

## Afternoon Enrichment

Date: 5/18-5/22/2009

| <b>Healthy Bodies</b>                             | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---|---|---|---|---|--|
| 1:00-1:30   | Book Time   | Book Time   | Book Time   | Book Time   | Book Time  |
| Discussions, Projects, and Art based on the theme | What is exercise? Why does our body need exercise? Practice several fun exercise games. | What is a healthy way to start our day? Let's stretch and exercise. | Develop several relay races and obstacle courses for our Olympics next week | Take me out to the ball game. Can you name some sports that use a ball in the game? Let's invent a new ball game. | What are some healthy foods and not so healthy foods? Let's explore the Food pyramid |
| 2:15-3:15   | Bike Time & Snack   | Bike Time & Snack   | Bike Time & Snack   | Bike Time & Snack   | Bike Time & Snack  |
| Additional Exploration and Art                    | The Bunny Hop and the Birdie Dance are fun ways to exercise.                            | Let's explore the food pyramid.                                     | Explore good nutrition  | Bean bag tossing and bottle bowling   | Let's make a healthy salad for our healthy bodies                                    |
| 3:15-5:45 Children's Choice                       | Discovery Center is open for free play.   | Discovery Center is open for free play.                             | Discovery Center is open for free play.                                     | Discovery Center is open for free play.   | Discovery Center is open for free play.  |

Although Montecito usually offers healthy snacks year round this week we will focus on fruits and vegetable snacks that the children can help prepare.