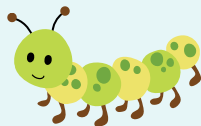


TABLE TALK!



- * IF YOU COULD BE ANY ANIMAL FOR A DAY, WHAT WOULD YOU BE AND WHY?
 - * WHAT IS YOUR FAVORITE GAME TO PLAY, WHAT MAKES YOU LIKE IT SO MUCH?
 - * WHAT IS SOMETHING THAT MAKES YOU REALLY HAPPY? CAN YOU TELL ME WHY?
 - * HOW DO YOU FEEL WHEN SOMEONE GIVES YOU A HUG?
-

BASICS INSIGHTS

RECEIVE TWO FREE MESSAGES
EACH WEEK!

SCIENCE - BASED FACTS AND
ACTIVITIES TO BOOST YOUR
CHILD'S LEARNING AND BRAIN
DEVELOPMENT.



TO SIGN UP

- POINT YOUR PHONE CAMERA HERE
- CLICK ON THE LINK THAT APPEARS

* DISCOVER MORE AT CV.THEBASICS.ORG *



UNITED WAY

Chattahoochee Valley



**THE NEXT TIME
YOU MAKE DINNER,
CONSIDER THE BASICS ...**

HERE IS HOW!



**MAXIMIZE LOVE & MANAGE STRESS
BY MAKING MINDFUL ART. CUT A
VEGGIE OR FRUIT IN A VARIETY OF
SHAPES AND SIZES, STAMP THEM
INTO PAINT, AND YOU'VE GOT NEW
ARTWORK!**



**THE NEXT TIME YOU CUT A
FRUIT OR VEGGIE, COUNT HOW
MANY TIMES YOU CUT THE
OBJECT TO PRACTICE COUNT
GROUP AND COMPARE.**



**BE SILLY TOGETHER, AND
CREATE A SONG BASED ON THE
COLOR OF EACH FRUIT OR
VEGGIE TO PRACTICE TALK,
SING AND POINT.**



**EXPLORE THROUGH MOVEMENT
AND PLAY BY ENCOURAGING
YOUR CHILD TO CREATE FUNNY
FACES USING DIFFERENT FRUITS
AND VEGGIES!**



**READ AND DISCUSS STORIES
BY SHARING A STORY ABOUT
A MEMORY OF YOUR
FAVORITE FOOD AS A CHILD.**



CHILDREN THRIVE WITH BASICS FIVE.