



Head, Shoulders, Knees and Toes **A Look into Living a Healthy Life for Grades Pre-K – K**

Learn all about your body from fingers and toes to your ishy-squishy insides within the familiar world of your favorite *Sesame Street* characters! Here's your peek at the week:

Day 1, The Heart: Come learn what your heart does! First, learn how the heart pumps blood through your veins. Then, put your heart and other muscles to work at Rosita's Locomotion where you can run, pump or row your way through a dimensional maze.

Day 2, Bones: Help the Count count your bones and discover how your bones fit inside you with your muscles, organs, and circulatory system. Super Grover's Obstacle Course will put all your body parts to the test as you use physical activity to help you stay healthy!

Day 3, The Five Senses: Play Use Your Head, a classic TV-style game show hosted by Guy Smiley, to learn all about your head and senses.

Day 4, Germs: Come learn about germs and how to prevent spreading them. Irritate a giant nose to learn how snot helps to keep you healthy. Also, Join Ernie and Rubber Ducky's Rub-a-Dub Club and find out how much fun staying clean can be.

Day 5, Nutrition and Movement: Visit Mr. Hooper's Store to find out what foods are good for you while you while setting up and running a pretend restaurant of healthy foods! Then get moving in Grover's Dance Party where Grover leads you through a wild, wacky series of gyrations.