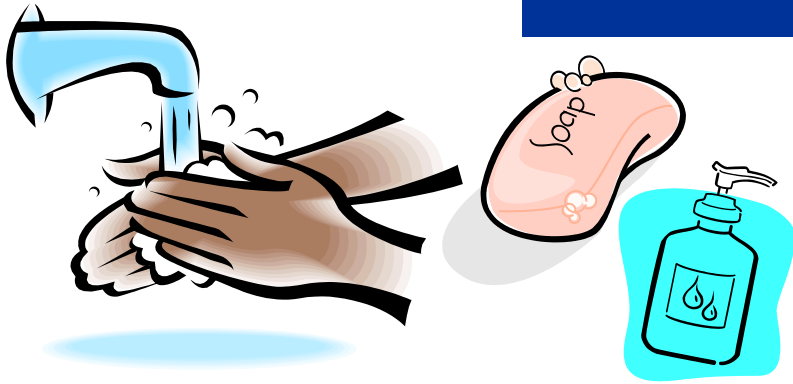


December 2011

This month's *healthy habit* is:



Be kind to your friends—wash your hands!

- Germs are everywhere and when a germ gets in your body, it can make you sick .
- You can keep yourself and your friends from getting sick by washing your hands regularly!

Be kind to your body and your mind— get moving!

Use this calendar to mark each day that your class does at least **10 minutes of physical activity** through energizers, active lessons and other classroom activities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31