

by Stretch-n-Grow

REASONS TO EAT MORE FRUITS!

01



Cherries help calm your nervous system

02



Grapes relax your blood vessels

03



Peaches are rich in potassium, fluoride and iron

04



Apples help your body develop resistance against infections

05



Bananas are great for athletes because they give you energy

07



Kiwi increases bone mass

06



Strawberries can potentially fight against cancer and aging

08



Mangoes protect against several kinds of cancer

09

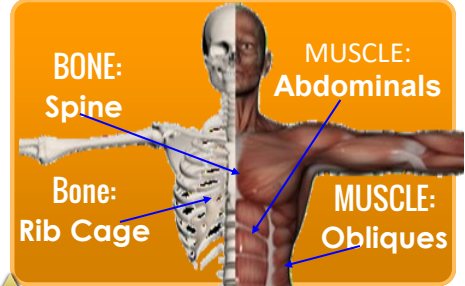


Oranges help maintain great skin and vision

10



Watermelon helps control your heart rate



MOTOR SKILL FOCUS

Crunches (Non-Locomotor)



YOGA POSE Butterfly

Caterpillar to Butterfly

This month we have been focusing on growing a garden. We have talked about caterpillars turning into butterflies! We will burst out of cocoons, crawl like a caterpillars, and dance with the butterflies!

