

# How to use this Calendar!

- Print off each month as you require, so your child can track their weekly and monthly progress!
- Have fun keeping track each day that your child has "Eaten a Rainbow". Make it fun! Perhaps they can draw a small image for each day. Their favourite thing they ate - or a face to represent how they feel. (Happy, proud, healthy).
- If you have multiple "Rainbow Eaters" write in their name each day they complete their Rainbow!

The biggest reward for eating a rainbow is a healthy body! Of course for kids, having a weekly or monthly celebration or a healthy reward is something more tangible that they can work towards. The way it works in our house: if our daughter eats a rainbow for 6 days in a row, she gets to choose a fun activity for the family to do together on the 7th day.

Celebrating your child's healthy eating can also be a good way of spending quality time together as a family. If you can incorporate physical activities into your celebration then their bodies are also going to benefit from healthy exercise which helps to instill yet another important part of healthy living!



## Rainbow Celebration Ideas:

- picnic at a park
- family bike ride
- going for a hike
- making a favorite meal
- mini golf, swimming, bowling
- family board game night
- watching a movie together
- hide and seek
- playing tag
- pillow fight
- doing a fun craft together