use for a fairy or bug house. Give each child a designated spot outside or container to build their house. You might even fill the bottom of the container with dirt as building material. The children can then use their collected nature supplies to construct their own fairy or bug house. Let the imagination go!

Fun Fact

It takes about seven seconds for food to travel from your mouth to your stomach.



Laugh About It

Why was the art in trouble?
It was framed!



Read It

*In My Heart: A Book of Feelings
(Growing Hearts)* by Jo Witek

(Author) and Christine Roussey (Illustrator)

*Mistakes Are How I Learn: An Early Reader
Rhyming Story Book for Children to Help with
Perseverance and Diligence* by Kiara Wilson

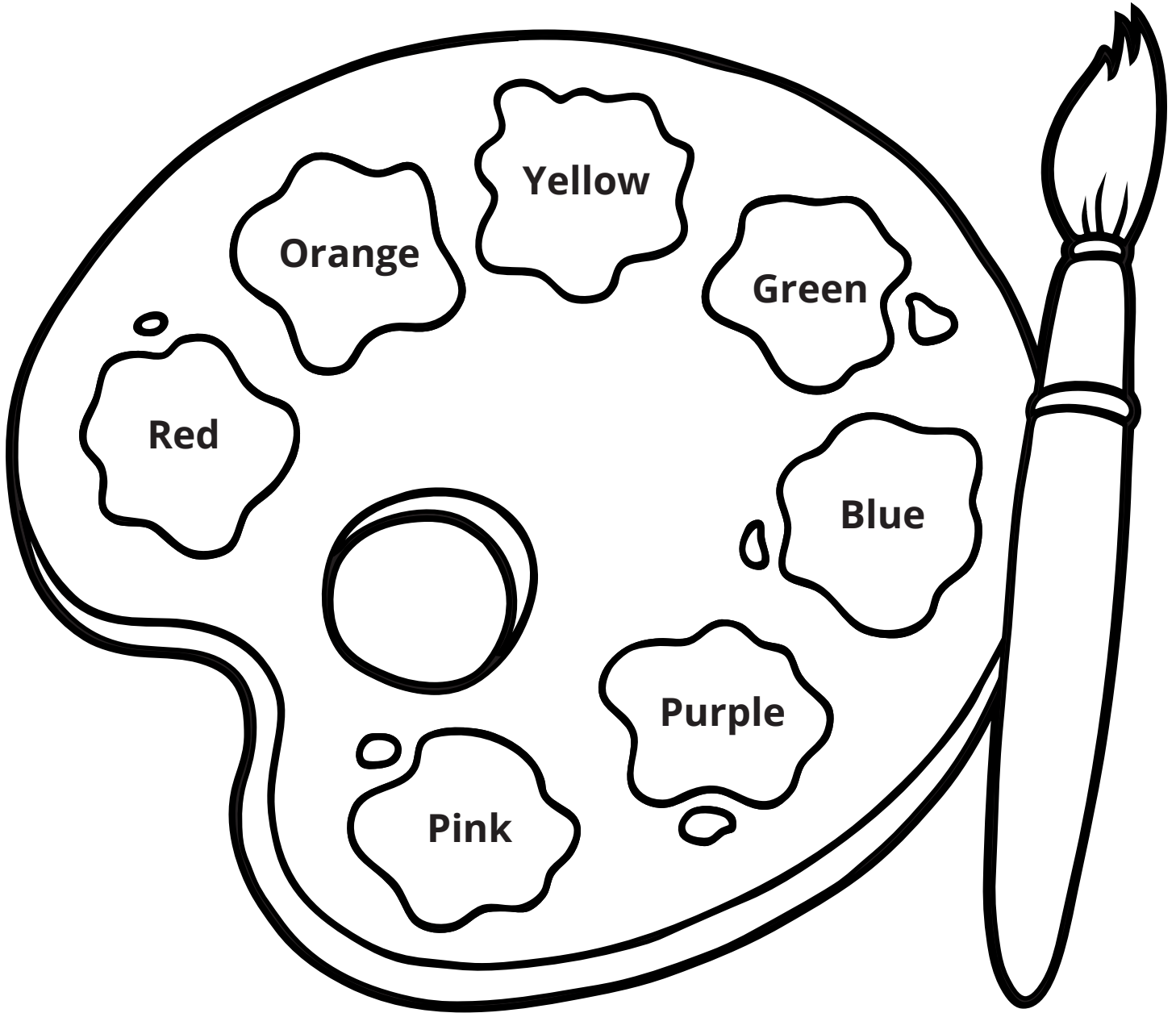
Summer Supper by Rubin Pfeffer



Name _____

A Perfect Painter's Palette

Color in each paint spot with the matching color. What happens when you mix two colors together?



August



Learn It Taste Explorers!

During snack time, serve different colored sliced apples like Granny Smith, Gala and Golden Delicious as part of their snack. One type of apple at a time, ask children to take a bite and ask them if it tastes sweet, sour, bitter, or salty. Do this with each apple. Compare and discuss the apples tasted. Then tell them how our taste buds in our mouth send signals to the brain to tell them what they taste.

Create It ABC Book

Create your own mini booklets by folding a few pages of copy paper in half. Staple the pages along the middle seam to create a booklet for the children. The children can creatively fill in the booklet with a letter and picture for each letter of the alphabet.



Laugh About It



Where do scared books hide?
Under the covers.



Eat It Tomato Alphabet Soup

1 tbsp vegetable oil
1 (7 ounces) package alphabet pasta
