

	Monday <a href="#">Activity link</a>	Tuesday <a href="#">Activity link</a>	Wednesday <a href="#">Activity link</a>	Thursday <a href="#">Activity link</a>	Friday <a href="#">Activity link</a>
<b>On the Move</b>	<u>Emotions Hokey Pokey</u> Let's practice healthy habits by labeling our emotions in this fun dance!	<u>Handwashing Station</u> Let's learn about healthy habits by practicing proper handwashing!	<u>Brush the Shape</u> Let's practice our fine motor skills and toothbrushing skills at the same time!	<u>Nutrition Hop</u> Let's learn about healthy eating habits by hopping on our favorite foods!	<u>Germ Toss</u> Let's stay healthy by shooing away the germs!
<b>Adventures Online</b>	<u>National Child Health Day</u> Learn about colorful fruits & vegetables with Grover.	<u>Healthy Food Song</u> Learn about healthy foods by singing along to this fun song.	<u>Blippi Learns about Healthy Eating</u> Explore some healthy foods that grow on a farm.	<u>Good Food Song</u> Sing and dance to Jack Hartman's Healthy Food Song.	<u>H is for Healthy</u> What does it mean to be healthy?
<b>Sensory Time</b>	<u>Healthy Foods</u> Who's hungry?	<u>Washing Babies</u> Time to get the babies healthy and clean.	<u>Smile</u> An apple a day brings a smile to your face!	<u>Throw it Away</u> Cleaning up trash keeps our environment healthy.	<u>Dancing with Ribbons</u> Get your body in motion while dancing with ribbons.

<p><i>Story Time</i></p>	<p><u><i>My First Healthy Habits Book</i></u></p> <p>A journey through the ways to stay healthy and good habits for kids and adults alike.</p>	<p><u><i>Happy Healthy, Ajay!</i></u></p> <p>A story about Ajay learning how to keep himself healthy so he can play with his friends.</p>	<p><u><i>I Can Eat a Rainbow</i></u></p> <p>This bright and colorful book will help you see the importance of eating a variety of foods.</p>	<p><u><i>Keeping Healthy</i></u></p> <p>A non-fiction book about the importance of keeping ourselves healthy.</p>	<p><u><i>Move Your Body! My Exercise Tips</i></u></p> <p>Learn about all the types of movement our bodies need to stay healthy and active.</p>
<p><i>Arts and Creativity</i></p>	<p><u><i>Yoga Poses</i></u></p> <p>Let's get creative in how we move our body!</p>	<p><u><i>Healthy Rainbow Collage</i></u></p> <p>How many fruits and vegetables can you find to fill your rainbow?</p>	<p><u><i>Toothbrush Painting</i></u></p> <p>Clean teeth are healthy teeth. Show off your painting skills while learning how to keep your teeth clean!</p>	<p><u><i>Doctor Visit Dramatic Play</i></u></p> <p>Doctors help to keep us healthy! Pretend to make a visit to the doctor's office.</p>	<p><u><i>Freeze Dance Fun</i></u></p> <p>Dancing is a fun way to exercise!</p>