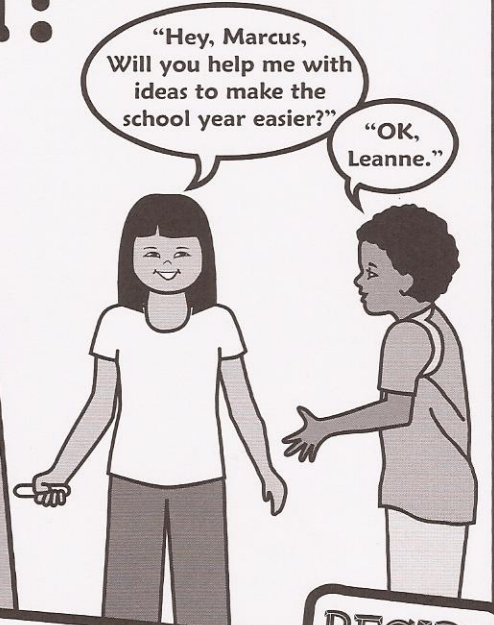
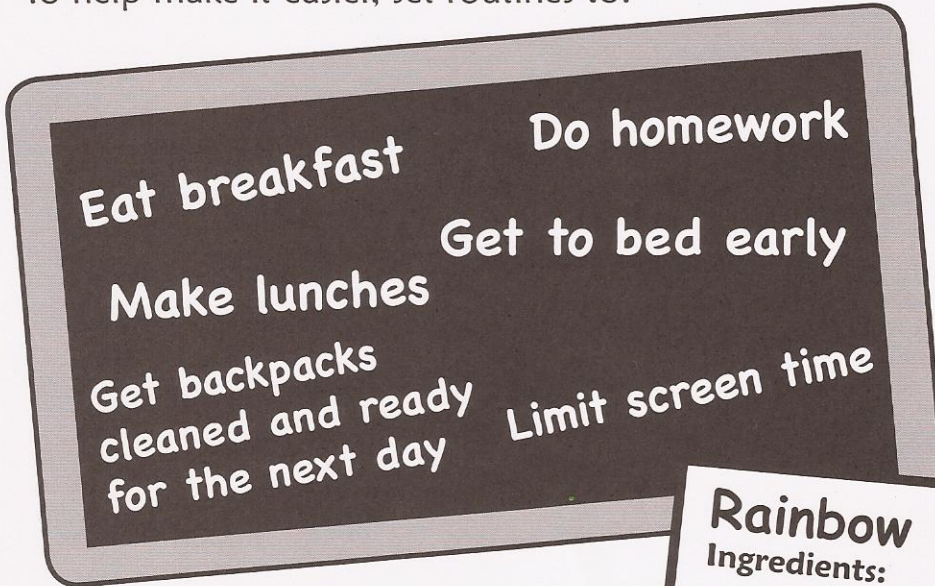


Back to School!

The start of a new school year is always a busy time. To help make it easier, set routines to:



Rainbow Trail Mix

RECIPE

Ingredients:

Dried fruit (raisins, cranberries, chopped apricots, pineapple, mango, banana chips)

Seeds (sunflower, pumpkin)

Grains (pretzels, bagel or pita chips, low-sugar cereals, granola)

Nuts (almonds, cashews, peanuts, pecans)

Directions:

Mix equal parts of dried fruits, seeds, grains, and nuts. Enjoy as a great snack for on the go!

MAKING A HEALTHY LUNCH

Circle the items you would put in a HEALTHY lunch –



sandwich



OR ramen noodles



chips



OR carrot sticks



orange



OR candy bar



water



OR soda



READ ALL ABOUT IT!

