

WEEK 1: OUTDOOR PHYSICAL ACTIVITY & HEALTH CIRCLES

ACTIVITY 1: CREATE A MASCOT

Use the circle template provided, and have the children create a mascot face. Older children can use additional materials (yarn, construction paper, googly eyes, etc.) as available. Glue or staple to the provided craft stick.

ACTIVITY 2: CIRCLES IN NATURE SCAVENGER HUNT

Help the children understand and locate the objects in the PLAYBook. How many items can they find? Are there other circle objects in your play area not on the list in the PLAYBook? What are they?

ACTIVITY 4: SNOWBALL TARGET PRACTICE

Make a target for the children. You can use the directions in the PLAYBook, or make one using a hula hoop, or spray paint a target on the snow. No snow? Use sidewalk chalk to make your target, and beanbags to replicate snowballs!

ACTIVITY 5: GRATITUDE SCAVENGER HUNT

Help the children complete this activity by writing their answers in the PLAYBook. Have them draw a picture of one of the items.

WEEK 2: NUTRITION & FOOD CIRCLES

ACTIVITY 1: CIRCLE FOODS

Follow the K-2 suggestions!

ACTIVITY 2: FUEL UP!

Show children images of foods. You can find images on our website or use play foods from the kitchen area. Have the children categorize the food-FRUIT, VEGETABLE, PROTEIN, GRAINS, or MILK. Have them move in different ways around the outdoor MyPlate Circle: fruit=walk, vegetable=skip, etc.

ACTIVITY 3: SERVING SIZE MATTERS!

Make this a counting activity! Show the children what $\frac{1}{4}$ cup of raisins looks like. Have them count how many raisins are in the $\frac{1}{4}$ cup! This works with other vegetables, fruits, and grains: such as peas, berries, corn, breakfast cereal, etc.

ACTIVITY 4: FOOD IN YOUR STATE

Follow the Grade K-2 suggestions and help the children complete the My Plate, My State coloring sheet!

WEEK 3: FAMILY ENGAGEMENT & SOCIAL AND COMMUNITY SERVICE CIRCLES

ACTIVITY 1: ANIMAL FAMILY

Follow the K-2 suggestions and have the children draw their pet, or the pet they would like to have!

ACTIVITY 2: SNOW FAM!

Have the children build a mini-snowperson that looks like themselves or someone in their family or school family. Show them how to make snowballs and stack them one atop the other to build a snowperson. If real snow is not available, have them construct their family from play dough! Ask them who their snowperson is and why they chose to build him/her. If conditions allow, add to the snow family outdoors each day this week!

ACTIVITY 3: WHO IS IN YOUR CIRCLES?

Make this a circle time activity. Discuss as a group who is in their circle. Draw a Venn diagram to populate for the class.

ACTIVITIES 4-7:

Work together to help the children complete the activities. Instead of the word search (Activity 5), take some time to talk with the children about diversity and acceptance in your classroom, family, or community!

WEEK 4: WINTER CELEBRATION & WINTER FUN CIRCLES

ACTIVITY 1: WINTER LUMINARIES

This activity can be completed indoors with the lights out!

