

# Dr. Patricia's HEALTH CLUB

Today is World Compliment Day!  
A compliment is when someone says  
something nice to another person.

I like your shoes.

You are real  
good at sports.

I think the picture  
you drew is pretty.

When you compliment someone,  
you make their day better!  
Can you give a compliment  
to two people today?

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Monday, March 1, 2021

Responsibility



FRUIT SALAD WITH YOGURT

INGREDIENTS:

- 1 Cup chopped fruits (berries, pineapple, cantaloupe, grapes)
- 1 Tablespoon walnuts or nuts of your choice
- 1 Cup plain greek yogurt
- 1 Tsp cinnamon

INSTRUCTIONS:

Wash your hands with soap and warm water before prepping.

Add fruits together in a large bowl

Add nuts

Top with yogurt and mix all together

Sprinkle with cinnamon

Serve & enjoy!

I love all the different ways I can eat my favorite fruits. Sometimes I eat them plain, and other times I like to mix my fruit together with plain yogurt or nuts. How will you eat your fruit today?



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Today is World Wildlife Day!



I love all animals and learning about different kinds of wildlife. Will you draw a picture of your favorite wild animal?



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Thursday, March 4, 2021

Responsibility

Do you know who your emergency contacts are? Write down a list with your family of names and phone numbers and put the list where everyone can find it.



**Emergency Contacts List**

- + Mom - (123) 456-8888
- +Dad - (123) 456-9999
- + Brother/Sister - (123) 456-7777
- + Aunt/Uncle - (123) 456-5555
- + Neighbor - (123) 456-3333

You can place the list on the refrigerator, near the phone, or in a safe drawer.

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Today is National Dentist Day.  
Can you honor your dentist by  
being responsible for your teeth?

This means drinking water, cleaning your  
teeth twice a day, using dental floss,  
and scheduling a dental appointment  
if it has been longer than 6 months.

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Saturday, March 6, 2021

Responsibility



Sunday, March 7, 2021

Responsibility



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Sharing your thoughts and feelings is healthy. A good time to share is when you are eating a meal with your family. During your meal today, can you share with your family some of your thoughts, feelings, or something fun that happened?



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Water is super healthy, which is why I always have my water bottle with me. Carrying a water bottle with you is an excellent way to always have a healthy drink nearby. Can you carry a water bottle with you today?





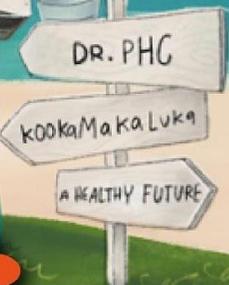
Today is National Plant a Flower Day!



We both love being outside and enjoying nature.  
Can you go out and plant a flower?



