

Health Challenge

SCHOOL DAYCARE



5 GOAL:
Eat at least 5 servings of fruit and vegetables every day



30 GOAL:
Be active at least 30 minutes a day. And for young people, that's at least 60 minutes!



ZEN GOAL:
Take a moment to relax every day

DAYCARE SERVICE SLOGAN:

THE EDUCATORS' CHALLENGE:

	CHALLENGES		ACTIVITIES CARRIED OUT
WEEK 1	<p>FROM APRIL 1 TO 5</p> <p>ANTS IN THEIR PANTS! Suggest activities to get moving</p>	<input checked="" type="checkbox"/> <ul style="list-style-type: none"> <input type="checkbox"/> MONDAY <input type="checkbox"/> TUESDAY <input type="checkbox"/> WEDNESDAY <input type="checkbox"/> THURSDAY <input type="checkbox"/> FRIDAY 	
WEEK 2	<p>FROM APRIL 8 TO 12</p> <p>GOURMET EXPLORERS Organize activities to discover new fruits or vegetables</p>	<ul style="list-style-type: none"> <input type="checkbox"/> MONDAY <input type="checkbox"/> TUESDAY <input type="checkbox"/> WEDNESDAY <input type="checkbox"/> THURSDAY <input type="checkbox"/> FRIDAY 	
WEEK 3	<p>FROM APRIL 15 TO 19</p> <p>LET'S PLAY OUTSIDE! Plan activities to be active outside</p>	<ul style="list-style-type: none"> <input type="checkbox"/> MONDAY <input type="checkbox"/> TUESDAY <input type="checkbox"/> WEDNESDAY <input type="checkbox"/> THURSDAY <input type="checkbox"/> FRIDAY 	
WEEK 4	<p>FROM APRIL 22 TO 26</p> <p>MEALTIME FUNTIME Carry out activities related to mealtimes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> MONDAY <input type="checkbox"/> TUESDAY <input type="checkbox"/> WEDNESDAY <input type="checkbox"/> THURSDAY <input type="checkbox"/> FRIDAY 	
	<p>THROUGHOUT THE HEALTH CHALLENGE MONTH</p> <p>ZEN CHALLENGE Do relaxation activities</p>	<input type="checkbox"/> ANYTIME	

PARENTS' COMMENTS

