Lakeshore and Choosy Kids Introduce...

Build a Foundation for Smart and Healthy Choices!

Lakeshore Learning Materials
2695 E. Dominguez St.
Carson, CA 90895

Training for your staff is available. Call for more information.

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by phone (800) 778-4456
Mon.-Fri. 6:00 am to 6:00 pm,
Sat. 8:30 am to 5:00 pm, PST
by fax (800) 537-5403
online lakeshorelearning.com

choosykids.com

Be Choosy
Be Healthy Kit

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At the heart of your Choosy program kit is a Movement & Nutrition Guide, plus 16 activity cards that promote nutrition, physical activity, and movement skills, all through play.

Created by Dr. Linda Carson, Ware Distinguished Professor at West Virginia University and expert in the field of children’s motor development, these activities help develop a movement vocabulary for children (and teachers) while strengthening the key neural networks in a child’s brain.

Dr. Carson’s award-winning Choosy program, with its charming and energetic signature character, Choosy, utilizes music & movement—for children and adults—to build a foundation for healthy decision making.

Dr. Linda Carson

I am learning to choose healthy foods.

I am beginning to recognize and eat nutritious foods.

I am increasing my ability to move my body in space.

I am developing large muscle control and coordination.

When used along with the activity cards and Movement & Nutrition Guide, the specially selected materials in this kit enable educators and caregivers to easily integrate movement and healthy eating choices into daily classroom routines.

What’s Included
- Movement & Nutrition Guide
- 16 activity cards
- 3 Choosy Kids music CDs (35 songs)
- 5 Choosy Kids posters
- My Body poster
- Lunch paperback book
- Foods photo card library
- Grocery store writing box
- Build-A-Kid Sponge Painters - 23-piece set
- 30 plastic play foods
- 10 fruit & veggie beanbags
- 6 vinyl movement mats
- 6 movement mat insert cards, plus blank cards
- 33” x 50” partner parachute set
- 12 activity scarves
- 12 wrist ribbons
- 144 yarn laces
- 3 whisker balls
- Stranz ball
- Easy-Catch Playball
- 2 mesh storage bags

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⚠️ WARNING: CHOKING HAZARD — Small parts. Not for children under 3 yrs.
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KT1337

$445.00

Choosy Kids would like to acknowledge the West Virginia Head Start Association for its dedication and leadership in addressing the issue of childhood obesity and in promoting healthy lifestyles for children and families.

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