

*Use this link for the Healthy Habits for Life Resource Kit*

<http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl>

## Healthy Habits for Life Resource Kit

Early childhood is an exciting time, as children begin to learn about themselves and the world around them. It's a time when they begin to develop habits that can affect them throughout their lives, especially when it comes to food and fitness.

KidsHealth and Nemours share Sesame Workshop's commitment to helping young children establish healthy habits, and are proud to lend our expertise to the Healthy Habits for Life Resource Kit.

The kit is a great resource that helps you incorporate healthy physical activity and nutrition habits into your everyday routines. This 100-page guide - available in both English and Spanish - has three sections: Get Moving, Food & Drink to Grow On, and Every Day Is a Healthy Day. Each section contains group poems and songs, posters, activities and reproducibles, and family newsletters. The familiar Sesame Street characters will help you achieve your goals by keeping your students' interest and attention as they learn!

The Healthy Habits for Life Child Care Provider Resource Kit is a project of:

