

## Monthly Themes

*Connecting Together Counts™ lessons and activities to the seasons is a great way to incorporate the curriculum into your classroom!*

### August

- (August 5<sup>th</sup>) The Summer Olympics begin in Rio today! Help your students stay active long after the final torch is passed by using our lesson plans. <http://bit.ly/LGKRR3>
- The dog days of August are here – help your students stay active and beat the heat with activities they can do indoors or out. <http://bit.ly/29L49oj>

### September

- September is Better Breakfast Month! Help your students keep their brains and bodies in tip-top shape this school year with a healthy eating pattern. <http://bit.ly/2ar1kZ1>
- Did you know? Regular physical activity will not only help your students maintain a healthy body weight, but help them build self-confidence and get along with others. Learn more <http://bit.ly/2aydGhD>

### October

- (October 5) Happy World Teacher's Day! Give your students lessons to remember you by long after they've left your classroom by helping them on the path to healthy living. <http://bit.ly/29L49oj>
- (October 24<sup>th</sup>) Happy National Food Day! Celebrate by helping your students establish healthy eating patterns. <http://bit.ly/2afgxMM>

### November

- Did you know? Children derive more satisfaction from choices they make for themselves. Give them the tools to make choices that will keep them healthy this school year and beyond. <http://bit.ly/2axCR6w>
- (November 17) Happy Take a Hike Day! Encourage your students to celebrate by getting active – whether their hike is around a mountain with their families or just around the playground with a friend. <http://bit.ly/2a0h0Uz>

### December

- December is Tomato and Winter Squash month – help your students stay warm by eating soup and encourage them to learn about the value of these fantastic fruits! <http://bit.ly/2a0gVQQ>
- It's almost Winter Break! Before your students leave the classroom, encourage them to set wellness goals so they can start 2017 off right. <http://bit.ly/2ar1H5F>

## January

- Happy 2017! Help your students start their year off right when they set New Year's Resolutions to stay active. <http://bit.ly/2av2io6>
- Did you know? Regular physical activity will boost your students' immune systems and keep them healthy during flu season. Learn more <http://bit.ly/2ar1D5P>

## February

- February is American Heart Month. Help your students have healthy hearts by examining the contents of their lunchbox. <http://bit.ly/2aap4zC>
- Help your preschoolers beat those winter blues by making the decision to get moving. Make sure they have the right winter coats before venturing outside! <http://bit.ly/2awlJyv>

## March

- March is National Nutrition Month! This month, encourage your students to think about their eating patterns: <http://bit.ly/2ar1kZ1>
- (March 20) Happy first day of Spring! As the weather turns nice, encourage your preschoolers to set goals to spend more time playing outside: <http://bit.ly/2av3g3F>

## April

- (April 7) Happy World Health Day! Give your students the tools they need to start on a path of healthier living: <http://bit.ly/2a0h32U>
- (April 22) Happy Earth Day! Encourage your class to get out and enjoy the great outdoors, by riding their bikes, shooting hoops, or walking to school. <http://bit.ly/2av2io6>

## May

- (May 16<sup>th</sup>) Happy National Love a Tree Day! Encourage your students to celebrate by spending more time playing outside: <http://bit.ly/2av2io6>
- Did you know? Regular physical activity will boost your students' physical, social, and mental/emotional well-being. Learn how to help them stay well: <http://bit.ly/2ayeSRT>

## June

- Happy National Dairy Month! Dairy products, such as milk, cheese and yogurt, are good sources of protein. Help your students include these foods as part of a balanced diet: <http://bit.ly/2ahDHmk>
- (June 17) Happy National Eat Your Vegetables Day! Help your class stay healthy this summer and explore the many different types of veggies! <http://bit.ly/2a5gJez>