

Health Challenge

SCHOOL DAYCARE



FRUITS AND VEGETABLES GOAL:
Eat more fruits and vegetables every day



GET MOVING GOAL:
Be active at least 60 minutes every day



ZEN GOAL:
Take a moment to relax every day

DAYCARE SERVICE SLOGAN:

THE EDUCATORS' CHALLENGE:

CHALLENGES

ACTIVITIES CARRIED OUT

WEEK 1

FROM MARCH 30 TO APRIL 3
ANTS IN YOUR PANTS!
Suggest activities to get moving



- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY



WEEK 2

FROM APRIL 6 TO 10
GOURMET EXPLORERS
Organize activities to discover new fruits or vegetables

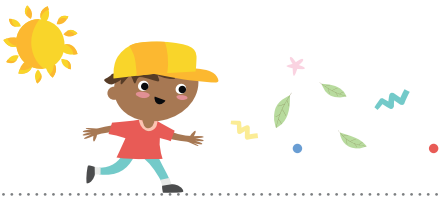


- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY



WEEK 3

FROM APRIL 13 TO 17
LET'S PLAY OUTSIDE!
Plan activities to be active outside



- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

WEEK 4

FROM APRIL 20 TO 24
MEALTIME FUNTIME
Carry out activities related to mealtimes



- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY



THROUGHOUT THE HEALTH CHALLENGE MONTH

LET'S RELAX!
Do a zen activity

- ANYTIME

PARENTS' COMMENTS

