

Week 1 Activities



Pose of the week

CHILD'S POSE

1. START ON HANDS AND KNEES
2. SIT BACK ONTO HEELS
3. EXTEND ARMS FORWARD



Breath of the week

BALLOON BREATH

1. PLACE HANDS ON BELLY
2. BREATH IN THROUGH NOSE AND FEEL BELLY INFLATE
3. BREATH OUT THROUGH NOSE AND FEEL BELLY DEFLATE



Table Talk

Plant Part Detective

Turn each meal into a discovery game

1. Look at each food on your plate and ask: "What part of the plant is this?"

2. Make your best guess - is it a root, stem, leaf, flower, fruit, or seed?

3. Discuss your answers as a family and discover the plant parts together!

Which plant part are you eating? 

 Roots:
carrots, radishes, beets, sweet potatoes

 Stems:
celery, asparagus, bamboo shoots, rhubarb

 Leaves:
lettuce, spinach, kale, cabbage

 Flowers:
broccoli, cauliflower, artichokes

 Fruits:
apples, tomatoes, peppers, squash

 Seeds:
green beans, peas, corn, rice

 Tip:

Some foods might surprise you - green beans are seeds in pods, and broccoli is actually a flower!