

Dear Families,

We are creating a classroom informational book called *We Take Care of Our Bodies* in which children describe ways they keep their bodies healthy. In school, we have talked about washing hands, brushing our teeth, being active and eating nourishing foods. To support this work, please talk to your child about some of these healthy routines and habits. You might ask some of the following questions to help generate ideas. Please jot down what your child says and send this information back to school. This will help them be prepared to share.

- What are some ways you are active?
- What sports do you like to play?
- Do you brush your teeth?
- Do you wash your hands?
- What are some other ways we help you take care of your body at home?

Thank you for your support!

