



LETTER  
Xx | Aa | Hh

COLOR  
**Red**

VOCABULARY  
**Exercise**

NUMBER  
**1** | **2**

SHAPE  
**Square** □

SIGHT WORD  
**I**

CHARACTER  
**Motivated**

I am motivated  
to exercise.

## THEMES & TOPICS

# DISCOVER THE DREAM

### MY BRILLIANT BODY

From Head to Toe

My Funny Bones

Inside of Me!

My Marvelous Muscles

My Amazing Heart

### MY COLORFUL PLATE

Variety of Veggies

Fantastic Fruit

Delicious Dairy

Great Grains

Powerful Protein

### MOVIN' & GROOVIN'

At the Gym

Walk, Run, Jump, Skip!

Time to Stretch

Movement & Music

Play All Day!

### TAKING CARE OF ME

Safety First

Colorful Feelings

Hello, Hygiene!

Healthy Habits

Shining Positivity

## BOOKS TO READ

Just Try One Bite  
By: Adam Mansbach

You Are Healthy  
By: Todd Snow

## LITTLE VEGETABLE

Tune: I'm a Little Teapot

I'm a little leafy vegetable,  
(Use your thumbs to point to yourself.)

It's my job to help you grow.

(Start with praying hands at your chest,  
and push upwards and out.)

Any time that you aren't feeling great,

(Hug your arms around yourself, and sway.)

Eat me up, and just you wait!

(Pretend to eat. Then, place your hands on your hips.)

## HAPPY, HEALTHY, ME! CONVERSATION TOPICS

What is your favorite way to exercise?

What is your favorite fruit and vegetable?

What is your favorite thing to do outside?

## HAPPY, HEALTHY, ME! AT HOME ACTIVITY

### WALK, RUN, JUMP, SKIP, TAG!

Decide who will be "it." Whoever is "it" must chase the other players until they are able to tag one with a touch of their hand. The person who gets tagged is now, "it." Have players switch between walking, running, jumping, and skipping to make for a more diverse game of tag!



HAPPY, HEALTHY, ME!

# THIS MONTH IN OUR CLASS