



Family Together Calendar

April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Find 10 yellow items in your home or outside.	2 Family game night.	3 Start spring cleaning one room in your home.	4 Paint a spring picture with watercolors.	5 Plan a play date with cousins or friends.	6 Go for a walk.
7 Have a dance party in your living room or in your yard.	8 Wear the brightest outfit you have!	9 Find 5 triangles in your home.	10 Read 2 books before bed.	11 Bake something!	12 Go grocery shopping together.	13 Rake leaves and clean your yard.
14 Visit your local park and take a picnic lunch.	15 Fly a kite.	16 Have a toy car wash.	17 Do 10 jumping jacks.	18 Try a new food with your family.	19 Play a game of kickball.	20 Color eggs!
21 Go for a bike ride.	22 Find a flower and count the petals.	23 Visit your local library.	24 Play tag.	25 Donate clothes or toys to someone in need.	26 Fill a tub with water, add toys and see which ones float and sink.	27 Scavenger Hunt! (on back)
28 Talk about the weather. What do you see in the sky today?	29 Practice writing numbers 1-5.	30 Open the windows and enjoy the fresh air.				

Have Fun and Enjoy Nature Together!!

NATURE SCAVENGER HUNT





- | | | | | | |
|-----------------------|---|-----------|-----------------------|---|--------------|
| <input type="radio"/> |  | Flower | <input type="radio"/> |  | Butterfly |
| <input type="radio"/> |  | Water | <input type="radio"/> |  | Grass |
| <input type="radio"/> |  | Tree | <input type="radio"/> |  | Green Leaf |
| <input type="radio"/> |  | Spiderweb | <input type="radio"/> |  | Brown Leaf |
| <input type="radio"/> |  | Bug | <input type="radio"/> |  | Ant |
| <input type="radio"/> |  | Rocks | <input type="radio"/> |  | Fern |
| <input type="radio"/> |  | Bird | <input type="radio"/> |  | Cloud |
| <input type="radio"/> |  | Tree Bark | <input type="radio"/> |  | Sand or Dirt |

TEACHING CHILDREN TO CHOOSE HEALTHY SNACKS FOR HEALTHY TEETH!

Parents and teachers need to encourage children to snack on healthy foods and discourage them from snacking on foods that are not as healthy for their teeth.

Encourage these snacks:

- ~ Raw vegetables, like carrots, broccoli, celery, cauliflower 
- ~ Low fat cheese
- ~ Low fat milk and yogurt
- ~ Hard fresh fruits, like apples 
- ~ Peanut butter (without sugar)
- ~ Sugar free gum