The Berenstain Bears Go to School
by Stan and Jan Berenstain







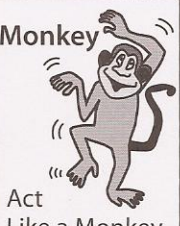

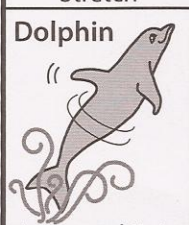
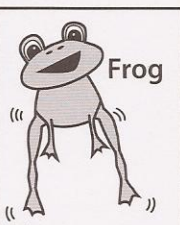




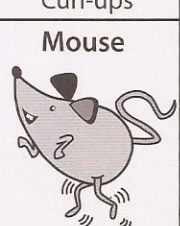
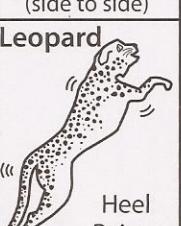
Back to School with Betsy
by Carolyn Haywood


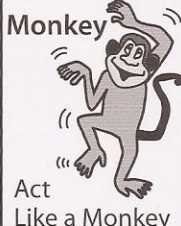
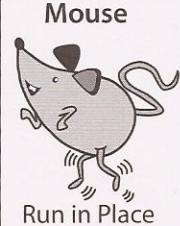



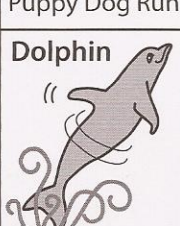
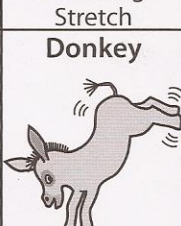

It's Back to School We Go!
by Ellen Jackson



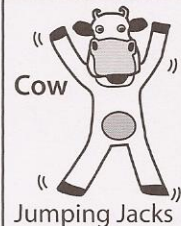


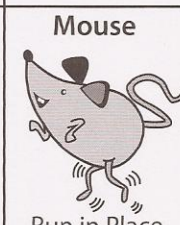

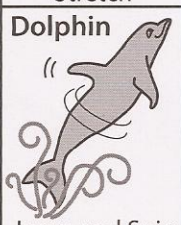
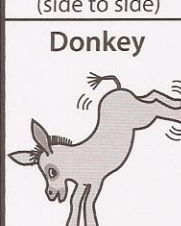

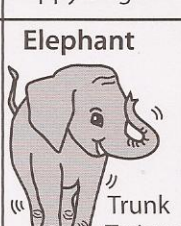

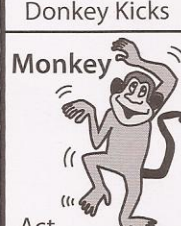
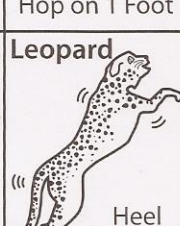

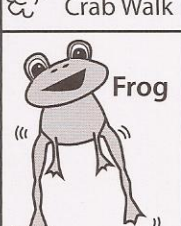
SPARK™
K-2

ANIMAL ACTION BINGO

- * Play with 2 or more people.
- * The first player chooses an animal on their card, and all players do the activity in that animal's box.
- * Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase the number by 5.
- * Once you have completed an animal's activity, cover the box with a marker (a coin or button).
- * Then the next player chooses a new animal activity on their card.
- * The first player to get 4 in a row, column, or diagonal scores a BINGO!
- * How many times can you play Animal Action BINGO this month?

 Crab Walk	 Trunk Twists	 Donkey Kicks	 Puppy Dog Run
 Hamstrings Stretch	 Dance!	 Act Like a Monkey	 Do the Chicken Dance
 Jump and Spin	 Play Leap Frog	 Curl-ups	 Ski Jumps (side to side)
 Hop on 1 Foot	 Jumping Jacks	 Run in Place	 Heel Raises

 Heel Raises	 Act Like a Monkey	 Run in Place	 Hop on 1 Foot
 Play Leap Frog	 Crab Walk	 Curl-ups	 Jumping Jacks
 Puppy Dog Run	 Hamstrings Stretch	 Ski Jumps (side to side)	 Do the Chicken Dance
 Jump and Spin	 Donkey Kicks	 Trunk Twists	 Dance!

 Do the Chicken Dance	 Curl-ups	 Jumping Jacks	 Hamstrings Stretch
 Ski Jumps (side to side)	 Run in Place	 Puppy Dog Run	 Jump and Spin
 Donkey Kicks	 Hop on 1 Foot	 Trunk Twists	 Crab Walk
 Act Like a Monkey	 Heel Raises	 Dance!	 Play Leap Frog