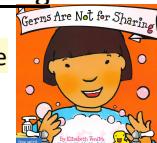


# January

## Activity Calendar

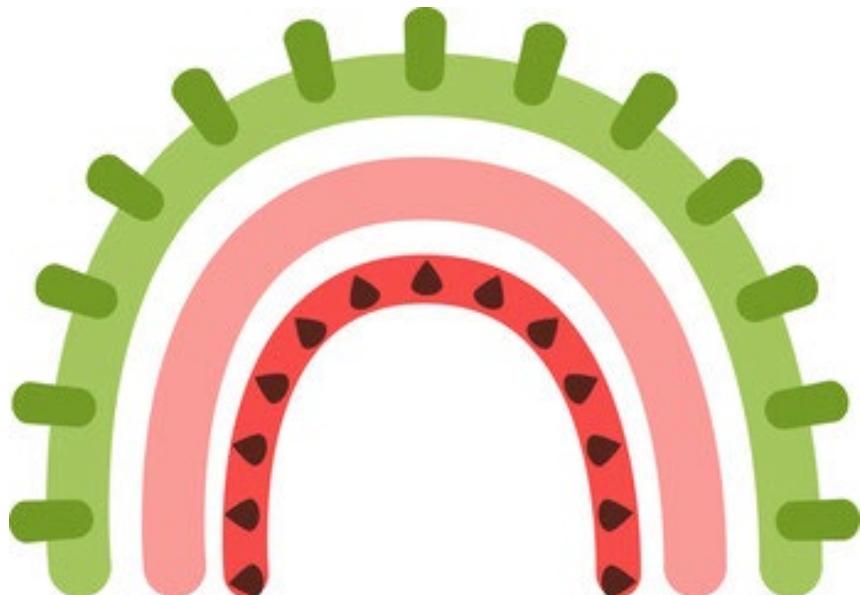
# Staying Healthy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Calendar created by:</b> Dr. Pamela B Connor- Educational Trainer and Consultant</p> <p><b>Calendar Translated by:</b> Manuela Rodriguez</p> <p>  </p>				<p><b>1. Happy New Year!</b> Everyone in your family gets to share <b>ONE</b> way they will stay healthy this year!</p>	<p>2. One, <b>Two</b>, lace up your shoes and take a family run or brisk walk to raise your heart rate! Start making these family walks/runs and regular events!</p>	<p>3. Plan on serving <b>Three</b> healthy meals this weekend! Don't forget the fruits and veggies!</p>
<p>4. Put these <b>Four</b> healthy foods together for a snack: yogurt, granola, strawberries, and blueberries. Yummy!</p>	<p>5. The <b>Five</b> food groups are proteins, fruits, vegetables, grains, and dairy. Make every effort to offer food from all these food groups to your family, every day!</p>	<p>6. Keep a few of your child's favorite "not so healthy" snacks on hand. <b>Six</b> pieces of a favorite candy can be quite a treat!</p>	<p>7. Teach your child to take <b>Seven</b> deep breaths when they are feeling anxious or overwhelmed. Good news is... it will help you too!</p>	<p><b>8. ACTIVITY PAGE</b> "Eating a Rainbow"</p>	<p>9. They say cats have <b>Nine</b> lives, and spending time with a pet or visiting the humane society can lift up your child's life, or spirit, as well!</p>	<p>10. Find <b>Ten</b>-minute increments throughout the day to move your body with your child, do jumping jacks, walk the dog, run in place, jump rope, whatever you can find to move!</p>
<p>11. Give your child <b>Eleven</b> stickers and ask them to place them on 11 food items in your kitchen that they think are healthy options. Check out their choices and see how they did!</p>	<p>12. Challenge your child to do actions <b>Twelve</b> times. Hop on one foot; clap their hands; touch their toes; anything you can think of for them to move their bodies!</p>	<p>13. Lucky <b>Thirteen!</b> Hide toys throughout your house, give one clue for each toy about where it is located, and give your child to the count of 13 to find each toy!</p>	<p>14. Toddlers need between 12 and <b>Fourteen</b> hours of sleep each day! Set up a routine for naps and bedtime and stick with it!</p>	<p><b>15. ACTIVITY PAGE</b> <u>Germs Are Not for Sharing</u></p> <p>Click the picture to view our featured book </p>	<p>16. 2-4-6-8-10-12-14-<b>Sixteen!</b> Make a hopscotch type of grid with sidewalk chalk with one square to start and then 8 sets of 2 squares for your child to jump in and count to 16!</p>	<p>17. <b>Weekend Wrap-Up</b> Do the hokey pokey with your child and see if you can come up with <b>Seventeen</b> body parts to put in and out and shake all about!</p>
<p>18. <b>Eighteen</b> is voting age so let your child practice this right by offering them some new fruits and veggies and let them vote on the ones they liked the best!</p>	<p>19. Help your child cut or tear out <b>Nineteen</b> pictures from magazines of things that make them happy! Make a collage for them to look at when they are feeling down!</p>	<p>20. Ten fingers and ten toes make it easy to use these body parts to learn how to count to <b>Twenty!</b> And, they are fun for tickling, too!</p>	<p>21. How many times can your child bounce a ball? Spin a hula hoop? Hop on one foot? Can they do any of things to the count of <b>Twenty-one?</b></p>	<p><b>22. ACTIVITY PAGE</b> "Handwashing Song"</p>	<p>23. <b>Twenty-three</b>, 22, 21, 20... help your child keep counting down while walking backwards, one foot behind the other. This takes some real concentration and balance!</p>	<p>24. <b>Weekend Wrap-Up</b> There are <b>Twenty-four</b> hours in a day so use as many of them as you can to eat right, exercise, and find something to do that makes you happy!</p>
<p>25. Spend the last <b>Twenty-five</b> minutes before bedtime in a relaxing way- read, listen to music, take deep breaths.</p>	<p>26. It's 20<b>Twenty-six!</b> Start a new year calendar and mark the days when your family did something healthy!</p>	<p>27. Whether it is 7 pieces or <b>Twenty-seven</b> pieces, puzzles are great for stimulating the brain</p>	<p>28. Strive to drink at least <b>Twenty-eight</b> ounces of water a day with 32 ounces being the goal!</p>	<p><b>29. ACTIVITY PAGE</b> "Healthy Teeth"</p>	<p>30. Make a point to spend at least <b>Thirty</b> minutes a day with no screen time! Read, take a walk, or just talk with your family!</p>	<p>31. <b>Thirty-one</b> days of eating healthy, moving your body, and having fun! How does your family feel? Keep it up!</p>



