

APRIL



Learn It

Children love the game Red Light, Green Light, and we can think of our food the same way. When we are learning about foods such as vegetables, fruits, whole grains, lean meat, and low fat/low sugar dairy products, we have a green light to eat anytime. However, when we think about foods such as: muffins, fried food, foods in heavy syrup or sugar, those are an immediate red light, which means eat only once in a while. Processed foods, baked fries and nuggets, and 100% juice make up our yellow light category and can be consumed sometimes. Play the traditional Red Light, Green Light and call out foods instead of the color. The children will learn whether to go, stop, or pause.

Create It Creative Comet

Ask the children to decorate a plate with assorted craft materials. On the back of the plate, assist where needed to attach colorful tissue paper streamers to the back. Then glue a craft stick to the back. Let the children take the comet to the imagination area where they can pretend the comet is flying through space.



Play It Solar System Stomp



Create a path with paper labels with words from the solar system: planet names, Milky Way, sun, moon, stars, constellation, rocket, galaxy, astronaut, etc. Every 3rd word, place an action label: hop, hop on one foot, march in place, windmill turns, jumping jacks, crunches, lunges, etc. Ask the kids to stand on a spot – action or solar system word. Start the music. The kids will walk from spot to spot. When the music stops, they will do what the action word says or if they land on a solar system word, they can do an action of their own choice.

Eat It Appetizing Constellations

Pineapple, cut into small chunks
Whole grain pretzel sticks



Show the children different pictures of constellations. Give them 16 pretzel sticks and ½ cup pineapple chunks. Have them make the pretzels into the constellations they see in the pictures or make up their own. Connect the pretzels by using the pineapple chunks.

Read It



Roaring Rockets by Tony Mitton

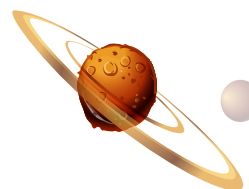
Hello, World! Solar System by Jill McDonald

Smart Kids Space: For Kids Who Really Love Space by Roger Priddy

The Magic School Bus Lost in the Solar System by Joanna Cole

On the Launch Pad: A Counting Book About Rockets by Michael Dahl,
Illustrated by Derrick Alderman and Denise Shea

A Day without Sugar / Un Día Sin Azúcar (AZÚCAR) by Diane de Anda



Name _____

Cosmic Counting

How many of each image can you find? Fill in the answers using the boxes below.