¼ cup yellow onion, diced
8 ounce can tomato sauce
6 cups vegetable broth
1 cube vegetable bouillon
⅛ cup cilantro, finely diced



Over medium heat, warm oil in a four-quart saucepan. Add pasta and stir constantly until all sides of pasta are slightly brown. Place onions in pan and sauté for two minutes or until translucent. Add tomato sauce and warm for a minute. Then add the broth, bouillon cube, cilantro, and then salt and pepper to taste. Raise to high heat until liquid starts to boil. Reduce heat to a simmer and place a lid on top. Cook for 15-20 minutes or until pasta is tender. With a slotted spoon, scoop ¼ cup noodles into each bowl and then add the broth.



Play It Alphabet Seek

Make your own ABC cards or use the templates from cacfp.org. Scatter the cards around an indoor or outdoor area. Designate a starting point for the children and when you say go, they can scatter to find all the letters of the alphabet. Once all the letters are found, work together to put the letters in order, spell names or work on sight words.



Read It

Benny The Blender Makes Green Juice by Lenny Gale

In My Room: A Book of Creativity and Imagination (Growing Hearts) by Jo Witek (Author), Christine Roussey (Illustrator)

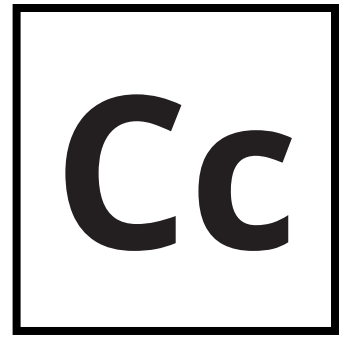
Patrick Picklebottom and the Penny Book by Mr. Jay and Gary Wilkinson

Fun Fact

Everyone has a different number of taste buds. You can have anywhere between 2,000 and 10,000 taste buds.



Name _____



Dab the Letter

With paint or a marker, place a dot on every circle that has the letter C.

A cartoon illustration of a white cat with black stripes on its tail and ears, sitting in the center of the page. Surrounding the cat are 20 circles, each containing a letter. The letters are: C, C, G, C, c, L, S, Z, c, p, f, c, b, V, e, A, c, t, r, c.

