

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|---|---|--|--|--|
| <p>1</p>  <p><b>Tooth Tracker</b><br/>Each day that you brush your teeth place a smiley face in the tooth.</p>   | <p>2</p> <p><b>GROUNDHOG DAY</b></p> <p><b>Shadow Watch</b><br/>like the groundhog.</p> <p>See top page.</p>   | <p>3</p>    | <p>4</p> <p><b>Song and Dance Day</b></p> <p>Swing with Sammy Davis, Junior (started singing when he was three), or Erick Essix (a famous jazz musician from Birmingham, AL).</p>                | <p>5</p>    | <p>6</p> <p><b>Super Duper 1, 2, 3</b><br/>Tap the word out.</p> <p>See top page.</p>   | <p>7</p> <p>Celebrate Black History. Enjoy <b>Sweet Potato Surprise</b>.</p> <p>See back page.</p>      |
| <p>8</p>    | <p>9</p>  <p><b>Character Counts</b><br/>Be sure and repay when you borrow.</p> <p>See top page.</p>  | <p>10</p>    | <p>11</p>    | <p>12</p> <p><b>LINCOLN'S BIRTHDAY</b><br/>Play <b>Abe Lincoln, Abe Lincoln</b>.</p> <p>See back page.</p>    | <p>13</p> <p><b>Seeing Red?</b></p>  <p>See top page.</p>  | <p>14</p> <p><b>VALENTINE'S DAY</b><br/>Share a <b>Strawberry Milkshake</b>.</p> <p>See back page.</p>  |
| <p>15</p> <p><b>Flip Flop for a healthy heart.</b></p> <p>See top page.</p>    | <p>16</p>   | <p>17</p> <p>See how your heart pumps blood.<br/>Place your fist on the surface of the water in a bowl containing 3 quarts of red water. (This is the amount of blood in our body.) Squeeze your fist. See how blood squirts when it is squeezed by the heart.</p>  | <p>18</p>   | <p>19</p> <p>Complete: <b>If I Were President...</b><br/>It's not easy being the president. What are some of our problems today? (Clip articles from the newspaper.) What would you do if you were President?</p>  | <p>20</p>    | <p>21</p> <p><i>President's Day</i></p> <p><b>Who's Who?</b></p> <p>See top page.</p>                  |
| <p>22</p>  <p><b>Washington's Birthday</b><br/><b>Smile Future Presidents.</b><br/>Cut the presidents out of the middle of large paper money (bills). Replace them with pictures of your students. Add the caption Future Presidents. (Tell why our first president did not smile.)</p>  | <p>23</p>    | <p>24</p> <p>Energize with <b>Power Up Granola Bars</b></p> <p>See back page.</p>    | <p>25</p> <p>Wiggle your finger toothbrush as you sing the <b>Toothbrush Song</b>.</p> <p>See below. ↓</p>   | <p>26</p>   | <p>27</p> <p>Chase sugar in <b>No Sugar, No Sugar, No Cavity.</b></p> <p>See top page.</p>    | <p>28</p> <p>Visit the library to check out <i>The Wide Mouthed Frog</i> by Schneider.</p>            |
| <p>29</p> <p><b>LEAP for Leap Year!</b></p> <p>See top page.</p>    |    |    | <p><b>The Toothbrush Song</b><br/>(To the tune of Row, Row, Row your Boat)</p> <p>Brush, brush, brush your teeth,<br/>Brush them every day,<br/>Eat healthy foods and keep cavities away.</p>  |  |  |  |



## Shadow Watch

Go outside at different times during the day. Get someone to measure your shadow each time.

When is your shadow the biggest? When is it the smallest? What causes your shadow to change size?

*Your shadow changes size depending on where the sun is.*

*To be strong and healthy you need to exercise. You'll have fun exercising your arms, legs and heart doing the following silly activity.*

## Flip Flop

- Jog in place, do jumping jacks, or another activity until you hear whistle.
- Stop doing the activity. Touch your stomach on the ground, roll over and touch your back on the ground. Then hop up and start doing the activity again.

