



May Spotlight is....



I Make

Healthy Choices!

This month we learn that making healthy choices is important! We focus on healthy food choices, safe choices, and having a positive attitude as we get ready for SUMMER!

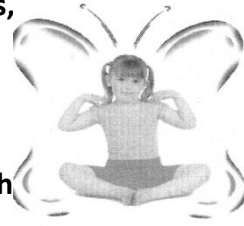
Week 1: Vitamin B! We need Vitamin B for ENERGY. Junk food Jimmy needs our help finding the healthy foods that will give him energy to exercise.

Week 2: Vitamin C! Vitamin C helps us when we have colds, and cuts. We take an adventure to help Jimmy find food with Vitamin C to help him feel better.

Week 3: Vitamin D! We have fun in sun, learning summer safety and soaking up Vitamin D for strong bones and teeth

Week 4: Safety First! Making safe choices is important! Stars take an adventure to the park while learning the importance of wearing helmets, safely crossing roads, and playground safety.

Have a Happy, Healthy Summer!



**Stretch
Pose-
butterfly**

Here's What We Worked On:

Strength Training:

- * Pushups, * Hopping *Squats
- *Lunges *Resistance Bands

Balance & Coordination:

- *Balance Domes * Leaping
- *Throwing & Catching *Fine motor
- *One foot hop & Balance

Aerobic:

- * Jumping Jacks * Running
- *Skipping *Gallop

Exercise of the month:

Lunges

Muscle of the Month:

Review All