

	Monday Activity link	Tuesday Activity link	Wednesday Activity link	Thursday Activity link	Friday Activity link
On the Move	<u>Brush the Shape</u> Improve your hand-eye coordination and learn how to effectively clean your teeth.	<u>Handwashing Helper</u> Learn effective handwashing habits.	<u>Germ Catcher Toss</u> Toss the germs away!	<u>Nutrition Hop</u> Stay on track by hopping from one healthy food item to the next.	<u>Healthy Food Toss & Sort</u> Help your toddler sort the healthy foods from those that are not so good for us.
Adventures Online	<u>Healthy</u> Elmo talks about different ways you can stay healthy.	<u>Why Do People Wear Masks?</u> Masks help keep us healthy during the pandemic.	<u>Germs</u> Learn the importance of handwashing with Chris from Wonder Grove Kids.	<u>Move with Me</u> Take an exercise break to stay healthy with The Learning Station.	<u>Super Salad Diner</u> Help Bert and Ernie mix a healthy salad order.
Sensory Time	<u>Washing Babies</u> Time to get the babies healthy and clean.	<u>Healthy Foods</u> Who's hungry?	<u>Throw It Away</u> Cleaning up trash keeps our environment healthy.	<u>Toothbrushing Song</u> Songs help us make sure we are brushing long enough.	<u>Wash Your Hands</u> Wash those germs away!

<p>Story Time</p>	<p><u><i>Bear and Bird Learn to Share</i></u></p> <p>Huxley the bear is really hungry and wants to keep all the food to himself.</p>	<p><u><i>I Don't Want to Wash My Hands</i></u></p> <p>Little Princess goes through her day and finds out when and why she needs to wash her hands.</p>	<p><u><i>I Am Peace</i></u></p> <p>Learn what mindfulness means and find new ways to stay calm.</p>	<p><u><i>Where to be Loud and Quiet</i></u></p> <p>An adorable little boy practices where he must be quiet or can be loud.</p>	<p><u><i>Max Cleans Up</i></u></p> <p>Max needs to clean up his room. Will Ruby help him?</p>
<p>Arts and Creativity</p>	<p><u><i>What's on My Plate</i></u></p> <p>What a fun way to introduce food groups and healthy eating.</p>	<p><u><i>Tops & Bottoms Hand Washing Song</i></u></p> <p>Have fun singing this fun song while washing your hands.</p>	<p><u><i>Fitness Brag Book</i></u></p> <p>Encourage your child to be fit and active with this fitness brag book.</p>	<p><u><i>Healthy Draw & Tell</i></u></p> <p>How do you stay healthy?</p>	<p><u><i>I've Got a Body Song</i></u></p> <p>Get the wiggles out while exercising all at the same time.</p>