September **Create It** Shaving Cream Fun



Learn It Activate Your Muscles

Healthy foods and daily movement keep our muscles in shape. Discuss the three major muscle groups with children and explain what they do (skeletal, smooth, and cardiac muscles). The cardiac muscles help the heart beat and pump blood throughout our body. The smooth muscles we have no control over; the brain tells them what to do, such as moving food through your digestive system. The skeletal muscles we can control, which help us kick a soccer ball or pick our toys. Have children use their skeletal muscles, such as in a relay game or playing duck, duck, goose to reinforce the message.

Eat It Turn Up the Beet! Smoothie

- 1/8 cup milk
- 1/4 cup yogurt
- 1/4 cup frozen berries
- 1/2 large banana
- 1/8 cup canned beets, liquid drained



Add all ingredients one by one into a blender and ask the children what color each ingredient is. Before blending, have children guess what color it will be when all the ingredients blend together. Purée all ingredients until smooth. Serve immediately. This makes one serving.



Read It

Playing Through the Seasons: Crunchy Leaves, Cozy Sweaters by Essie Bell

What Do You Do With a Problem? by Kobi Yamada (Author) and Mae Besom (Illustrator)

Triangle (The Shapes Trilogy) by Mac Barnett (Author) and Jon Klassen (Illustrator)



Play It Roll the Shape Toss

Using painters' tape, create large shapes on the floor, cement, wall or fence. Then on a large cube box, glue pictures of the shapes you have created, making a shape dice. Each child can take a turn rolling the die. Once the shape is rolled, ask the children to all stand at the designated spot and throw a bean bag on or at the correct shape. Whisper yell, inside voice, or outside voice the names of the shapes as they throw their bean bag.

