

In April, Choosy Says

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Don't be fooled today! It's ok to be just silly. Listen to " My Wiggle Makes Me Giggle ." Wiggle each part of your body.	2 Create healthy goals for this month! Include nutrition goals and activity goals.	3 Practice different ways of bouncing, bending and shaking. Add props like a streamer or plastic bottle of beans or rice.
4 Listen to Choosy's song, " Choosy Cha Cha! " Act out all of the words; just like Choosy.	5 Hop on one foot and jump on two feet. How many different ways can you hop and jump today?	6 Enjoy mess-free play with this Choosy Kids sensory bag! Develop cognitive skills while exposing young children to different colors, textures, sounds, and health themes.	7 Encourage family members to wash hands often so they don't get sick! Listen to Choosy's hand washing song " My Hands Need Washed ."	8 Play outside today. Pretend to be really BIG and then really small. Pretend to walk like animals.	9 Explore and express creativity by making your very own inexpensive Choosy tissue paper window artwork . Strengthen fine motor skills while learning color recognition and shapes.	10 Choose a free activity download at choosykids.com . Get creative and enjoy.
11 Strengthen fine motor skills while developing scissor cutting skills with Choosy's yarn art activity .	12 Promote fine motor skills while helping children recognize patterns and problem-solving techniques by making your very own inexpensive Choosy paper basket .	13 Choosy says, go outside and play! What new things can you find? What do you hear? Talk about the characteristics of what you find.	14 Create a happy scope together! Children who develop optimistic thinking at an early age are more likely to feel confident, solve problems, make friends, and expect success for themselves.	15 Brush your teeth for 2 minutes, 2 times a day. After each time, stretch as high as you can and say, "I LOVE my teeth!"	16 Schedule your next dentist appointment today! Help improve oral health. Limit sugary drinks .	17 Choosy says, slice an apple and drizzle melted peanut butter over the slices. This will be a yummy healthy snack.
18 It's healthy to have at least 2 total hours of active play each day. Go outside, and take a "family walk."	19 Read a book before bed. Pick out the book together. Talk about your favorite part of the story.	20 Pretend you are holding an umbrella while it is raining. Now you're holding an umbrella while walking on a log.	21 Go outside, and blow bubbles. How big can you make them? Can you jump up and pop the ones up high?	22 Mix together blueberries and cut up pieces of strawberries and bananas to create a yummy fruit salad.	23 Download a free activity page . Draw Choosy today. Add his cape to make him extra strong and healthy.	24 Craft day! Create a Choosy finger puppet and make up a fun story with him!
25 Choosy says, drink water today at snack time. This is a "good for you" beverage.	26 Dance to the " Choosy Cha Cha! " Afterwards, draw a picture of yourself being "happy ,healthy, and strong"	27 Make your very own Choosy pom pom . This engaging activity is great for preschoolers and it's an excellent preschool prop for ANY classroom.	28 Choosy says, let's have a parade! March around the house with your family. Pretend to play Instruments.	29 Go outside and play today. Pretend to be animals that run, jump, or leap.	30 Listen to Choosy's song, " Choosy Cha Cha! " and dance along. Name as many healthy things as you can remember from the song.	

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2
April showers bring May flowers. Walk outside. Count all the flowers you see.

9
Choosy says, make a circle, square, and triangle with string. Can you find 3 things of each shape and place the items within the shape.

16
Play, move, learn and be Choosy outside! Going on a **scavenger hunt** is one of Choosy's favorite ways to incorporate movement into learning.

23
Choosy wants you to have a healthy smile so brush 2x2. 2 times a day for 2 minutes. Make a chart.

30
Create a ring toss game using a paper towel tube and paper plates. Try to toss or place the "rings" on the tube.

3
Listen to Choosy's song, "**My Hands Need Washed.**" Be sure to wash your hands before each meal.

10
Using stickers in a variety of colors, stick them to large craft sticks and cups. Match the color sticks to cups. Ask your child about "favorite" colors and why.

17
Choosy says, with your family, help cut fruits in different sizes and shapes. See what food art you can create! Then snack together.

24
Plant a veggie in a pot with your family. Children tend to eat what they plant and water!

31
Download a **free activity** at choosykids.com. Have fun!

4
Make (3) different shaped lines on the floor with string. Call out which line (curvy, straight, zig zag) and say how to walk (backwards, slow, tip-toe).

11
Listen to Choosy's song, "**My Hands Need Washed.**" Make up fun movements to the song. Talk about the lyrics.

18
Use egg cartons to make Building Blocks. stack them up to make a pyramid, tower, etc. How many can you stack?

25
Practice motor skills. Gather pillows and create obstacles. Crawl or step over the pillows. What else can you add to the obstacle course?

5
Hand Hygiene Day! Pour some oil on child's hands. Shake cinnamon all over hands. Have child wash hands with just water. Ask questions such as how clean are your hand? Discuss.

12
Get outside and move! Make hopscotch with tape or chalk, and jump and hop to your favorite choosy tune!

19
Dance to your favorite choosy song! Discuss why it is your favorite and how it makes you feel? Music is medicine!

26
Pour glitter in child's hand. Have the child touch anything. Explain how the glitter is like germs. Then play "**My Hands Need Washed**" act out the lyrics. You can also use Choosy's free **hand washing poster.**

6
Choose a **free download** at choosykids.com. Connect the dots, color, or draw. Talk to your child about it.

13
Strengthen fine motor skills, stimulate the senses, and explore new vocabulary with **Choosy's play dough activity.**

20
Find healthy foods at the grocery store. The more kids help, the more they learn! Talk about healthy foods.

27
Take a walk with your family and point out things you see. Find unique things in nature, sidewalks, and stores so you are introducing new vocabulary words.

7
Have a Green Day! Wear a green shirt like Choosy. Eat a green fruit and vegetable. Find 4 things outside that are green.

14
Play Choosy's song, "**Brush My Smile**" while helping your child brush teeth. Brush until the song is over.

21
Neighborhood scavenger hunt! Let's count different animals and flowers you see outside.

!28
Target toss. See how many rolled up socks you can toss into a bucket or laundry basket. Keep score by counting.

1
What new **goals** are you and your family going to set this month?

8
Make your own music. Create a drum set out of plastics bowls, pots and pans, and wooden spoons.

15
Choosy says, pick your 2 favorite veggies to eat as a snack. Eat them raw to keep your teeth healthy and clean.

22
Do all the fun activities in the song, "**Be Choosy Outside.**" The whole family can play with you!

29
Select a book to read. Act out the story and the pictures! Talk about themes of the story. Add Choosy into the story!