

Fitness STARS

by Stretch-n-Grow

Where Fitness Meets Fun!

WHERE WE GO IN STRETCH-N-GROW

E-Safety



Be My Valentine



Kindness Rocks



Fair Trade



Kindness Counts

Getting preschoolers to do nice and kind things for others is a great way to teach the concept of kindness. Talk to children about what it means to be kind to others. Talk about how it feels when someone is kind to them. Brainstorm ways to be kind to others and make a list.

Here are 15 random acts of kindness that you can encourage in your preschool environment.

- Help a friend clean up what they are playing with.
- Open the door for your friends on the way outside.
- Say hello to someone you haven't talked to today.
- Let a friend go first in a game.
- Bring in a food item to donate to the food pantry.
- Draw a picture for someone in a nursing home.
- Make a card for someone in the hospital.
- Bring in clothes that you outgrew to donate to a clothing drive.
- Play with someone new today.
- Help your teacher clean up after snack time.
- Let someone go ahead of you in line.
- Throw away garbage that you see.
- Bring in a toy that you don't play with any more to donate to a shelter or Goodwill.
- Write a nice note to a friend.
- Take a treat to the director/owner.
- Give your teacher a compliment.
- Stir ingredients together (like muffins, pancakes or sauces)

SALT AND VINEGAR ROASTED

8 servings



8



5



30

Prep time: 5 minutes

Cook time: 30 minutes



INGREDIENTS

- | | |
|--------|--------------------|
| 1 can | chickpeas (16 oz.) |
| 2 tbsp | vinegar |
| 2 tsp | olive oil |
| ¼ tsp | salt |

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
 2. Drain and rinse chickpeas. Arrange in a single layer on a baking sheet.
 3. Toss the chickpeas with vinegar, olive oil and salt.
 4. Roast for 30 minutes or until chickpeas are a golden brown.
- Keep an eye on your oven as they can burn easily!

MOTOR SKILLS



Sliding

Running

Throw & Catch

Back Kicking

YOGA POSES



Hedgehog

Triangle

Forward Fold

Bear

BONES & MUSCLES

Quadriceps/Femur
 Squats
Cardiac
 Running
Hamstring/Femur
 Hamstring Curl
 Backward Leg Extension