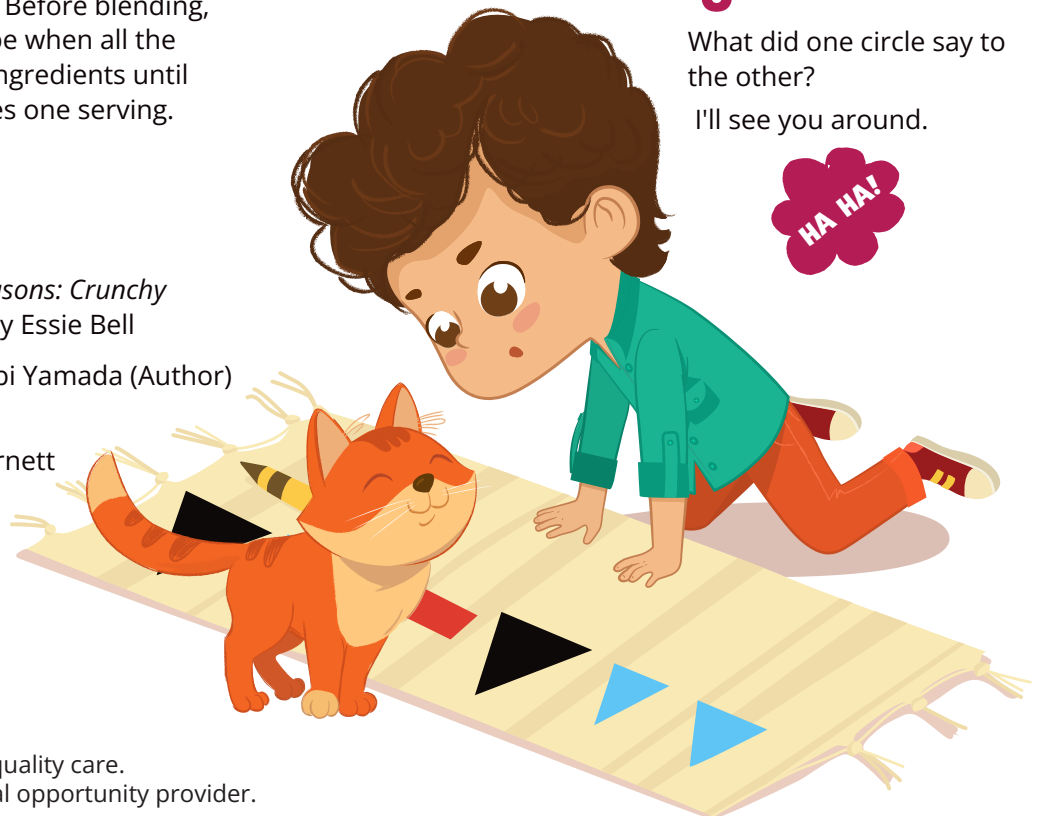
Fun Fact

Red is the typical known color for beets, but they can also be found in yellow, white and even a candy cane stripe with red and white on the inside.



Laugh About It

What did one circle say to the other?
I'll see you around.



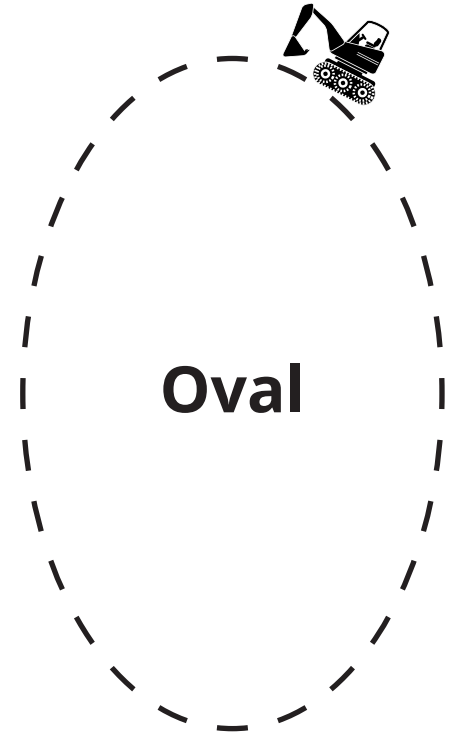
Name _____

Can We Build It?

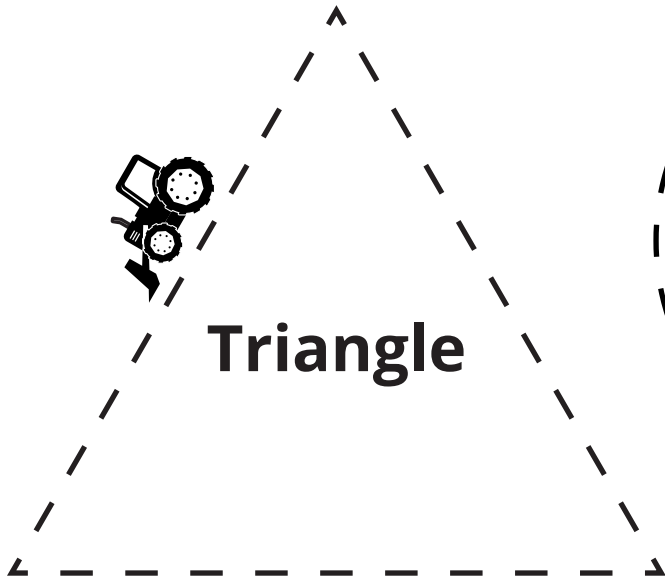
Help the construction workers trace the shapes below.



