



Circle Time

Baby Photo Game

Ask each parent to bring in a baby photo. Display the photos and have children try to guess who's who. At circle time have each child reveal their photo. Talk about how they have changed in size and ability. Be sure to attribute children's mental and physical growth to eating a variety of healthy foods and exercising. Talk about foods they ate when they were babies and what they eat now.



Growing Game

Have children crouch down on the floor. Instruct them to "grow" a little bit whenever you call out a food item that helps them grow. If a non-food item is called, the children should remain still. For example, call out "cheese" (children "grow" a little), "chair" (children remain still), "apples" (children grow a little), "airplanes" (children remain still), etc. Repeat until all of the children have "grown" as high as they can reach. Older preschoolers may enjoy taking a turn to be the caller.

