

**P**reschool-  
Lesson  
Plan Handouts

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MoOove to Low Fat Dairy



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Dear Parents,

Your child has been learning about milk throughout our lesson, *Moove to Low Fat Dairy*. We have learned that:

- Milk is white and it comes from cows.
- Milk helps our bones and teeth grow healthy and strong.
- It is important for children to drink milk everyday.

Some of the older children may have learned that:

- There are different kinds of milk - whole, reduced fat (2%), low fat (1%), and fat-free (skim).
- Whole milk is not good for our bodies because it has a lot of fat.
- Exercising and being physically active helps our bodies to be healthy and strong.

Milk is an excellent source of protein, calcium, and vitamins. Choosing low fat or fat-free milk is healthier than reduced fat or whole milk. Low fat and fat-free milk have the same nutrition as reduced fat and whole milk, just less fat and fewer calories. For healthy children age 2 and older, low fat or fat free milk is recommended. Do not worry if your child is lactose intolerant. Lactose-reduced milk and lactose-free milk come in low fat and fat-free varieties too!

Switching to low fat or fat-free milk can help prevent childhood overweight and obesity and reduce the risk of heart disease and diabetes later in life. An easy way to make the switch from whole milk is to gradually replace it with a lower fat milk. Start by serving reduced fat milk, then serve low fat milk, and finally try introducing fat-free milk.

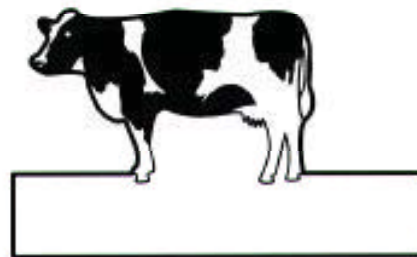
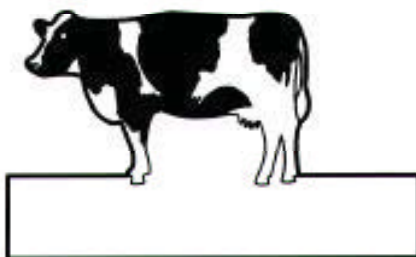
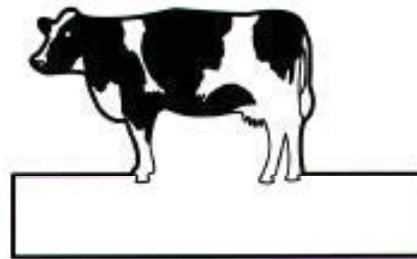
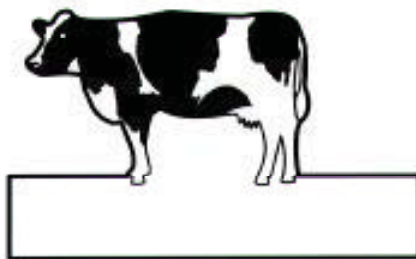
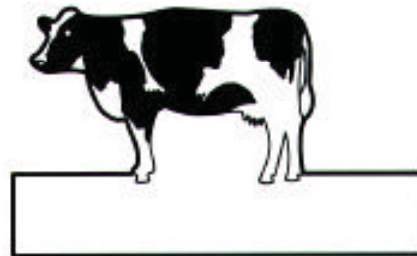
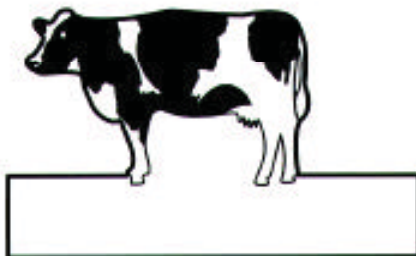
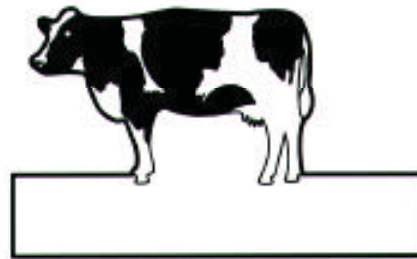
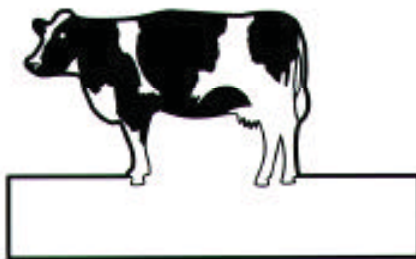
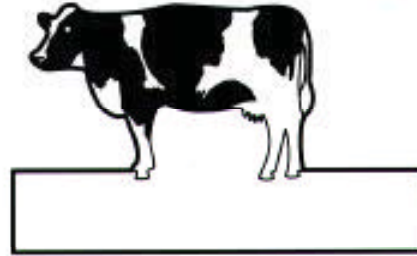
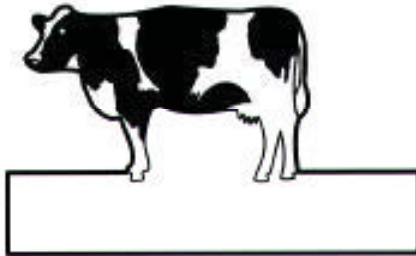
If you encourage and promote a healthy lifestyle from the start, you can help your child choose and develop positive health habits that can last a lifetime. Choose low fat or fat-free milk for yourself and, beginning at age two, for your child.

