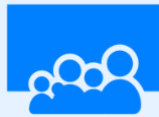


# Healthy habits

Families and teachers: the early childhood and primary school curricula encourage children to develop healthy habits.

You can encourage young children to develop healthy habits while playing, or while watching educational shows like *Sesame Street* together.



## **Watch together**

While you're watching *Sesame Street* or other educational content together build on what children are excited about.

### **Let's eat**

- While watching *Cookie Monster Foodie Truck* you can talk about, then make, the healthy foods they are learning about.
- You can even try growing some easy fruits, vegetables and herbs together.
- Children of all ages can cook and grow fruits, vegetables, and herbs with you!

### **Let's move**

- You can try out some of the movements you might learn during an episode of *Elmo's World* or *Elmo the Musical*.
- Play fun games like "Simon Says," ring games, "1,2,3 Red Light" or games with balls so you can exercise together.
- Just have fun dancing and moving together to children's favourite songs!
- Incorporate tips from The Jamaica Moves in Schools programme!



## **Play and learn together**

### **Healthy all day**

- At school or at home, model ways to stay healthy by incorporating daily movement and healthy, affordable snacks. Primary school children can explore the nutrients in their foods as they make their snacks.
- Primary school children can design posters to share ways to stay healthy with those at school or home.
- Turn routines like tooth brushing and handwashing into a game by dancing, singing or counting while you do it. Let children suggest funny voices too!

### **Calm and cool**

- Toddlers, pre-school and primary school children can help you to design a calming space in the learning environment or at home where they can relax, stretch and move gently when they need a break.
- Practise deep breathing together – even three deep breaths make a big difference for your body and feelings! Breathe in slowly so your belly inflates like a balloon then breathe out and watch it deflate.



### **Talk together**

While you're playing and moving together, ask children questions like:

- What can we do to stay healthy?
- Why do you think it's important for us to be healthy?
- Let's dance together! Can you show me some of your favourite dance moves? Why are they your favourite?



### **Links to Sesame Street content**

**Here are some related Sesame Street songs and games:**

- ✓ Sing "[Sesame Street: Healthy Teeth, Healthy Me: Brushy Brush PSA](#)" on YouTube
- ✓ Play online games like "[Cookie Monster's Foodie Truck](#)" on [www.pbskids.org/games](http://www.pbskids.org/games)

### **Visit [Sesame Workshop](#)**

for many more related activities, printables, and video-based suggestions like:

- ✓ "[Health and Hygiene](#)"
- ✓ "[Eating Well](#)"
- ✓ "[Physical Activity](#)"



### **Links to find out more together**

#### **Local resources**

- ✓ [The Ministry of Education's Game-Based & Interactive Learning Activities for Early Years](#)
- ✓ [Curricular resources](#) like the Resource Book and curriculum guides from the Early Childhood Commission
- ✓ Digital library Book Fusion has free books <https://www.bookfusion.com/libraries/MOEYI>
- ✓ The children's books [\*I Can Do My Part\*](https://bit.ly/icandomypart) (<https://bit.ly/icandomypart>) and [\*I Have Feelings\*](https://bit.ly/ihavefeelings) (<https://bit.ly/ihavefeelings>)

#### **Other resources**

- ✓ Play online games like "[My Bedtime](#)" and "[At the Dentist](#)" at [www.pbskids.org/games](http://www.pbskids.org/games)
- ✓ [Global Digital Library](#) has 6,000+ free books in over 83 languages (<https://digitallibrary.io/>)
- ✓ [Room to Read's](#) free digital library (<https://literacycloud.org/>)