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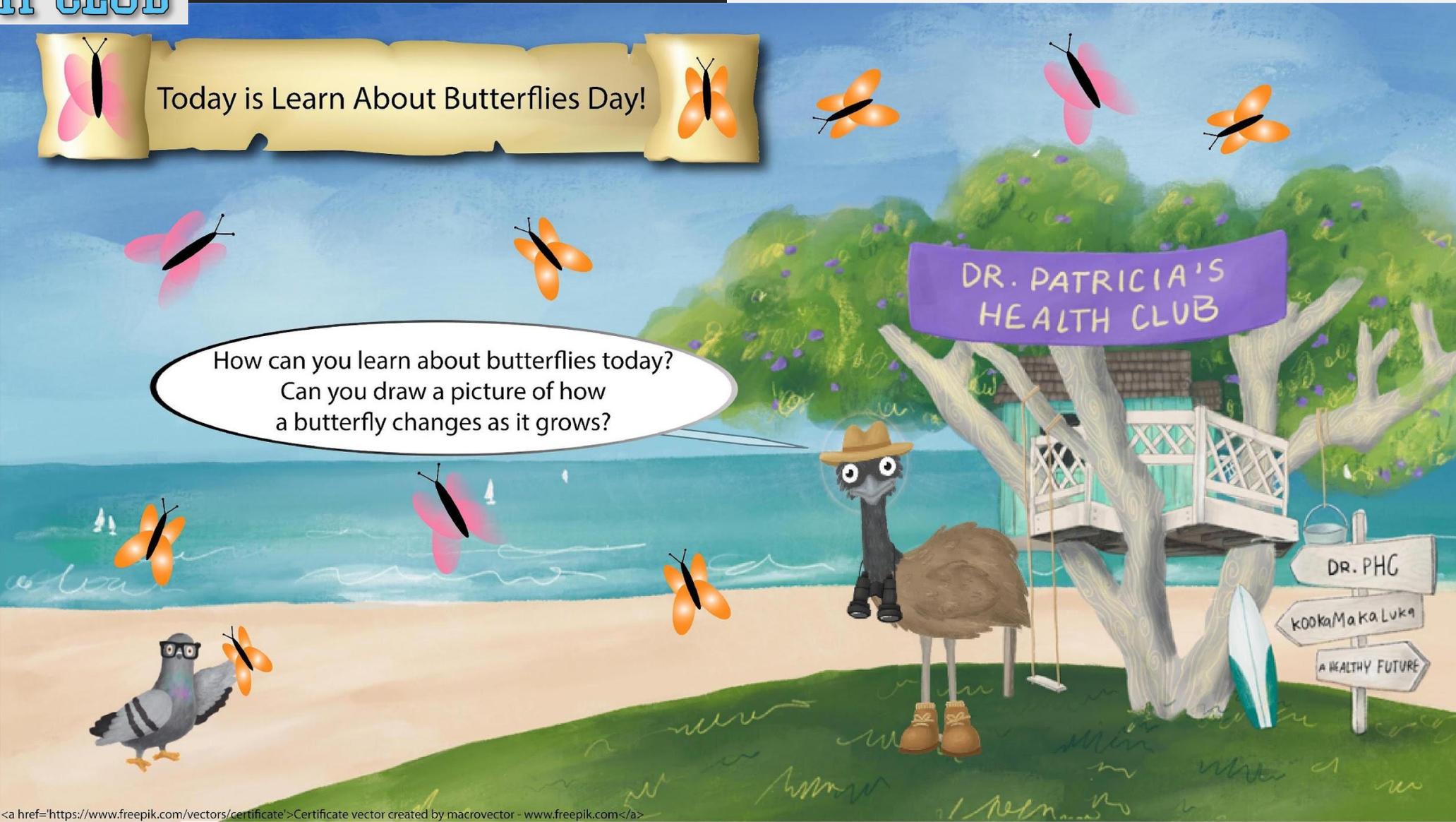
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March Madness is a special basketball tournament for college students. You can practice basketball skills today by going to a basketball court and playing with others or shooting baskets, or practice dribbling a ball (bouncing it up and down with one hand). You could even make balls of wadded-up paper and practice your shots in a trash basket or an empty box.  
How will you practice basketball today?



Today is Learn About Butterflies Day!

How can you learn about butterflies today?  
Can you draw a picture of how  
a butterfly changes as it grows?



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Sunday, March 14, 2021

Responsibility

Being safe means being responsible for your actions.  
Washing your hands before you eat,  
wearing a helmet when riding your bike,  
and always wearing your seatbelt in the car  
are ways you can be responsible for your health.  
Can you name some more ways you can  
show responsibility for your health?

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Monday, March 15, 2021

Responsibility





Tuesday, March 16, 2021

Responsibility

Happy Saint Patrick's Day!

What green foods can you make or try today to celebrate St. Patrick's Day?



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Expressing our feelings is important.  
There are many healthy ways to express your feelings:  
drawing, playing music, dancing, or talking to someone.  
How do you like to express your feelings?

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Today is the first day of Spring!



Many fruits are in season during spring. Apricots, jackfruit, mango, lychee, pineapple, and strawberries are just a few. Which spring fruits do you want to try this spring?

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There are some sports like basketball, soccer, swimming, tennis, and golf that always happen in the spring. Which of these sports would you like to try this spring?

Today is World Water Day!

Being active around water is a fun way to spend your time, but it requires some responsibility. You can go to a beach, lake, river, or pool to be active around water, and you can also use a hose, water balloon, or play in a tub. Can you find a way to be active around water today or at least draw a picture of it? Make sure a trusted adult is responsible for you around the water, even the bathtub (making sure to watch you and keep you safe).

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Monday, March 22, 2021

Responsibility

Many vegetables are in season in spring.  
Artichokes, asparagus, beets, carrots, peas,  
radishes, and spinach are all spring vegetables.  
Can you draw a picture of which vegetables you  
would like to add to your grocery list this spring?



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Tuesday, March 23, 2021

Responsibility



Mealtime is a great time to share your thoughts and feelings. Today, try to share some thoughts and feelings during your snack or meal with your family or friends.



Thursday, March 25, 2021

Responsibility

Today is National Spinach Day!

Spinach is one of my favorite veggies,  
and it is one of the healthiest vegetables you can eat.  
Can you try to eat some spinach today?

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Friday, March 26, 2021

Responsibility

 Today is Earth Hour!