Sincerely,

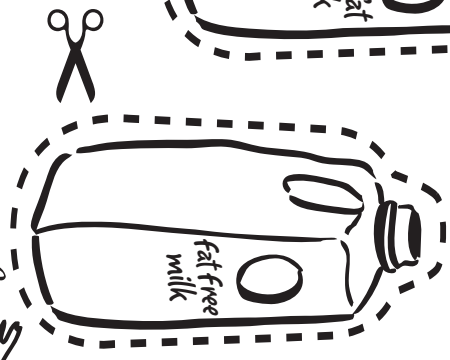
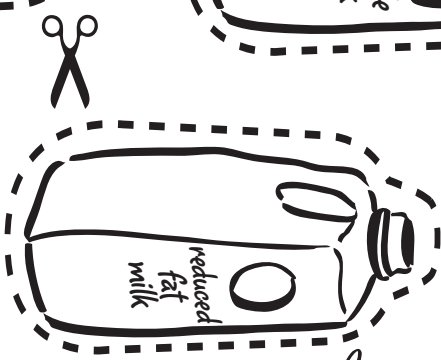
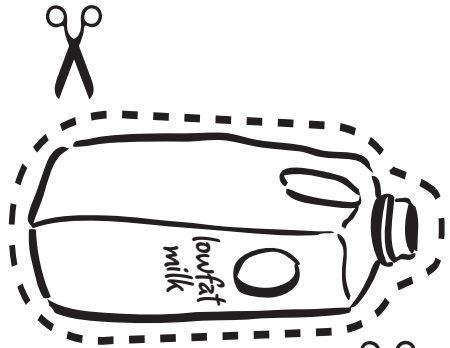
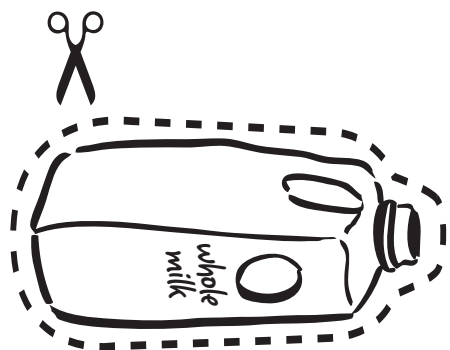




# FINGER PUPPET PATTERNS



Select a healthy milk.  
Cut out and glue to  
your grocery cart.



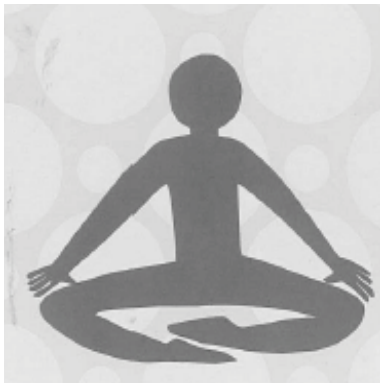
## Children's Yoga Stretches

Here are some easy yoga stretches to try with children. It is recommended that the teacher introduce only one or two new stretches at one time. Teaching three or more stretches at one time can be too much for children to learn. The children may get frustrated and the teacher might lose their attention. Repeating these exercises often with the children will help them repeat the stretches from memory and do the stretches wherever and whenever they want to. For more yoga stretches, please refer to Annie Buckley's, "The Kids' Yoga Deck: 50 Poses and Games." The following was adapted with permission from Buckley, A. (2003). The Kids' Yoga Deck. San Francisco: Published by Chronicle Books LLC. Visit <http://www.ChronicleBooks.com>.

