

# In May, Choosy Says

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**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!