*Abraham Lincoln signed the Emancipation Proclamation which outlawed slavery in 1863. However, it was not until the passage of the 13th Amendment in 1865 that all slaves were free.*



## Abe Lincoln, Abe Lincoln

Play like Red Rover, Red Rover.

Abe Lincoln, Abe Lincoln,  
Set (name) free.

## Seeing Red

Fire trucks, valentines, and roses, Watermelon and clown's noses, These are red things I adore. Can you help me find some more?



Have the child look around the room and point out red objects they see.

## Character Counts

Once when Abe Lincoln worked as a store clerk, he charged a woman six cents too much. He walked 3 miles to repay her.

When boys and girls borrow money they must repay it. Predict how many steps it will take you to walk (to the office) to repay the lunch money you borrowed. It takes 2,000 steps to walk a mile. Do you think you will walk a mile?

## No Sugar, No Sugar No Cavity



Children (the teeth) stand in a circle. One child (the toothbrush) walks around the teeth looking for sugar. When the toothbrush taps (brushes) the tooth with sugar, the sugar coated tooth runs to get away from the toothbrush. The toothbrush chases the sugar coated tooth until it stops in the empty spot, keeping a cavity away.

The cavity then becomes the new toothbrush and looks for sugar.

## Who's Who?

**You will need:** quarters, nickels, dimes, and pennies in various quantities and various fruits and veggies.

### Have children:

- Identify the President on each coin and the worth of the coin.

Penny = Abraham Lincoln  
Nickel = Thomas Jefferson  
Dime = Franklin Delano Roosevelt  
Quarter = George Washington



- Purchase various healthy snacks. (For example: Apple \$.68, Orange \$.44, Banana \$.37, Carrot \$.83, Broccoli \$.91).

*Have children use 2 paint sticks, drumsticks or pencils to break down words by tapping syllables as you chant:*

## Super Duper 1, 2, 3

Su— Per Du—Per 1, 2, 3  
Can you tap food words with me?

Pea—nuts  
Sweet—po—ta—to  
Broc—co—li  
etc.

## Leap

- Pretend you are a frog and leap everywhere!
- What other ways can you leap? Can you leap like a ballet dancer or a kangaroo?



## Power Up Granola Bars

1/3 cup vegetable oil  
3/4 cup brown sugar  
2 tablespoons honey or corn syrup  
1 teaspoon vanilla extract  
1 egg  
1 cup flour, (white or whole wheat)  
1 teaspoon cinnamon  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1 1/2 cups oats  
2 cups rice krispies cereal  
1 cup chopped nuts (peanuts)  
1 cup dried chopped fruit

1. Preheat oven to 350°.
2. In a large mixing bowl, combine oil, brown sugar, honey or corn syrup, vanilla, and egg.
3. Add flour, cinnamon, baking powder, and salt. Mix well.
4. With a large spoon, stir in oats, cereal, nuts, and fruits.
5. Coat a 9x13 pan with vegetable spray. Press the mixture evenly into bottom of pan.
6. Bake at 350° for 20-30 minutes until lightly browned on the edges.
7. Cool completely and cut into 16 bars.

## Strawberry Milkshake

10 ounces of frozen strawberries  
4 cups cold milk  
red food coloring (optional)



Directions:

1. Combine fruit and milk in a blender.
2. Add red food coloring if desired.
3. Blend until smooth and frothy.
4. Drink and enjoy!

Peanuts are a good source of protein and vitamins. They contain heart healthy unsaturated fat and provide energy for growing, active bodies. But they can be a choking hazard for children under the age of three. Also, some children can experience an allergic reaction to peanuts or peanut products. So use caution when serving foods with these products.

# *Children's Good Health Calendar*

# **February 2004**



**GROUNDHOG DAY**



**CHILDREN'S  
DENTAL  
HEALTH  
MONTH**



**VALENTINE'S  
DAY**



**PRESIDENT'S  
DAY**

**AMERICAN  
HEART  
MONTH**



**BLACK  
HISTORY  
MONTH**