



CHEYENNE KIOWA LINCOLN EARLY CHILDHOOD COUNCIL

**CKLECC**

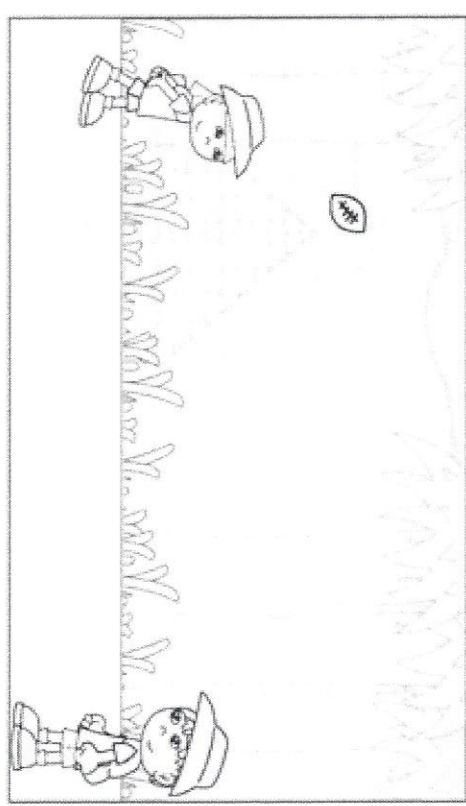
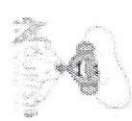
A COLLECTIVE VISION

ON BEHALF OF YOUNG CHILDREN AND THEIR FAMILIES.

For more information go to [www.cklecc.com](http://www.cklecc.com)



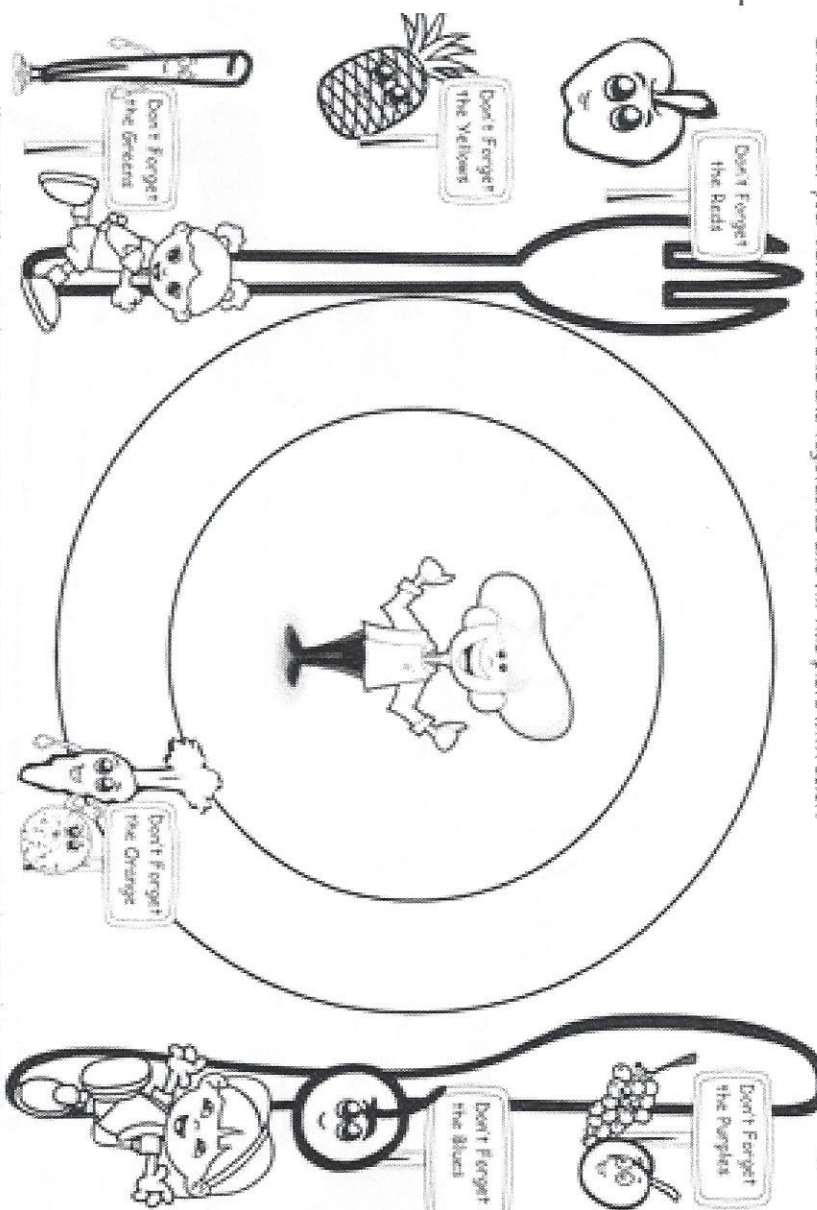
Be Active Every Day for at Least 60 minutes  
and you will be a 'Move-It' Kid!



Explorers eat healthy foods so they have energy to be active, play and have lots of fun  
Can you find the words hidden in this puzzle?

|   |   |   |   |   |   |   |   |   |   |         |
|---|---|---|---|---|---|---|---|---|---|---------|
| Y | D | E | V | O | M | J | P | N | G | ACTIVE  |
| I | G | E | C | J | Y | E | Y | I | J | FUN     |
| D | M | A | Z | P | C | P | M | U | J | JUMP    |
| E | R | M | P | V | Z | J | M | Z | F | RUN     |
| A | B | I | C | Y | C | L | E | I | X | BICYCLE |
| A | C | T | I | V | E | R | C | T | A | MOVE    |
| J | L | P | E | F | U | N | N | H | N | WALK    |
| W | A | L | K | P | Y | C | A | P | U | DANCE   |
| L | M | Q | R | R | B | G | D | M | R |         |
| C | L | F | Q | J | I | I | W | X | Y |         |

Draw and color your favorite fruits and vegetables and fill this plate with color.



Visit [www.ChefSolu.com](http://www.ChefSolu.com) for 'Frank the Chef' character, games, activities and word puzzles. Color and fill this plate and fun healthy food activities!  
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**FUN IDEA**

Walk around your home three times. First fast, second backwards, and third like your favorite animal.

*Blueberry Banana Pancakes*

- Ingredients
- Blueberries
  - 1 Large Egg
  - 1 Large Banana

Peel and slice banana. Mash Banana and add egg. Heat a skillet on medium heat. Spray with cooking spray. Fill a 1/4 sized measuring cup with the pancake batter. Pour measuring cup onto heated skillet. Add blueberries (5-7).

Recipe Makes Three Pancakes

Nutrition Per Pancake: 65Calories, 1.5 g Fat, 208 mg Potassium, 11 g Carbs, 1.5 g Fiber, 5.7 g Sugar, 2.8 g Protein

Recipe from Taralynn Mcnitt  
<http://undressedskleton.tumblr.com/post/38657925508>

**September**

FAMILY BACK TO SCHOOL FUN

**Parades & Football**

- Kit Carson Homecoming - August 30, 2013
- Eads Homecoming - September 13, 2013
- Limon & Hugo Homecomings - September 21, 2013
- Karval Homecoming - September 28, 2013
- Cheyenne Wells Homecoming - October 19, 2013

Count the footballs below:

