

In February, Choosy Says

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 It's American Heart Month! Here's a simple form to make goals as a family to keep your heart healthy.	2 Listen to Choosy's song " My Heart Says Thanks. " Dance along and do motions so your heart beats a little faster!	3 Take a walk outside today and explore. Name what you see. Talk about shapes, colors, textures. Learning outside is IN!	4 Walk around inside your home and see if you can find 5 red things? Talk about them. Conversations are important for learning!
5 Brush your teeth in the morning after breakfast and before you go to sleep at night. Choosy says brush twice a day for 2 minutes.	6 Craft day! Find a couple paper plates, some inexpensive rice or beans, your choice of decorations and let's make a Choosy tambourine.	7 Have fun creating your very own emotional dial! Children who can recognize their emotions—discover, understand, express, and manage how they feel—are better able to control their behavior and realize how others might be feeling.	8 Choosy says, Be a clean up helper today. Put toys away, and help clean up after a meal. Encourage family members to wash hands often so they don't get sick! Listen and do motions to Choosy's hand washing song " My Hands Need	9 What is the weather like today? What is your favorite type of weather: snow, rain or sunshine? Talk about what activities Choosy does in each kind of weather. Pretend you are doing those activities too!	10 Drink your milk today to make your bones strong! Listen to Choosy's song, " Be Choosy Be Healthy. " Sing and dance along. Talk about what can keep you healthy. Conversations are important for learning!	11 It's craft time! Choosy Kids is all about healthy choices! So, naturally, we are always looking for healthier ways to celebrate the holidays. This year, if you are looking for a candy-free Valentine to give away, Choosy has the perfect idea: Choosy crayon Valentines.
12 Walk outside with your family. Look for birds, animals, and insects. Count how many you see. Describe them. What sounds do they make? Pretend to move like each one.	13 Incorporate health into your daily counting, sorting, and learning activities! Fine motor, visual tracking, hand-eye coordination, and threading skills are all part of Choosy's counting activity.	14 It's Valentine's Day! Eat fruit today instead of chocolate. What is the color of your favorite fruit? Can you find 4 things of the same color? Talk about them.	15 Listen to Choosy's song, " My Heart Says Thanks. " Sing and do the motions with your family. Then talk about all kinds of things that can make your heart say thanks.	16 Express yourself! Draw different shapes on paper. Can you make these shapes with yarn, or string on the floor? Can you make these shapes with your body?	17 Eat an apple today. Talk about where apples grow and what they taste like. Draw a picture of your apple. Jump up and pretend to pick apples.	18 Choose a free activity download at choosykids.com . Get creative and enjoy!
19 Play outside today, then eat together at the dinner table with TV turned off. Talk about how playing can be very healthy.	20 Bounce a ball once and hug it. Do that 5 times. Then bounce the ball 2 times and hug. Keep going. How many times can you bounce and hug?	21 When it's clean up time, set a timer and see if your child can hurry and "beat the clock" (or timer) to put toys away.	22 Choosy says, pretend to be a pretzel. Twist and turn and stretch in all different ways. Try to hold each shape for at least 5 seconds.	23 Match 3 pairs of socks. Use the clothes basket as a hoop. Toss the socks into the "hoop" from different distances. How many can you make?	24 Use plastic cups and build a pyramid with them. Stacking cups builds hand-eye coordination. Can you make other shapes with the stacked cups?	25 Draw a rainbow? What colors would you put into your rainbow? Find each color outside. Talk about what you found outside, especially the color.
26 Home Scavenger Hunt! Find a toothbrush, a fruit, and a hair brush. Once each are found, eat the fruit, brush your teeth and your hair.	27 Choosy's fruit of the month is strawberry! Make a Choosy smoothie today with strawberries. Decide which healthy fruits or veggies will be fun to mix.	28 We've made it to the last day in the heart month of February! Why not listen to Choosy's song, " My Heart Says Thanks. " Sing and do the motions with your family.				