

# AUGUST



## Learn with Me

### Let's All Get Active!

We know that a sedentary lifestyle is not a healthy one. It is important that as role models, we not only tell children to be active, but that we demonstrate it as well. Here are some fun ways to get everyone involved:

- 1) Make a friendly competition between each other or gather with other families/groups for team sports like soccer
- 2) Provide positive reinforcement or rewards for accomplishing a set goal
- 3) Work together at different volunteer projects or charity events
- 4) Garden together – planting, pulling weeds, and harvesting potatoes are great physical activities
- 5) Walk and play with the family pet



## Read with Me

Children love farm animals and learning about life on the farm. Read these selections during story time.

*Fun on the Farm* by Helen Rowe

*Mrs. Wishy Washy's Farm* by Joy Cowley

*Before We Eat from Farm to Table* by Pat Brisson  
and Mary Azarian



## Cook with Me

### Farm Fresh Salad

- Lettuce
- Tomatoes
- Radish
- Carrots
- Cucumbers

If you've been planting a small garden with the children in your care, now is the time to start harvesting and enjoying vegetables picked the same day! No garden? Take the kids for a trip to the farmer's market and teach them how to pick fresh from the farm foods to make a lunch side salad.



## Play with Me

### Farm Animal Actions

On index cards, write instructions similar to the below list. Have children stand in a circle and take turns choosing a card. Then they will follow the instructions on the card until directed to stop.

- Roll – like a pig in mud
- Waddle – like a duck
- Milk the Cow – like the farmer
- Gallop – like a horse
- Flap – like the chicken
- BAAA – like a goat



## Create with Me

### Cow Masks

With a paper plate for each child cut two, 2" holes from a paper plate to make the eyes for each child's cow mask. Ask the children to add spots with paint, as well as a nose and a mouth to complete their mask. They will have fun play-acting as if they are the cows on the farm during imaginary playtime.



