



Your community is a partner in learning.

Many of your local institutions are open to the public, are free, or have family friendly admission-free hours. Look for and enjoy:

- Neighborhood playgrounds
- Walking/biking trails
- Community gardens
- Farmers' markets
- Local parks
- Museums
- Libraries
- Religious institutions



Check with your library, doctor's office, school, or community center for more information about free local events and organizations.

This **Physical Health and Well-Being** learning guide has been created for families and caregivers of preschool-aged children. Please look for more information on this topic and Oral Language and Literacy, STEM, Social Emotional Health, and Approaches to Learning on the EEC website: www.mass.gov/edu/birth-grade-12/early-education-and-care/curriculum-and-learning/.



MASSACHUSETTS
Department of
Early Education and Care

Sherri Killins, Ed.D., Commissioner

Prepared by Davis Publications, Worcester, MA



Early Education Consultants:

Susan Etheredge, Ed.D., Professor and Chair of Education and Child Study, Smith College, Northampton, MA

Cathy Weisman Topal, M.A.T. Visual Studies, Lecturer and Studio Art Teacher, Smith College, Northampton, MA

Images courtesy of Claudia McNeil, Cathy Topal, Val Driscoll, and Susan Etheredge

© 2012 Massachusetts Department of Early Education and Care

Be Healthy!



Be healthy together with your child...

“Healthy development depends on the quality and reliability of a young child's relationships with the important people in his or her life, both within and outside the family. Even the development of a child's brain architecture depends on the establishment of these relationships.”

National Scientific Council
on the Developing Child

Develop
good habits
and routines
to stay healthy.

Care for your body,
your mind,
and your spirit.

http://developingchild.harvard.edu/resources/reports_and_working_papers/working_papers/wp1/

Daily opportunities for physical health and well-being

Washing Hands

Let's clean up and get ready to eat.



Making Healthy Food

Flour, eggs, and water- that's all we need to make fresh pasta!



Resting and Sleeping

Reading a book quietly helps you relax.

Playing Outdoors

Can I play tag, too?



Practicing Hand-Eye Coordination

Wow! You've developed a system of cutting and arranging at the same time.



Exploring the Natural World

Doesn't it feel great to create outside?

Eating Fresh Food

This pineapple is so sweet!



Walking, Biking, Running

Let's bike to the store!

