

Healthy Brains,  
Healthy Bodies:



Using Children's Literature  
throughout the Day

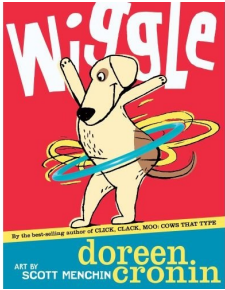
Preschool Activity Guide



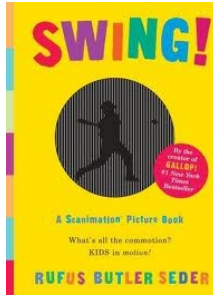
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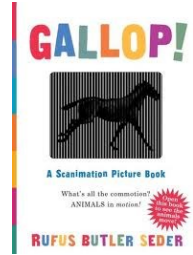
# Preschool Encouraging Movement



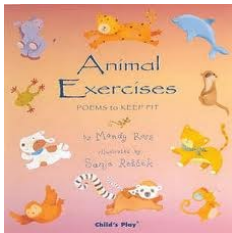
Wiggle  
Doreen Cronin



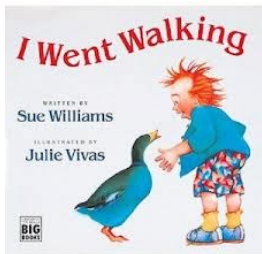
Swing!  
Rufus Butler Seder



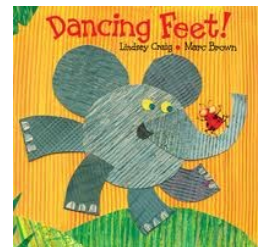
Gallop!  
Rufus Butler Seder



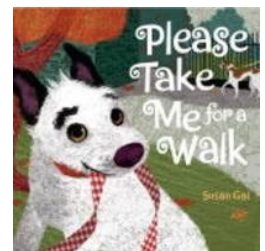
Animal Exercises: Poems to Keep Fit  
Mandy Ross



I Went Walking  
Sue Williams



Dancing Feet!  
Lindsey Craig and Marc Brown



Please Take Me for a Walk  
Susan Gal

## Healthy Brain, Healthy Body Connection

**Healthy Brain:** Movement and literacy are both forms of communication. Pairing movement with words can help children understand a concept at a deeper level. For example, using your body to create letters has been found to improve letter identification. Acting out words (e.g. slithers across the floor) helps with comprehension.

**Healthy Body:** Preschoolers are naturally very active. Incorporating movement is not only fun, but healthful. Early childhood is a good time to encourage healthy fitness habits and develop basic movement skills and knowledge of the body. The development of basic motor skills has been found to lead to higher self-esteem and an active lifestyle as the child grows.



# Making Connections

## Reading Readiness

Act out action words used to describe animals in *Animal Exercises* such as: scamper, hop, bend, stretch, etc.

## Community

Go on a nature walk. Look for letters and signs in the environment. Take pictures of what you find.

Create a book or clothesline story of what you see on your walk. Have your children retell the story.



## Imagination

Incorporate music with movement.

## Related Activities



## Outside

Create an obstacle course. Encourage children to describe their movement using such words as: *over, under, around, through, and near* objects.

## Imagination

Using a small box, create a movement cube based on the actions of animals.

Possible actions include: slither like a snake, stomp like an elephant, and pounce like a lion.

What descriptive words would you use?

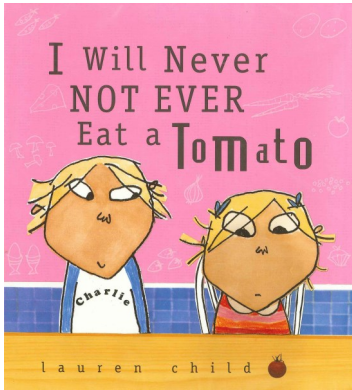


## Discovery

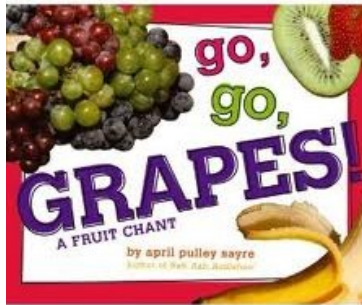
Play "head-to-toes." Have the children follow what you say and do. When you point to your toes, have the children touch their toes. When you point to your head have the children touch their heads.

How can you extend the activity?

