Healthy Bodies, Healthy Minds
January 2021

Books listed below are available in e-book or regular book format for pick up at your local library.

**Monthly Activity**

Kids don’t need a big outdoor space to get moving! Check out some simple ways to incorporate more activity into your daily routine to get the new year off to a strong and healthy start!

**Get Moving Anywhere, Anytime!**

1. **On the Go:** Instead of walking to the car, encourage kids to jump like frogs or hop like bunnies. Even when buckled into a car seat, kids can stretch: reach up high, twist from side to side to look out both windows, and reach down low to tickle their toes.

2. **In Front of the Television:** Turn commercial breaks into quick dance parties; get up and dance or do jumping jacks until the commercial is over!

3. **In the Bedroom:** Sometimes kids need to “shake out some energy” before getting into bed. Ask children to hop to your directions-hop on their left foot and then their right, from one side of the room to another, or hop in place, in a circle or in a line, and so on.

**New Year, New Vocabulary**

Help boost your child’s ever growing vocabulary by introducing new words for them to hear and/or use. Instead of asking if your child is mad, ask if he/she is frustrated or upset. Instead of asking if he/she is happy, ask if they are delighted. You can also add new words when responding to your little one’s statements. For example, when your child says, “I see a dog.” You can respond with, “Yes, that is a brown, furry dog. I see his tail wagging.” The more you use new vocabulary, the sooner your little one will try it on his/her own!

**Monthly Family Reading Tip**

This activity is inspired by Sesame Street in Communities’ activity, “Get Moving Anywhere, Anytime.”

An early learning collaboration by: