



# PARENT ACTIVITY CALENDAR

**HERE**  
For Healthy Schools

## NOVEMBER

When your kids show they care about others, they'll get the healthy habits message too!



### Stay Well Cards

The cold winter months are a time when many people get sick. Make "Stay Well" cards with your kids to give to friends and family.

#### You'll need:

- Art supplies: paper or card stock, crayons, pencils or markers
- Decorative elements like feathers, glitter and ribbon (use glue to attach them)
- Envelopes

#### How to:

1. Explain that instead of "Get Well" cards, you're going to make "Stay Well" cards for friends and family.
2. Talk about things people can do to help stay well. For instance:
  - a. Brushing teeth
  - b. Washing hands often
  - c. Eating healthy food
  - d. Exercising
3. Choose one thing to illustrate on each card.
4. Add greetings such as, "Stay well! I love you!"
5. Give or send the cards to friends and family.

## DECEMBER

Here's a fun, hands-on activity that will inspire your kids to wash their hands!\*

### Super Soaper

Kids of all ages not only love making their own soap, but they will spend more time washing in the effort to get to the "prize" in the middle of these handmade soaps. The whole project, including cooling down the soap, takes about three hours, but the active time is 20-30 minutes.

**Bonus: these make great, inexpensive presents!**

#### You'll need:

- Glycerine soap and soap dyes (you can purchase at a craft store)
- Little plastic toys or trinkets to embed in the soap
- Soap molds, which you can buy, or get creative with items you have around the house. Plastic pudding or yogurt containers are ideal
- Petroleum jelly or cooking spray to line the molds
- A microwave-safe measuring cup
- Something to stir with

#### How to:

1. Heat the soap in the microwave in a microwave-safe measuring cup with handle until melted. Be careful: it gets HOT.
2. Mix in dyes, if you wish. A few drops is all it takes!
3. Lightly grease the mold with petroleum jelly or spray oil.
4. Pour soap to fill about one-third of the mold. Let it cool for about 20 minutes.
5. Place the toy on the cooled soap.
6. Repeat steps one and two to melt and color the remaining soap. Pour soap into the mold so it covers the toy.
7. Let soap harden for at least two hours, then pop it out.

\*Find activity on [Skiptomylou.org](http://Skiptomylou.org)