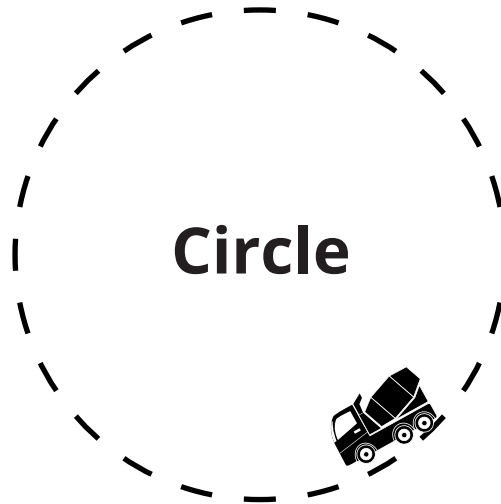
Rectangle



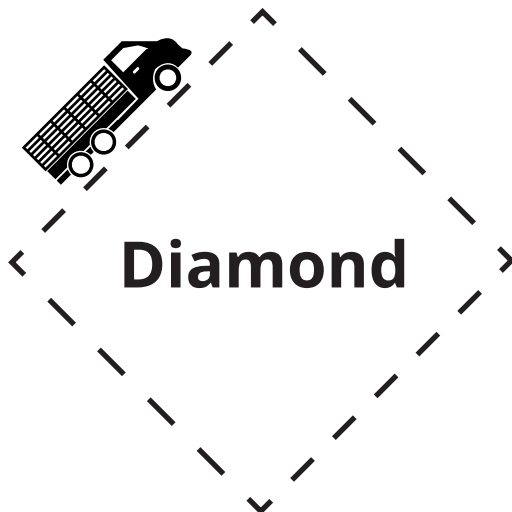
Oval



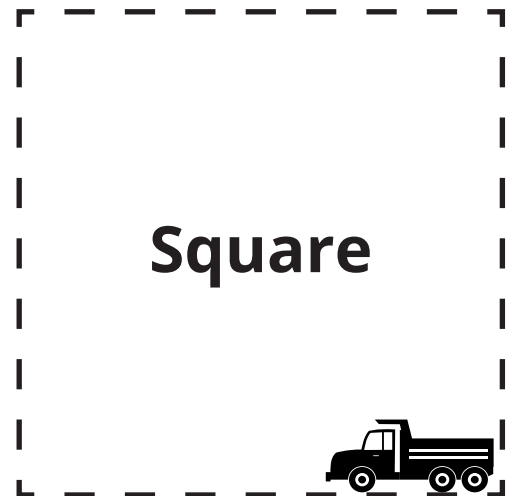
Triangle



Circle



Diamond



Square



October



Learn It Body Defenders

Discuss how the immune system guards against and removes bacteria and viruses.

In a large open space, play Red Rover, but with a twist! Split the children into two groups. They are both considered to be a part of the immune system. Each group will join hands with the children in their group, forming a line. The team who is chosen to call out first will say, "Watch Out! Here Comes (name of child)." The child that is named from the other team becomes a bacteria or virus that the other team must stop. If the child breaks through, they go back and join their original team. If the child is stopped, they join the other team. Once all the children form one line, the game has ended.



Eat It Pumpkin Asteroid Muffins

3 cups old fashioned rolled oats

1 tsp baking powder

2 tsp pumpkin pie spice

¼ tsp salt

½ cup 100% pumpkin purée

¼ cup honey or maple syrup

2 large eggs

1 ¼ cup unflavored milk or milk alternative



Preheat oven to 350° F. Have children help you add the oats, baking powder, pumpkin pie spice and salt together in a medium bowl. In a separate large bowl, whisk together the remaining ingredients. Slowly add and whisk the oat mixture into the pumpkin mixture until combined. Scoop ⅛ cup into each mini muffin tin. Bake for 15 to 16 minutes or until the fork comes out clean. Serve one (½ oz eq) mini muffin per child. Makes 28 servings.



Read It

From Seed to Pumpkin: A Fall Book for Kids
by Wendy Pfeffer

Goodnight Spaceman: The Perfect Bedtime Book! (Goodnight Series) by Michelle Robinson, Nick East, et al.

Ingenuity by Leslie Falconer and Michael Kania

Create It Recycled Art

Using recycled objects such as fruit plastic containers, cans, lids, bottles and paint, demonstrate how to dip the object into paint, stamp and create artwork. Each child needs their own cardstock paper to create their masterpiece.



Play It Shadow Dance

Take the children outside on a sunny day. Find a flat surface where the children will be able to see their shadow. Talk about how a shadow is made with our bodies blocking the sunlight. Turn on some music and let the children dance to see what their shadow does. Can they make different shapes or animals with their bodies?