### A. INTRODUCTION TO YOGA

1. Ask the children to sit on the floor with the teacher.
2. The teacher explains, "We are going to learn some stretching exercises called yoga. Can you say, 'yoga'? Each different stretch has a different name. We will learn to remember the names of these different yoga stretches and will do them many times so we can learn them really well. Ok? Do you have any questions?"
3. The teacher pauses to answer any questions from the children.

### B. FLOWER



From The Kid's Yoga Deck: 50 Poses and Games by Annie Buckley. (c)2003. Published by Chronicle Books LLC. Visit [www.ChronicleBooks.com](http://www.ChronicleBooks.com).

1. The teacher continues, "The first yoga stretch we are learning is called 'the flower.' Please sit on the floor facing me. Fold your legs in front of you like I am doing."

- The teacher crosses her legs in front of her.
  - To know exactly what to do, refer to the matching picture.
2. After the children are seated in the correct position, she asks, “What is the name of this yoga stretch?”
  3. After the children answer her question with, “the flower,” the teacher tells the children to close their eyes and sit quietly while she says to them, “Think of a pretty flower that you saw in a book or outside in a garden. Pretend you are that flower. Your legs are the roots of the flower and your back is the stem of the flower. Your arms and hands are the leaves of the flower. Your head and face are the pretty petals of the flower.”
  4. The teacher gives the children a moment to imagine this while they have their eyes closed.
  5. Then the teacher says, “Imagine your legs are growing long and deep into the ground. Can you feel your legs get long and heavy?”
  6. After the children answer her, the teacher says, “Now take a deep breath through your nose.”
    - At the same time she says that, the teacher takes a deep breath to show the children how to do it. “Then you let the air out your mouth.”
    - The teacher lets out her breath slowly through her mouth to show the children how to do it.
  7. The teacher says, “Pretend your head and face are the pretty petals of the flower and you are looking up toward the sun.”
    - “Take a deep breath through your nose.”
    - The teacher takes a deep breath to show the children how to do it.
    - “Now let the air out through your mouth.”
    - The teacher lets out her breath slowly to show the children how to do it.
  8. The teacher congratulates the children for doing such a good job.

## C. FULL BREATH



From *The Kid's Yoga Deck: 50 Poses and Games* by Annie Buckley. (c)2003. Published by Chronicle Books LLC. Visit [www.ChronicleBooks.com](http://www.ChronicleBooks.com)

1. The teacher has the children stand up by saying, “This next yoga stretch is called, ‘full breath.’ Can you say, ‘full breath’?”
2. The teacher tells the children, “We all need to stand up nice and tall. Look at each other and make sure that your neighbor is standing up nice and straight. Give help if it is needed.”
3. After the children stand still, the teacher says, “Place your hands on your ribcage.”
  - The teacher shows them where to put their hands on their bodies so they are touching their ribcages.
  - “These are the bones that protect your lungs. Keep your hands on your ribcage and take in a deep breath through your nose.”
  - The teacher takes in a deep breath to show the children how to do it.
  - “Now let out the breath slowly through your mouth.”
  - The teacher exhales slowly to show the children how to do it.
4. The teacher explains, “We are breathing all the time, but we don’t pay attention to it a lot. We are going to pay attention to our breathing today. We are going to take 5 deep breaths together slowly. When we do this it helps us relax. First, let me show you how to do it.”
  - The teacher takes 5 deep breaths slowly and makes sure the children are watching her do it.
5. The teacher says, “Now that I have shown you how to do it, let’s try it together. Take in a deep breath very slowly.”
  - The teacher watches the children carefully to make sure they are doing the breathing slowly so they do not hurt themselves by doing it too quickly.
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6. The teacher should always remember to tell the children what a great job they have done.

