



**Bobbie Noonan's Child Care**  
**Palos Hills**  
Week of January 11<sup>th</sup>

**Nursery News**  
**THEME – Healthy Kids**

**We will be going outside, so please make sure your child has a hat, gloves/mittens, and snowpants and boots if there is snow on the ground. Thank you!**

**Language Arts:** This week we will discuss Healthy Kids! Exercise, sleep, and eating healthy will be on the agenda. The children will learn a new flannel board story “Ready for Bed” and listening activity “Can you say what I say?”

**Art:** This week we will be coloring, painting, and mosaicing pictures and making projects on Healthy Kids. The children will be making their own healthy food plate project.

**Concept:** This week in concept we will be learning about healthy kids! We will discuss how important it is to wash your hands and to use a Kleenex, what healthy foods we should eat and that we need to brush our teeth!

**Motor:** This week we'll be getting in shape. In motor we will do different exercises and activities including the ball and wand activity, walking on the balance beam, stretching and flexing our bodies, and practicing on the stair steps.

