

AUGUST



Learn with Me

Let's All Get Active!

We know that a sedentary lifestyle is not a healthy one. It is important that as role models, we not only tell children to be active, but that we demonstrate it as well. Here are some fun ways to get everyone involved:

- 1) Make a friendly competition between each other or gather with other families/groups for team sports like soccer
- 2) Provide positive reinforcement or rewards for accomplishing a set goal
- 3) Work together at different volunteer projects or charity events
- 4) Garden together – planting, pulling weeds, and harvesting potatoes are great physical activities
- 5) Walk and play with the family pet



Read with Me

Children love farm animals and learning about life on the farm. Read these selections during story time.

Fun on the Farm by Helen Rowe

Mrs. Wishy Washy's Farm by Joy Cowley

Before We Eat from Farm to Table by Pat Brisson and Mary Azarian



Cook with Me

Farm Fresh Salad

- Lettuce
- Tomatoes
- Radish
- Carrots
- Cucumbers

If you've been planting a small garden with the children in your care, now is the time to start harvesting and enjoying vegetables picked the same day! No garden? Take the kids for a trip to the farmer's market and teach them how to pick fresh from the farm foods to make a lunch side salad.

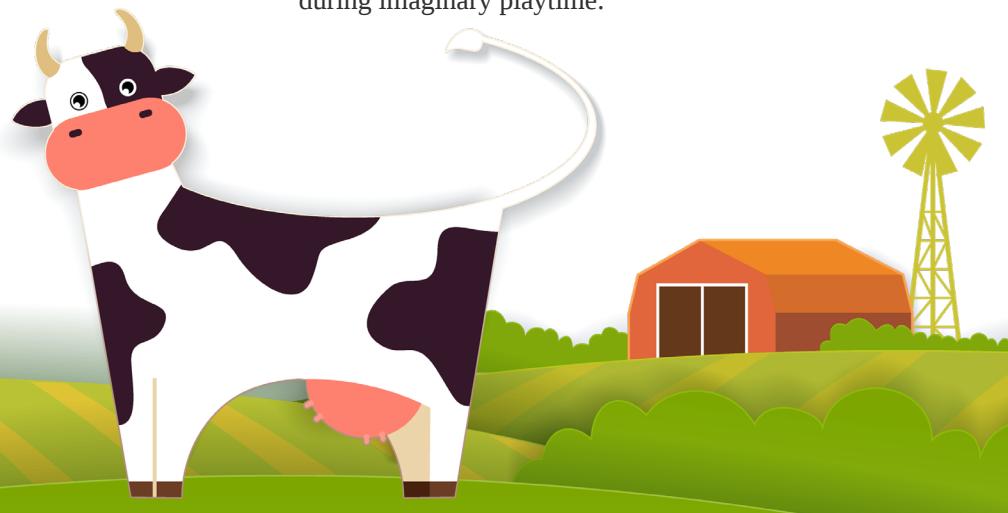


Play with Me

Farm Animal Actions

On index cards, write instructions similar to the below list. Have children stand in a circle and take turns choosing a card. Then they will follow the instructions on the card until directed to stop.

- Roll – like a pig in mud
- Waddle – like a duck
- Milk the Cow – like the farmer
- Gallop – like a horse
- Flap – like the chicken
- BAAA – like a goat



Create with Me

Cow Masks

With a paper plate for each child cut two, 2" holes from a paper plate to make the eyes for each child's cow mask. Ask the children to add spots with paint, as well as a nose and a mouth to complete their mask. They will have fun play-acting as if they are the cows on the farm during imaginary playtime.

Name _____

Maze

Help the animals get to the barn.

