
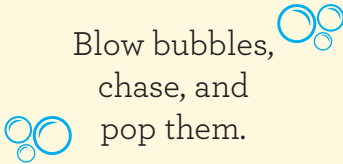







# Move, Play, Have Fun!

Try these fun activities below. Cross them off as you and your family enjoy each one. Make up your own! How many can you do?

 Ride bikes or scooters.	Play "Simon Says."	Go swimming, toss water balloons, or run through the sprinkler.	Walk to school.
Play hopscotch.	Blow bubbles, chase, and pop them. 	Play with a hula hoop.	Kick a soccer ball back and forth. 
Play "Catch 1-2-3." Count aloud how many times the ball is caught.	Play sock basketball (toss rolled socks into a laundry basket).	Race to the nearest tree or other landmark.	Jump rope.
Take a walk after dinner and look for a specific shape, like circles or triangles.	Hop! Place a broomstick on the floor. Stand on one side with both feet together. Jump over the stick and back 10 times.	Play volleyball with balloons. Keep a balloon afloat by hitting it back and forth. 	Play "ABC Jacks." With each jumping jack, say the letters of the alphabet in order.
Say the days of the week as you touch your toes.	 Go on a bug (or leaf, or different-colored cars) hunt.	Have a treasure hunt and see how fast everyone can find clues.	Play some music and have a family dance party.
Play on a playground.	Take the dolls (or dog or action figures) for a walk.	Play tag.	Rake leaves, build a snowman, sweep, or garden. 
 Walk through the mall on a rainy day.	Choose your own activity: _____	Play "Follow the Leader."	Go skating.



## Parents

Children need at least 60 minutes of physical activity each day. Make family time "active" time.

# Sing and Dance!

Your kindergartener has been singing and dancing to a special song about the five food groups. Get the whole family in on the fun! Download it for free at: [fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten](https://fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten).

## Reach for the Sky

Here's a little song about the five food groups  
Fruits, veggies, protein foods, grains, and dairy!!!

The five food groups are what we need  
Fruits, veggies, protein foods, grains, dairy  
The five food groups are as cool as can be  
So eat five food groups and sing with me!

Give a hoot (hoot hoot hoot) if you like fruit  
Stomp your feet (stomp, stomp, stomp) and eat veggies  
Sing my tune (ooh ooh ooh) for protein foods  
Fly like a plane (vroooooom!) with some grains  
Now add dairy, you've got all five  
So come on everybody, reach for the sky!

The five food groups are what we need  
Fruits, veggies, protein foods, grains, dairy  
The five food groups are as cool as can be  
So eat five food groups and sing with me!

An apple is a fruit!  
Broccoli is a vegetable!  
Chicken is a protein food!  
Bread is a grain!  
And yogurt is dairy! (That makes five)

Give a hoot (hoot hoot hoot) if you like fruit  
Stomp your feet (stomp, stomp, stomp) and eat veggies  
Sing my tune (ooh ooh ooh) for protein foods  
Fly like a plane (vroooooom!) with some grains  
Now add dairy, you've got all five  
So come on everybody, reach for the sky!

The five food groups are what we need  
Fruits, veggies, protein foods, grains, dairy  
The five food groups are as cool as can be  
So thank you everybody for singing with me!