# Preschool Eating Healthier



I Will Never Not Eat a Tomato  
Laura Child



Go, Go, Grapes!  
April Pulley Sayre



Build A Burrito  
Denise Vega



Rah, Rah, Radishes!  
April Pulley Sayre



Lunch  
Denise Fleming

## Healthy Brain, Healthy Body Connection

**Healthy Brain:** Children love to learn new words, but they do not necessarily like to learn about or try new foods. By reading these books out loud, not only will you build your children's vocabulary, you will build their curiosity about all the wonderful, healthy foods out there!

**Healthy Body:** Good nutrition and a balanced diet help children to grow up healthy. Encourage children to sample various healthy foods, especially those described in these books!

# Making Connections

## Diversity

Invite families to share their favorite healthy food or snack.  
Have a potluck lunch or dinner. Document the event.



## Imagination

Have pretend foods available similar to those in *Rah, Rah, Radishes* or *Go, Go, Grapes*.  
Create a farmer's market, restaurant, or food truck in your dramatic play or block play area.  
Sing songs about food, such as "*Buono Appetito*" by Red Grammer or "*Vitamin Si*" by Tom Chapin.



## Kitchen

Provide tortillas and a variety of items to build a burrito. It does not need to be traditional ingredients; so experiment!



## Community

Take a field trip to your local super or farmer's market. Many offer special tours for preschools!

# Related Activities



## Reading Readiness

Provide writing materials such as markers, pencils and paper.  
Children can draw pictures of their favorite fruits and vegetables. Pages can be combined to make a book.

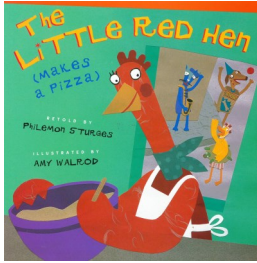


## Discovery

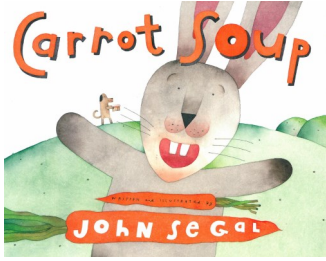
Create an herb window garden in the classroom.  
Create a "tasting station" where children can sample the fresh herbs!



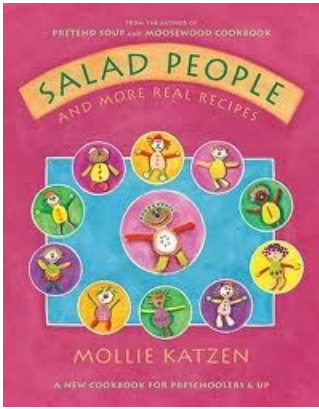
# Preschool Cooking Together



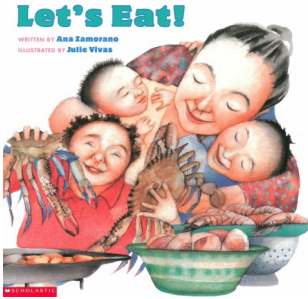
The Little Red Hen (Makes A Pizza)  
Philemon Sturges



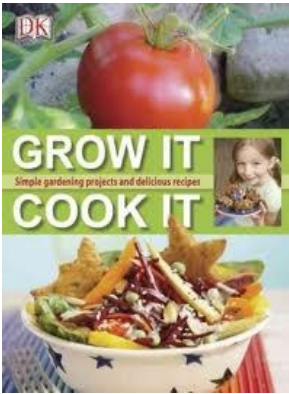
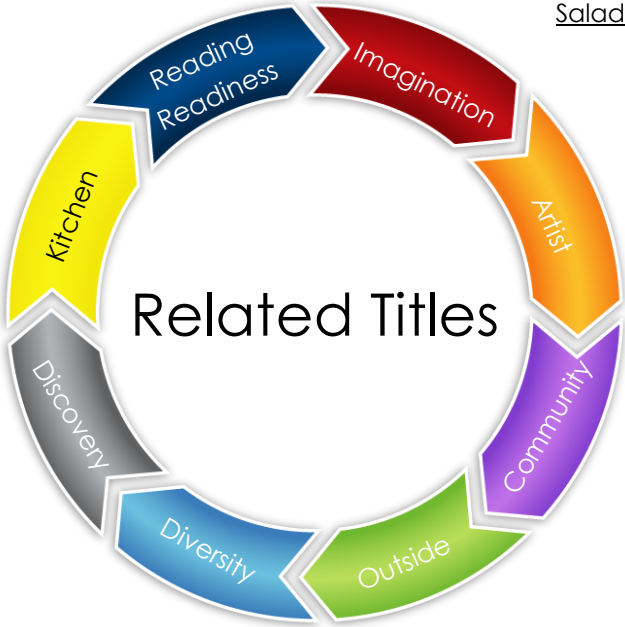
Carrot Soup  
John Segal



