An early learning collaboration by:

**Healthy Bodies and Healthy Minds**

January 2022

Start the new year off right for both you and your little ones. Encourage healthy habits and routines throughout the week by using a chart to keep track of the many ways you take care of your bodies.

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**My Healthy Week**

Use a blank piece of paper to create a chart with each day of the week written across the top and age appropriate healthy habits written on the side. Use the following to get your healthy habits started:

- **Once** you’ve created your chart, ask your child to help you come up with at least three healthy habits they think are important to do each day and write/draw them on the side of the chart. Examples include: Brush teeth, wash hands, eat a fruit or vegetable, be active for 15 minutes, etc.
- **Hang** it somewhere kids can easily see, such as the refrigerator.
- **When** your kids finish doing any of the healthy habits listed, encourage them to make marks or color in the square on the chart next to that habit. Make sure to praise your child for making healthy choices!
- **At** the end of each week, count how many healthy habits you were able to do.
- **Share** a healthy snack or favorite activity with your little one as a reward.

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This activity is inspired by Sesame Street in Communities’ activity, “A Healthy Week.”

**Family Reading Tip: Connect with a Book**

Families these days are busy, and so are kids. All families want to connect with their children in meaningful ways. A great way to connect is through reading! If you only have five minutes, take out a book or click on one of the read aloud books linked above. Reading with your child, at any age, is one of the best ways to nurture your relationship. It may turn out to be the very best part of your day.

**Family Activity**

**Zombies Don’t Eat Veggies**
Megan Lacera

**Rah, Rah, Radishes!**
April Sayre

**Get Up and Go!**
Nancy Carlson

**Stretch**
Doreen Cronin

**Harlem Grown: How One Big Idea Transformed a Neighborhood**
Kevin Noble Maillard

**Start a love of reading, one book at a time!**

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**Harlem Grown: How One Big Idea Transformed a Neighborhood**
Kevin Noble Maillard

**I Will Never Not Ever Eat a Tomato**
Lauren Child

**¿Qué sucede dentro de mi cabeza?**
Molly Potter

All books are available at your local libraries or click on each book cover for read-aloud links!