

# BE HEALTHY

## Caregiver Handout



What your child learned this week:	
Skills:	Content:
<ul style="list-style-type: none"><li>• Body &amp; Spatial Awareness</li><li>• Fine Motor Skills</li><li>• Focus &amp; Self-Control</li><li>• Perspective Taking</li></ul>	<ul style="list-style-type: none"><li>• Types of foods</li><li>• Types of exercise</li><li>• How masks help keep us healthy</li></ul>

Activities to do at home to reinforce this week's learning goals:
<ul style="list-style-type: none"><li>• Turn your next shopping trip into a learning experience. Challenge your child to identify healthy foods.</li><li>• Allow your child to pick their own healthy snacks.</li><li>• Search for some fun, healthy snack recipes to pack in your child's lunch. Even better, have your child help you make the snacks.</li><li>• Encourage at least 60 minutes of physical activity for your child each day.</li><li>• Go on a nature hike.</li><li>• Have your child go with you to walk the family dog or volunteer to walk a neighbor's dog.</li><li>• Challenge your family to try at least one new food each week or month. Try foods from other cultures to learn about them.</li><li>• Have your child identify the food groups of their meals. Ask: "Which group is missing? Do we need to add foods to make sure we have all food groups?"</li><li>• Instead of serving your child a plate of food, have them serve the amount of food themselves. This will promote independence and a recognition of what is enough, too few, or too much.</li></ul>

Recommended books to read with your child to reinforce this week's learning goals:
<ul style="list-style-type: none"><li>• <b><i>The Good Egg</i></b> by Jory John (HarperCollins, 2019) A good egg cracks under the pressure of trying to be perfect. Good for a discussion of stress and mental health.</li><li>• <b><i>Dora Goes to the Doctor; Dora goes to the Dentist</i></b> by Ellen Rosebrough (Random House, 2013) Dora goes to the doctor and the dentist for a checkup and has a good experience.</li><li>• <b><i>Harlem Grown</i></b> by Tony Hillery (Simon &amp; Schuster, 2020) A community works together to overcome obstacles and transform an empty lot into a lush green farm.</li></ul>