

NOVEMBER

Chili Boat

12 ounces lean ground beef
3 (15 ounce) cans diced tomatoes
2 (15 ounce) cans pinto beans, drained
2 tablespoons chili powder
Optional: shredded cheese, sour cream
6 small baked potatoes

In a large stockpot, cook ground beef over medium-high heat until browned, stirring frequently. Drain excess grease. Stir in remaining ingredients. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes. Spoon chili over hot, baked potatoes and serve. Top with a shredded cheese or sour cream, if desired.

Paper Plate Boat

Everyone needs to captain their own boat! Have your children fold a paper plate in half and glue or tape the edges together. Glue or tape a craft stick to the boat to make the mast and then glue or tape on a construction paper sail to the mast. Let everyone chart their own course decorating with paint, stickers, and even buttons and foam shapes to design their favorite boat. Then have a boat parade!

Beans Beans The Musical Fruit

Beans come from plants and are rich in nutrients. They are a good source of protein, vitamins, minerals and fiber. Because they are often sold dry, they are never out of season! Check out this list of easy-to-find beans: Black Beans, Black-Eyed Peas, Cannellini Beans, Garbanzo Beans, Great Northern Beans, Kidney Beans, Lentils, Lima Beans, Navy Beans, Pinto Beans, Red Beans, Soybeans, and Split Peas.

Stream Hopping

Here's a fun game which builds strength and is good for the heart. Start by laying two jump ropes on the floor parallel to one another. Pretend they are the banks of the stream. Challenge each child to hop from one side of the stream to the other. Widen the river to make it more challenging as needed.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday