

In June, Choosy Says

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 It's a new month! Welcome summer. Choose to be happy and healthy. Create your goals together as a family.	2 It's healthy to have at least 2 total hours of active play each day. Go outside, and take a "family walk."	3 Create your own book of choices . When children take initiative and make choices they gain a sense of control over their environment and the confidence to transform it.	4 Play follow the leader outside. Listen to Choosy's song, " Be Choosy Outside ."	5 Choosy says, practice galloping like a horse today! What sound does a horse make? How would a miniature horse gallop?
6 Draw different colored circles on sidewalk and have a family member call out colors to hop on. Take turns!	7 After listening to Choosy's song, " Make Me Feel Great ," eat or drink something healthy that makes you feel great!	8 Support and strengthen gross motor skills with Choosy's activity dice game! This free printable encourages all sorts of movements such as jumping, hopping, marching, and more!	9 Help plan dinner for the night and help cook! Children are more likely to eat foods they help make. This is a great time to talk about what is healthy.	10 Make circles with colored paper and make different patterns on each circle. Cut the circles in half and see if your child can make the match!	11 Draw on the driveway or sidewalk with chalk. Draw pictures of your favorite fruits and veggies.	12 Choosy wants you to be healthy! Wash your hands with soap and water before every meal. Talk about why. You can also use Choosy's free hand washing poster .
13 Choosy says, choose your favorite red fruit and vegetable today! Discuss the taste, texture, size and where it grows.	14 Go on a walk. What do you hear? What do you see? A dog, a car, a bug? Talk about each item you see and hear outside.	15 Choosy says, go outside and play! Listen to Choosy's song, " Be Choosy Outside ."	16 Choosy says to help your family clean by picking up all your toys around the house. Count the things you put away.	17 Pick out a new orange fruit or vegetable at the grocery store to try for dinner tonight! Talk about where it grows.	18 Choosy says, brush your teeth 2 times a day for 2 minutes. Play a song that lasts 2 minutes or use a timer.	19 Practice your numbers. Use chalk to write numbers 1-10 on the sidewalk. Hop once for 1, twice for 2, and continue with the others.
20 Choosy says, get moving and do the " Choosy Cha Cha! " Show your own poses for I'm so happy that I'm healthy and strong.	21 Before going to bed, select a book and read together! After reading, talk about favorite characters in the book.	22 Have a puppet show. Create a Choosy finger puppet and act out some of Choosy's favorite songs.	23 Choosy says, eat a healthy lunch today. Cut up an apple and add some peanut butter!	24 It's craft time! Strengthen fine motor skills while creating a simple accordion folded Choosy fan!	25 Outside, make a target on the ground with rope or yarn. Throw a wet sponge, at the target. Change the size and shape of the target.	26 Learn to read a clock, tell time, strengthen math skills and discuss healthy habits with this do-it-together Choosy clock!
27 Choosy says, enjoy a day outside. Be sure to bring water so you stay hydrated.	28 Choosy says, practice galloping, jumping, climbing, and marching while listening to " Be Choosy Outside ."	29 Choosy says help set the table and help clean it off after diner! This is great "together" time after a busy day! High five when finished!	30 Dip blueberries into plain Greek yogurt and freeze them. This makes for a yummy morning snack.			