## D. TWISTY FLOWER

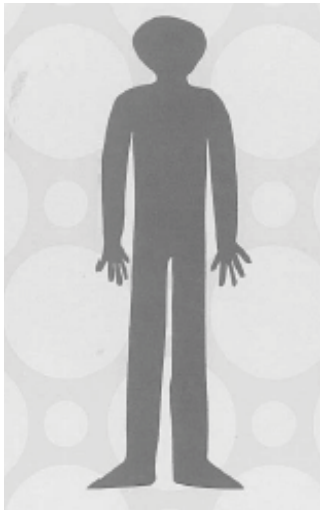


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1. The teacher has the children sit on the floor and explains, "We are now going to do the 'twisty flower.' Please sit on the floor in the 'flower' position we already learned with your legs folded in front of you. Now rest your hands on the top of your knees. Watch me if you are not sure what to do. We are pretending to be a flower again. The only difference is that we are going to twist this time. Watch me as I do it if you do not quite understand."
2. The teacher quickly looks around to make sure the children are sitting and have their hands on their knees. She makes sure to congratulate them for doing such a good job.
3. The teacher continues, "Now I need you to pay close attention to this part. We will repeat it a couple times to make sure we can all do it together. It is okay if you do not get it the first time. Your hands are still on your knees. Now I want you to switch your hands on your knees."
  - After the children have done this successfully, the teacher says, "You did that very well. Now lift one of your hands off your knee and put your hand on the floor next to you, like this. Watch me if you are having trouble."
  - The teacher then shows how to lift one hand and puts it on the floor.
4. The teacher then explains, "On the side where your hand is on your knee, I want you to twist your body slowly, like this."
  - The teacher makes sure to point to her hand on her knee and twists her body slowly for the children to see.
5. The teacher then instructs, "Now hold that position and turn your head slowly in that direction and look over your shoulder. Sit up as straight as you can. Take a deep breath through your nose and let it out your mouth slowly. Take another deep breath through your nose and let it go out of your mouth slowly."

- The teacher might want to sit sideways, in front of the children, so they can see what she is doing behind her back with her hand.
6. She then tells the children, “Now slowly untwist yourselves and put your hands back on top of your knees like you did at the beginning of the exercise. We are going to do the ‘twisty flower’ again so we can make sure that everyone knows how to do it.”
    - The teacher goes through the ‘twisty flower’ exercise at least one more time to make sure the children know how to do it.
  7. The teacher sits on the floor facing the children so they can see what she is doing and says, “This time we are going to do the ‘twisty flower’ twisting in the other direction. Put your hands on your knees like you did before. Switch your hands. Lift your hand that you already used in the ‘twisty flower’.”
    - The teacher runs through the ‘twisty flower’ again except with the opposite hand following steps 2 through 6. She should run through it a couple of times to make sure the children are doing it correctly.

## E. MOUNTAIN



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1. The teacher asks the children stand for this yoga stretch. She explains to them, “We are going to stand on our feet for this yoga stretch. We are going to pretend that each one of us is a very tall mountain. When you are a tall mountain you stand really tall and straight. Stand with your feet together and your arms resting at your sides. Look at me to see how to do it.”

- The teacher looks around the room quickly to make sure that the children are standing the way they should.
  - If the children are not sure of what a mountain is, the teacher can show the children a picture of a mountain.
2. The teacher continues with instructions, “You are the mountain and the floor is the ground. Feel your legs and feet stretch into the ground and dirt like a mountain does. Feel your spine and neck. Slowly, raise your head up toward the sky and clouds like the top of the mountain. Close your eyes. Take a deep breath through your mouth. Then let the air out of your nose slowly.”

## F. SUNRISE/SUNSET



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1. The teacher keeps the children in their standing position for this yoga stretch. She explains, “Stand tall like a mountain and let’s take 3 deep breaths together. First take a deep breath in through your nose.”

- The teacher inhales big. “Exhale the air out through your mouth.” The teacher exhales through her mouth.
- “Second take a deep breath through your nose.” The teacher inhales through her nose again. “Exhale out through your mouth.” The teacher exhales through her mouth.
- “Third and last take a deep breath through your nose.” The teacher inhales through her nose. “Exhale out through your mouth.” The teacher exhales through her mouth.

For more information, please visit Annie Buckley’s web site at <http://www.anniebuckley.com/> for more teaching/curriculum information and Imagine web site at <http://www.imagineyfk.com/> a non-profit program to bring yoga to schools.