Fun Fact

Applesauce was the first food eaten in space by John Glenn in 1962.

Laugh About It

What is the alien's favorite candy? A Mars Bar.



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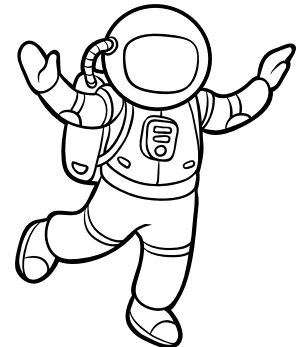
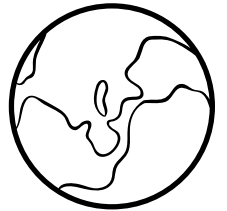
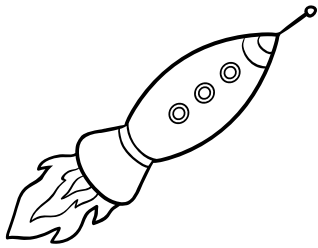
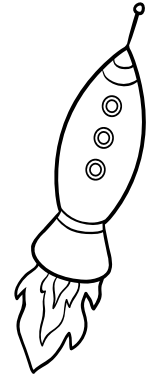
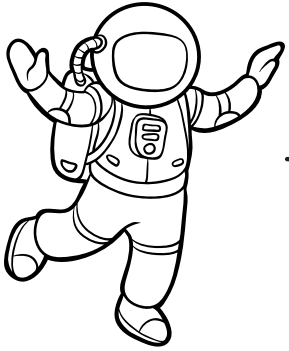
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Name _____

The Astronaut's Journey

Trace along the lines to help the astronaut explore the new planet.



November



Learn It Rubbish Removers

Demonstrate to children how the kidneys filter out waste from the blood in their bodies. Using a mason jar, cover the top with a coffee filter and wrap a rubber band to secure the filter so it stays at the top of the jar. In a second mason jar, mix water, a drop of red dye, and glitter or sand. The filter is your kidney, the glitter or sand would be considered waste, and the water is blood. Carefully pour the mixture over the mason jar with the coffee filter. Ask children what they observed.

Laugh About It

How do bees get to school?
On the school buzz!



Fun Fact

Your kidney filters about 600 - 800 cups of fluids a day.



Create It Fizzy Paint

You will need baking soda, vinegar, and liquid tempera paint. Add 1 tablespoon of baking soda to a container and then about a teaspoon of liquid tempera paint. Add water and mix until desired consistency. The children can paint their pictures using the baking soda paint. Place the pictures on an easy-to-clean surface. Ask them to watch as you drop vinegar with an eye dropper or lightly spray with a spray bottle. They will be amazed at the fizzing paint and mixing colors.



Play It Bean Bag Balance

Each child will get a bean bag and will need room to move or walk. Show the children what it means to balance. Can they balance the bean bag on their head and stand still? What about walking with it on their head? Try balancing it on different parts of the body like hands, arms and shoulders.

Eat It Citrus Sunshine Salad

Baby spinach
Mandarin oranges
Raspberry vinaigrette



As part of a lunch or supper, have children scoop $\frac{1}{2}$ cup of spinach and $\frac{1}{4}$ cup of oranges onto their plate. They can then drizzle one to two tablespoons of salad dressing over their salad.



