



Eating Healthy, Growing Strong! Cruise into Kindergarten Playscape

**Come explore our *play and learn area:*
*One, Two, Three, Play with Me!***

1. Follow your child's lead while exploring the different activities and use natural opportunities to extend language and concepts. For example, if your child chooses to start playing with the toy foods, you could say, "Look at all of this different food! Let's see if we can find our favorite healthy choices for a delicious lunch!"
2. Let your child choose one of the books for you to read aloud. As you share the book, connect the story, characters, or concepts to the materials you have been playing with together. For example, "This book is *I Will Never, Not Ever Eat a Tomato*. That sounds like a funny book about trying to make healthy choices. I don't think this little girl likes tomatoes, do you? Let's read and find out!"
3. Build scissor skills with the shapes or other cutting practice activities we have provided. Help your child and "share the scissors" as needed to keep it fun!