

Back to School!

The start of a new school year is always a busy time.
To help make it easier, set routines to:

Eat breakfast
Do homework
Make lunches
Get to bed early
Get backpacks
cleaned and ready
for the next day
Limit screen time

"Hey, Marcus,
Will you help me with
ideas to make the
school year easier?"

"OK,
Leanne."



Rainbow Trail Mix

RECIPE

Ingredients:

Dried fruit (raisins, cranberries, chopped apricots, pineapple, mango, banana chips)

Seeds (sunflower, pumpkin)

Grains (pretzels, bagel or pita chips, low-sugar cereals, granola)

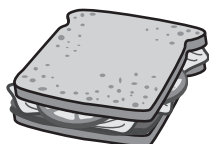
Nuts (almonds, cashews, peanuts, pecans)

Directions:

Mix equal parts of dried fruits, seeds, grains, and nuts.
Enjoy as a great snack for on the go!

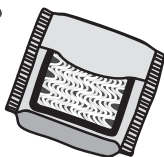
MAKING A HEALTHY LUNCH

Circle the items you would put in
a HEALTHY lunch –



sandwich

OR



ramen
noodles

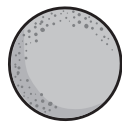


chips

OR



carrot
sticks



orange

OR



candy bar



water

OR



soda



**READ
ALL
ABOUT
IT!**

The Berenstain Bears Go to School
by Stan and Jan Berenstain


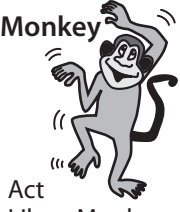



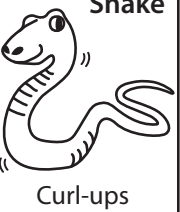
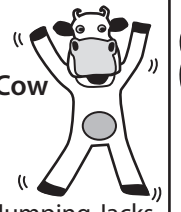

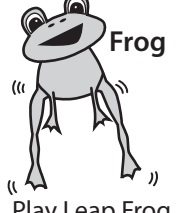
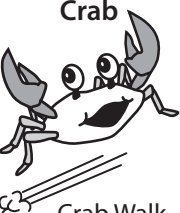

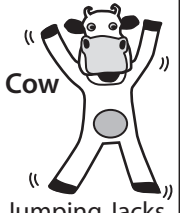

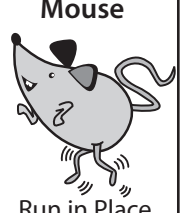

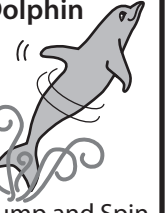



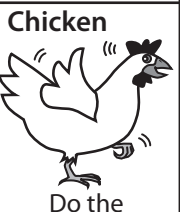

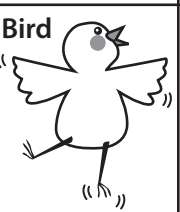
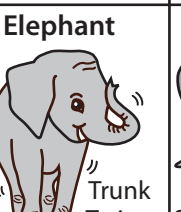
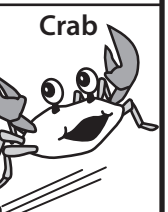
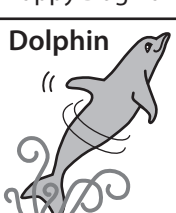
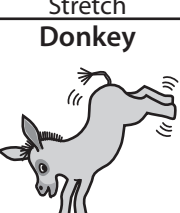
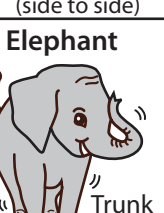

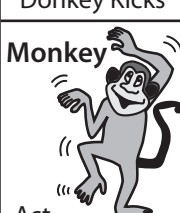
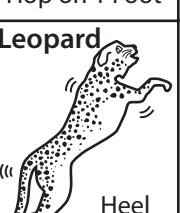

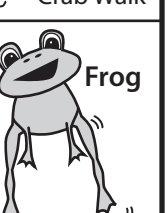
Back to School with Betsy
by Carolyn Haywood

It's Back to School We Go!
by Ellen Jackson

SPARK™
K-2

Animal Action BINGO

- ★ Play with 2 or more people.
- ★ The first player chooses an animal on their card, and all players do the activity in that animal's box.
- ★ Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase the number by 5.
- ★ Once you have completed an animal's activity, cover the box with a marker (a coin or button).
- ★ Then the next player chooses a new animal activity on their card.
- ★ The first player to get 4 in a row, column, or diagonal scores a BINGO!
- ★ How many times can you play Animal Action BINGO this month?

| | | | | | | | |
|---|---|--|---|--|--|--|---|
| Leopard  Heel Raises | Monkey  Act Like a Monkey | Mouse  Run in Place | Bird  Hop on 1 Foot | Chicken  Do the Chicken Dance | Snake  Curl-ups | Cow  Jumping Jacks | Cat  Hamstrings Stretch |
| Frog  Play Leap Frog | Crab  Crab Walk | Snake  Curl-ups | Cow  Jumping Jacks | Kangaroo  Ski Jumps (side to side) | Mouse  Run in Place | Dog  Puppy Dog Run | Dolphin  Jump and Spin |
| Dog  Puppy Dog Run | Cat  Hamstrings Stretch | Kangaroo  Ski Jumps (side to side) | Chicken  Do the Chicken Dance | Donkey  Donkey Kicks | Bird  Hop on 1 Foot | Elephant  Trunk Twists | Crab  Crab Walk |
| Dolphin  Jump and Spin | Donkey  Donkey Kicks | Elephant  Trunk Twists | Beaver  Dance! | Monkey  Act Like a Monkey | Leopard  Heel Raises | Beaver  Dance! | Frog  Play Leap Frog |