





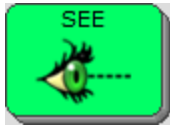






# January 2018

## Word of the Week

Developed by Kellie Cullen, M.S., CCC-SLP

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5	6
7	8 	9 	10 Start “off” the year and “feel new” talking about health	11 Identify all the parts of our healthy bodies! <a href="#">body parts board</a>	12 Get in “touch” with fit habits and “feel good” <a href="#">article on fit kids</a>	13 <a href="#">learn body parts and senses</a> <a href="#">body activity</a> <a href="#">Games to get fit!</a>
14 	15 	16 	17 Healthy Foods! How do they smell and taste? Explore some “new” foods this week!	18 “good” health is all about the food we eat. Evaluate food... <a href="#">5 senses for food</a>	19 Notice that “smell” and “taste” are under the “eat” icon. What can we say? <a href="#">talk about taste/smell</a>	20 <a href="#">My Plate Food Guide</a> Write about foods you love and hate. <a href="#">We like to eat!</a>
21 Evaluate health with our sense of sight. What does health “look” like?	22 	23 	24 <a href="#">200 calorie foods</a> don’t always “look” the same. <a href="#">Fun Healthy Snacks!</a>	25 Talk about all the healthy parts of our bodies <a href="#">body parts board</a>	26 <a href="#">healthy games</a> Play “I spy (see)” to find healthy things around the school.	27
28 When it comes to health we should “listen” to our bodies!	29  Can you “hear” your heart beat?	30  “Listen” to your lungs breath.	31 We “listen” with our healthy ears. Schedule a hearing screen with your SLP or school nurse!	Feb 1 Listen to music and discuss how it makes us feel.	Feb 2 <a href="#">Listen to your body video</a>	Feb 3
4	5					

### Notes

It is a “new” year and a perfect time to talk about getting healthy and “looking” fit! Our WOW focus is on health and wellness using our 5 senses. A great book to help think about our senses is [My Five Senses](#) by Aliki. It helps to start a conversation about how to analyze the world around us through “seeing, hearing, smelling, tasting and touching”. Explore and talk about “feeling new” in 2018 by getting in “touch” with our bodies!