## Eating a Rainbow

Introduce your child to new fruits by telling them that they are going to “eat a rainbow”! Go to the store and gather different colors of fruits to create a rainbow: red strawberries, orange slices, lemon slices, green grapes, blueberries, and any other colors of fruit you can find. Display the fruits in groups in arches to create an actual rainbow. Ask your child to take one piece of fruit from each layer to try. Once they have tried each one, they can have seconds on the ones they like the best.



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## Germs Are Not for Sharing

When you sneeze, what should you do? After you go potty, what do you need to do with your hands? This book will answer these questions and more about how to NOT spread germs! A fun craft to do after reading this book is to let your child draw a face on a paper plate. Eyes, mouth, and don't forget the nose! They can add some yarn for hair for fun! Then, trace one of their hands on a piece of construction paper and cut it out. Give them a tissue to glue over the nose and glue the hand over the tissue. This craft will remind them always to grab a tissue and cover their nose when they need to sneeze!



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## Handwashing Song

For handwashing to be effective and eliminate any germs present on the skin, you need to scrub your hands with soap for at least 20 seconds. To help your child follow these guidelines, singing a fun song while they rub the soap all over their wet hands can help! Singing the “ABC” song twice meets that 20-second mark, and so does this song sung to the tune of the “Are you sleeping, Brother John” song:

Tops and bottoms, tops and bottoms,  
In between, In between.  
Rub them all together,  
Rub them all together,  
Now they’re clean,  
Squeaky clean!



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## Healthy Teeth

Staying healthy includes keeping your teeth healthy! To help your child practice brushing and flossing (when the time comes), you will need an empty egg carton, some dental floss, pieces of yarn, and a toothbrush. Cut the carton in half and turn each half over. In between the sections for each egg, place a few pieces of yarn. Tell your child that these are teeth and the pieces of yarn are pieces of food. Give them a long piece of dental floss to move back and forth between each section of “teeth” until all the “food” has come out. Then, let them scrub the teeth with a toothbrush to make sure that every piece of the food is gone. You can use other items as food to keep the activity interesting for your child! After practicing with these big teeth, they may want to try and clean their own!



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