



School and Home Connection



What are we learning about this week?

This week we learned more about the different types and names of some major **muscles of the body**. We played games to review our protein and muscle lesson.



What is this week's goal?

Use those muscles and be active for 60 minutes every day this week!



Review with your child:

1. Can you name and point to one of the muscles you learned about today?
2. What is the special cardiac muscle you learned about today in your chest? (Heart)
3. What are some of your favorite protein foods to help you build strong muscles? (Any meats, nuts, beans, eggs)



Take action:

Try some physical activity as a family this week to help your child reach their 60 minutes a day goal! You can feel your pulse before and after the activity to see how hard your cardiac muscle is working!