

Feel Great

Rainbow Fun

A Physical Activity and Healthy Eating Program for Young Children

Have fun with your children:

When children feel good about themselves they:

- Are more willing to try new things
- Do better in school
- Are healthier and happier

Let your children know you love them. Parents can help children feel good about themselves. Here are some ideas.

Be a Positive Role Model

If you feel good about yourself and it shows, your children will learn from you and feel good about themselves.

Listening and Encouraging

- Try to set aside some time everyday to listen and talk to your children
- Encourage them to tell you about what they did today
- Say “I am proud of you” when they have done something well
- Tell them it takes time to learn new things
- Help your children know that we can learn from our mistakes

Activity Game: The Name Game

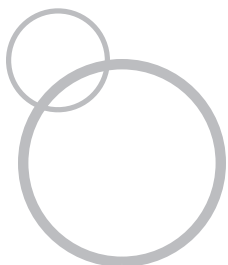
This activity helps children find out good things about themselves

- Write your child’s name down the left side
- Ask your children to tell you good things about themselves
- Using each letter of their name, write a positive statement about them across the paper (for example “S” for singing, “L” for listening, “K” for kind) Draw pictures too



MAY
MY BIG SISTER
YOU ARE KIND

LUCAS
LOVING
CARING
SWIMMER



Feel Great

Have fun with your children: Shine Like a Star

Be Active: Stretch like a Star

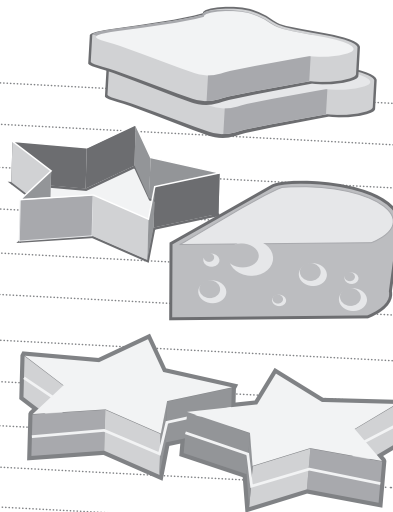
- Stand on tip toes with feet shoulder-width apart
- Extend arms overhead to look like the five points of a star
- Hold Stretch for 15-30 seconds staying on tip toes as long as possible
- Repeat



Eat Well:

Enjoy making these
Cheese Stars together!

- Put 2 or more slices of cheese inside 2 whole wheat bread slices
- Use star-shaped cookie cutters to cut sandwiches into stars
- Make big stars or use small cookie cutters to make bite-sized stars

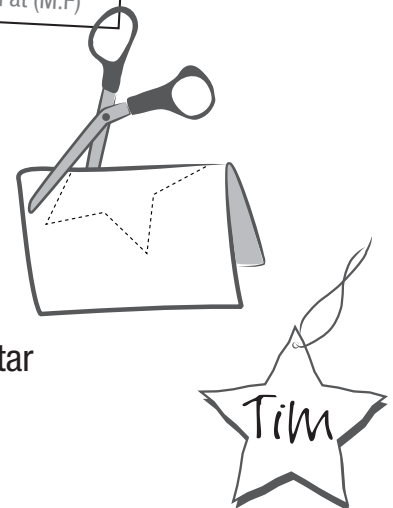


*choose cheese with less than 20% Milk Fat (M.F)

Feel Great: Try this craft idea to help your child to feel like a shining star

Craft activity

- Fold a piece of paper in half and draw a half star on one side
- Carefully cut out the star on one side of the folded paper
- Write your child's name in the middle and have your child colour the star
- Make a little hole on top and add a piece of string
- Hang the star in child's room



Enjoy and have fun with your children !