Read It

Sophie's Squash by Pat Zietlow Miller

The Girl Who Makes a Million Mistakes: A Growth Mindset Book for Kids to Boost Confidence, Self-Esteem and Resilience by Brenda Li

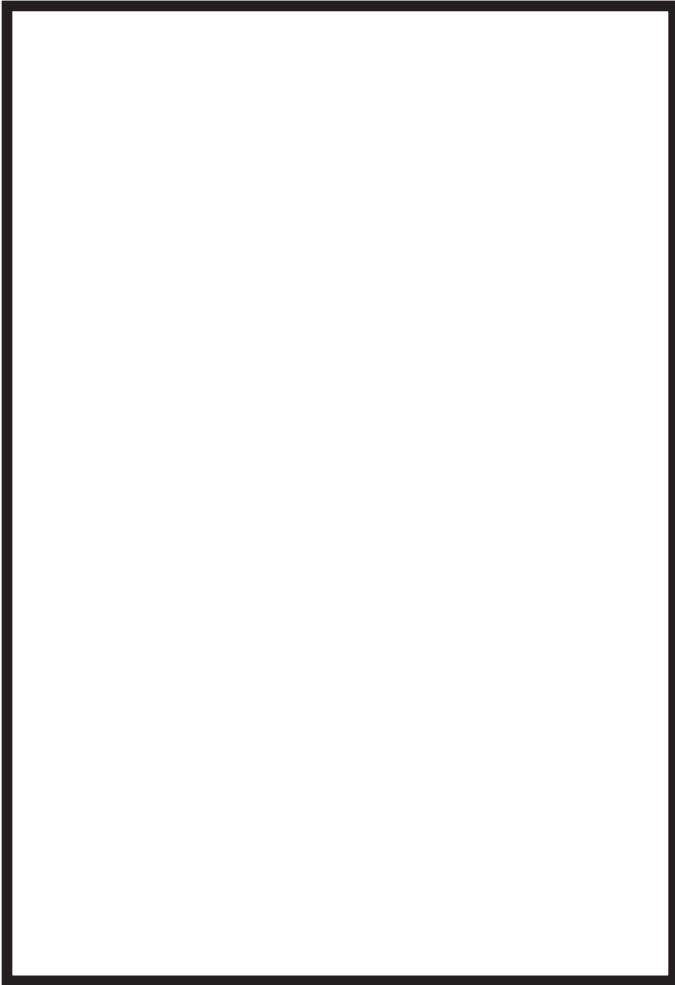
What Do You Do With a Chance? by Kobi Yamada (Author) and Mae Besom (Illustrator)

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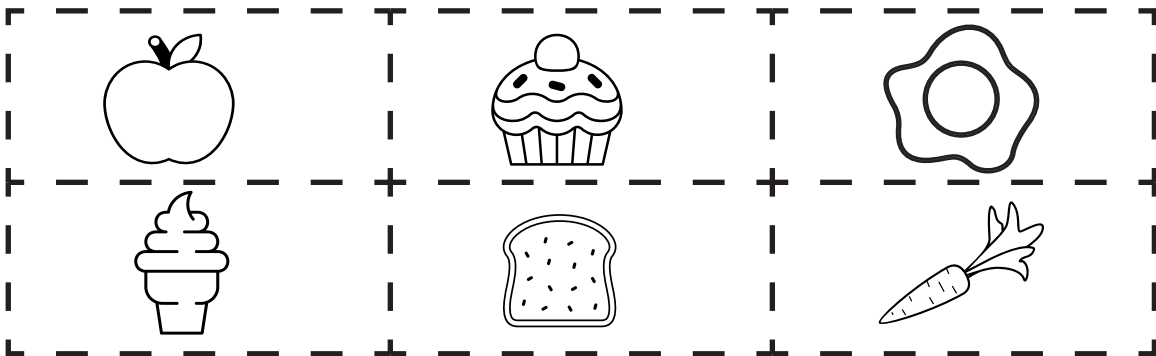
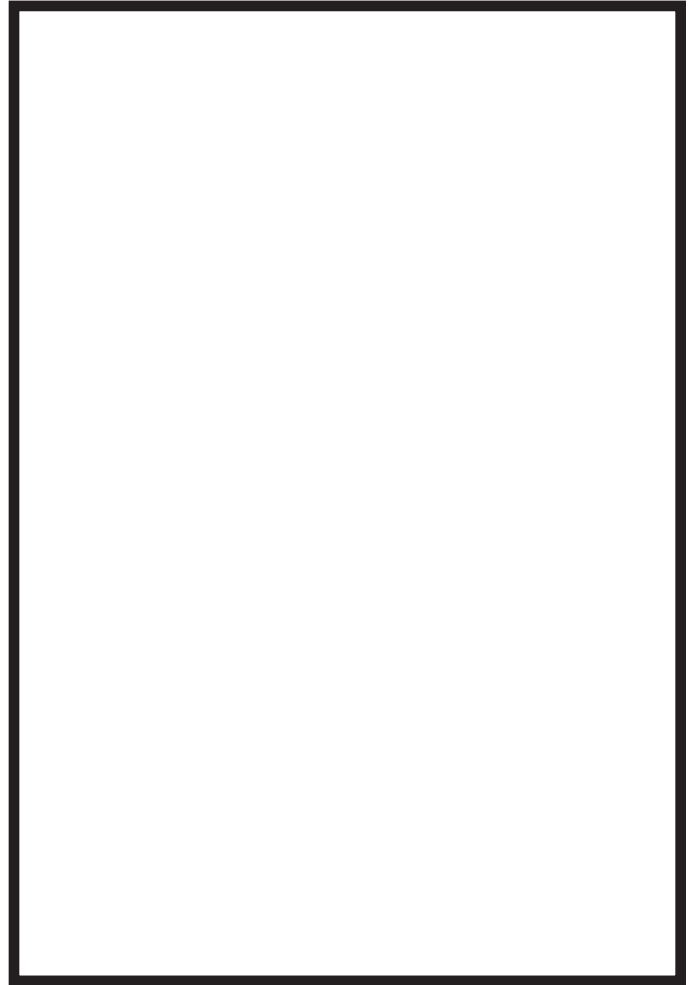
Healthy or Not?