Spring is a beautiful season. The leaves on the trees blossom, certain flowers grow, the weather gets warmer. Can you see any spring-like changes outside of your home? Or can you draw a picture of your favorite spring activity?

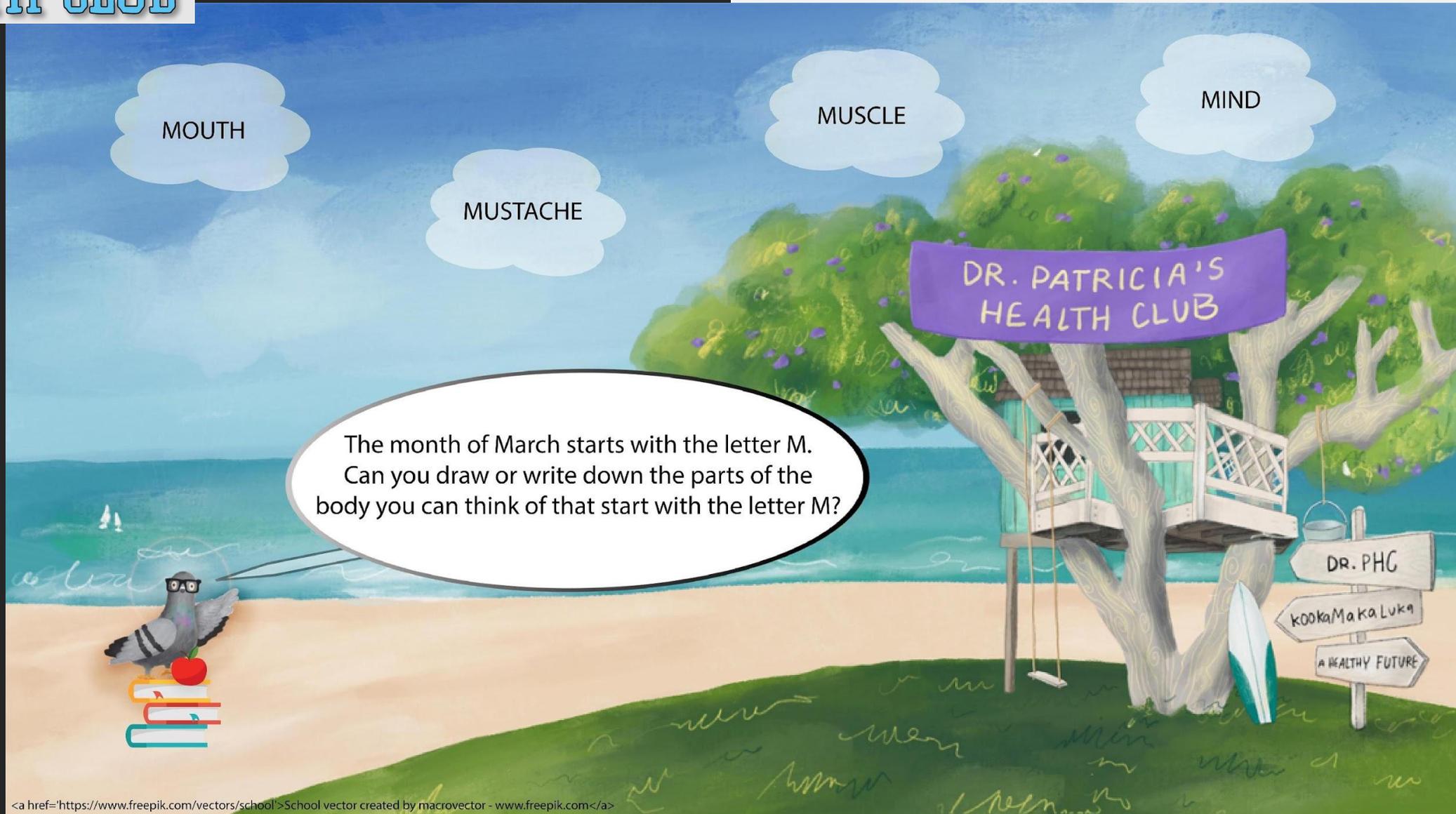
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Saturday, March 27, 2021

Responsibility



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Sunday, March 28, 2021

Responsibility



There are many ways to be kind.  
You can write someone a letter, draw them  
a picture, say hello, or spend time with them.  
How would you like to be kind today?

Today is "Take a Walk in the Park Day!"

Walking in the park can be a very healthy, mindful activity.  
Can you take a walk in a park today?

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Tuesday, March 31, 2021

Responsibility

Today is National Crayon Day!

Can you use a crayon to draw one or all of us?



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