

Develop good habits and routines to stay healthy.

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/.



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BUILDING

Early Education Consultants:

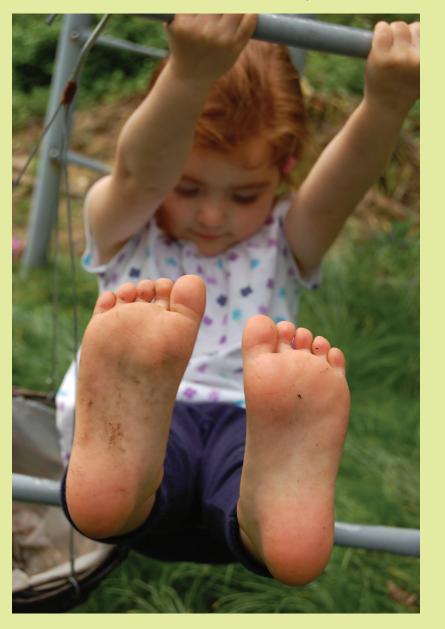
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Images courtesy of Claudia McNeil, Cathy Topal, Val Driscoll, and Susan Etheredge

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Be Healthy!



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

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

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.





Eating Fresh FoodThis pineapple is so sweet!

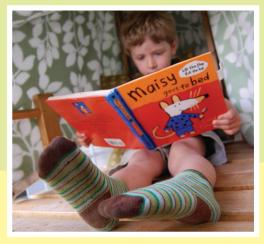
Making Healthy Food

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?

Walking, Biking, Running

Let's bike to the store!

