



LEARN IT Sometimes we don't want to try a new activity because we are scared. Sometimes we need to have courage to do what is right and not what everyone else is doing. How can we build up courage in ourselves to try new things? How can we help others around us to have courage? