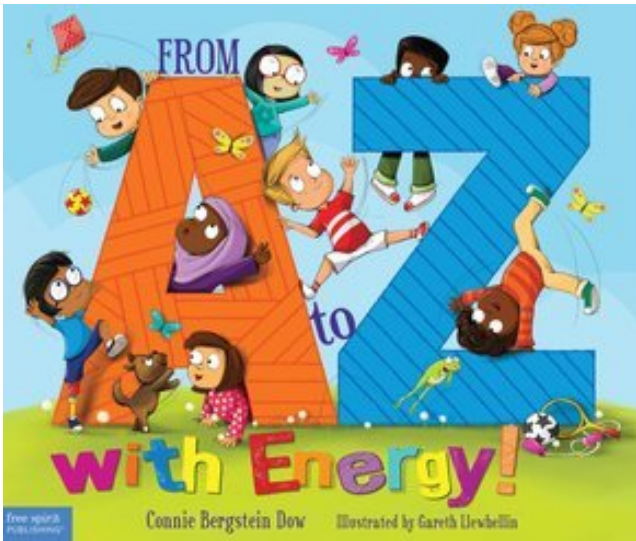


# DAILY DOSE OF READING

Improve literacy in children by increasing the number of words they hear

## Theme-based literacy activities to try at home

### “My Healthy Self!”



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Try at Home 4 Easy Steps

TALK  SING  READ  PLAY 

## 1. Let's Talk - "My Healthy Self!"

- Use these words to help your child understand how s/he takes care of her/himself to stay healthy:
- check-up-a medical or health check to prevent illness
- pediatrician-a doctor who specializes in caring for children
- dentist-someone trained to practice treatment of tooth and gum disorders
- curious-inquisitive, interested or nosey!

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## 2. Let's Sing - "My Healthy Self!"

Achoo! (Becky Valenick, Learning & Caring About Ourselves-Gayle Bittinger) Tune: The Farmer in the Dell

Achoo! Achoo! Achoo!

Achoo! Achoo! Achoo!

When you sneeze use tissue, please.  
Achoo! Achoo! Achoo!

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## 3. Let's Read - "My Healthy Self!"

Borrow these seasonal books from the library, or ask your friendly librarian for other titles.

- Eating the Alphabet by Lois Ehlert
- ABC Mindful Me by Christiane Engel
- Get Up and Go! by Nancy Carlson

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### 4. Let's Play - "My Healthy Self!"

- Host a neighborhood Olympics! Include events that you see in the Olympics or make up your own games. Some ideas include: basketball shoot, Frisbee throw, softball throw, running races, tennis tournament, log rolling, somersault race, three-legged race, walking (backwards, sideways, on tiptoe, very slow), badminton or others.
- It is fun to include the children when determining the games that will take place. They have some great ideas! Before the Olympics events make these parent and child healthy snacks. Enjoy them after the fun!



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## DAILY DOSE OF READING

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- Banana Pops
- Ingredients:
- 3 bananas
- 6 Popsicle sticks
- 1/4 c. peanut butter, softened
- 1/4 c. chopped peanuts, walnuts, granola, crispy rice cereal or sunflower seeds
- Peel bananas. Cut them in half, width-wise. Push a Popsicle stick through the cut side. Spread with peanut butter, and then roll in nuts, cereal or seeds. Wrap in waxed paper and freeze for 3 hours.