Salad People and More Real Recipes  
Mollie Katzen



Let's Eat!  
Ana Zamorano

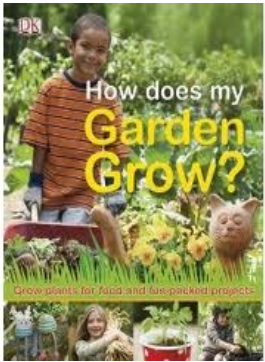


Grow It, Cook It  
Jill Bloomfield

## Healthy Brain, Healthy Body Connection

**Healthy Brain:** Through cooking, children can build their vocabulary by learning new words for tools they are using (grater, colander) actions they are doing (dice, knead) and foods they taste (kabob, cauliflower). Additionally, by creating and reading recipes, lists, and books, children gain reading readiness skills and begin to understand the power of print.

**Healthy Body:** Children will try new foods when they feel comfortable. They may need to be exposed to a new food several times before they even take one little nibble. Be patient. Offer foods alongside other foods you know your children will enjoy. Then do it again. And again. Do not force children to try a new food. In time they will learn that those scary new foods really aren't that scary... they may even eat them!



How Does My Garden Grow  
DK Publishing



# Making Connections

## Outside

Have a variety of cooking items (pots, bowls, sifters, spoons, etc.) outside and available for the children to pretend cook.



## Kitchen

Create a recipe with the class based on the theme of the book (e.g. make carrot soup or a pizza). If you are unable to cook items in your center, combine the ingredients together with the children and send the items home with the families to heat or cook!



## Diversity

What family traditions do your children take part in? Invite families to share their traditions and document the process.

## Related Activities



## Community

Create an ingredients list with the children for a salad. Ask children to bring in one item to add to the salad.

## Reading Readiness

Have supermarket ads available. Children can cut out pictures from the ads based on several themes (e.g. favorite foods, ingredients for a recipe). *The Little Red Hen Makes a Pizza* has many great examples!



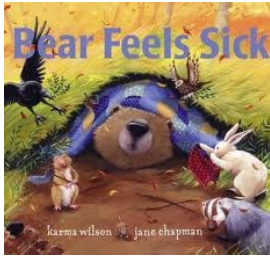
## Discovery

There are several easy to grow vegetables, such as radishes and lima beans, you can use to create a garden. The vegetables you grow can be used in the recipes you create.





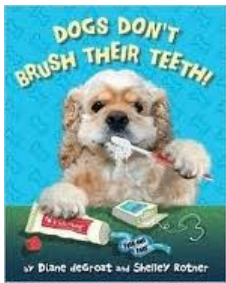
# Preschool Healthy Every Day



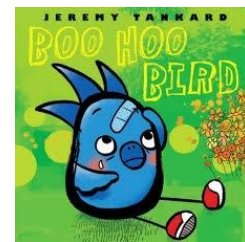
Bear Feels Sick  
Karma Wilson



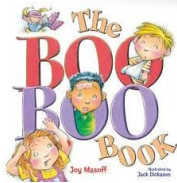
Get Dressed!  
Seymour Chwast



Dogs Don't Brush Their  
Teeth!  
Diane deGroat



Boo Hoo Bird  
Jeremy Tankard



The Boo Boo Book  
Joy Masoff



Hands Can  
Cheryl Willis Hudson

## Healthy Brain, Healthy Body Connection

**Healthy Brain:** Awareness of words that rhyme is an important pre-reading skill. The text in three of these selected books rhyme. As you reread these books, encourage the children to complete the rhyming phrase.

**Healthy Body:** These books discuss activities children do to care for themselves (hand washing, teeth brushing, getting dressed, and caring for illness, and injuries). Sharing these books can help provide vocabulary for preschoolers' healthy habits.



# Making Connections

## Reading Readiness

Create a classroom book related to hand washing or teeth brushing.



## Imagination

Provide children with the opportunity to retell stories. Create props, such as masks or figurines. Retell *Boo Hoo Bird*, for example, with cutouts or drawings of the characters.



## Community

Provide clothing for different occasions such as:

- |        |            |
|--------|------------|
| Scarfs | Binoculars |
| Boots  | Flip flops |
| Hats   | Gloves     |

## Related Activities



## Reading Readiness

Create a get-well card for Bear, who is feeling sick or Boo Hoo Bird, who injures himself. Create cards for classmates that are sick or injured.

## Artist

Talk to your children about activities (routines) they do every day. Cut or draw images of routines. Have children complete the sentence "Every day I....." Record children's responses and display in the classroom.

## Imagination

Create a class song to a familiar tune related to hand washing. Post the song near the sink and sing the song together as the children wash their hands.