Cut out the foods on the dotted lines. Place them in the correct box.

Healthy



Not Healthy



December



Learn It Skin Protector

Before outdoor play, discuss how our skin absorbs Vitamin D from the sun, making our bones strong. But we also need to protect our skin as it is the first barrier from germs and harmful rays that come from the sun. Using dark construction paper, draw a white line down the middle. Label one side "With Sunscreen" and the other side "No Sunscreen." Have a child paint with sunscreen on the "With Sunscreen" side. Place the paper outside in full sun for a few hours. See what happens! Is the paper faded where the sunscreen was painted on?

Read It

Fruit Bowl by Mark Hoffman

Pete the Cat and the Supercool Science Fair by James Dean and Kimberly Dean

Princess Naomi Helps a Unicorn: A Dance-It-Out Creative Movement Story for Young Movers by Once Upon a Dance and Ethan Roffler



Create It Clothespin Painting

Gather materials that could be clipped to a clothespin and used as a paintbrush, such as feathers, sponges, leaves and paper. Ask the children to dip the "brushes" into paint and design their artwork. They can use different types of brushes and experiment with the various textures.



Play It Partner Ping Pong Catch

Divide the children into pairs. Give each set of partners a cup and ping pong ball. One child will catch and the other will toss or bounce the ping pong ball. How many times can they catch in a row? Trade cups and ping pong balls so both children get a chance to catch and toss.

Eat It Harmony Bowl

Different colored bell peppers, thinly sliced and sautéed
Brown rice, cooked and warmed
Lean ground beef, cooked and warmed
Taco seasoning
Shredded cheese



In a bowl, toss the warm rice and season to taste the taco seasoning. Have children assemble their bowl by instructing them to scoop $\frac{1}{4}$ cup brown rice, 1 oz eq ground beef, $\frac{1}{4}$ cup bell peppers, and 2 tablespoons cheese ($\frac{1}{2}$ oz eq).



Fun Fact

The sun is 4.5 billion years old!

Laugh About It

What do the elves learn in school?
The elve-abet.



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Partner Up

Match the uppercase letter to its partner, the lowercase letter.

A

f

E

b

C

a

B

d

F

e

D

c