



# Sprouts

## Growing Healthy Habits



Sprouts: Growing Healthy Habits is an interactive curriculum which seeks to increase awareness and knowledge of healthy routines- like healthy eating habits or sleeping patterns- that can be implemented in daily life. This curriculum targets children ages 4-6 years and can be implemented in classroom settings, afterschool/community-based programs, and in childcare settings. The lessons were developed based on STEM principles of learning, and are aligned with curriculum standards (Common Core, NAEYC, Next Generation Science Standards). We believe that early adoption of healthy practices can have a major impact later in life on healthy routines and food choices. By teaching children practical skills and knowledge early on negative health outcomes can be prevented. We encourage parental involvement by getting them involved through newsletters and family take-home activities.

This curriculum is meant to be used in ways that are best suited for your population and resources. However, we ask that you do not edit the curriculum itself and please provide reference to the Family Resiliency Center at the University of Illinois when using the materials. Lessons can be taught with an entire class or in small groups. Each lesson provides a starting point and guidance for teaching different healthy habits topics, but it is the intention that teachers and facilitators can make the lessons and curriculum their own by adding activities or topics that expand the curriculum to fit their context and needs. All 9 lessons can be done in succession but that is not necessary; individual lessons, activities, or story-telling can be done to encourage healthy habits for young children.

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