Directions:

* Find and review the interactions and strategies for the Health Habits strand in the Preschool Curriculum Framework (Volume 2).
* Brainstorm activities and interactions you might use in the classroom to facilitate children’s development of health habits.
* Write your ideas down in the appropriate time-slots.

|  |  |
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| Arrival  Time |  |
| Small Group  Time |  |
| Large Group  Time |  |
| Outdoor Time |  |
| Meal Time |  |
| Transitions |  |
| Free Choice/Work Time |  |

Reflection:

* Review the foundations from the Health Habits strand and discuss which foundations will be facilitated with the ideas from your handout.
* Think about your current and/or past students and discuss student IEP goals that might be supported with ideas from your handout.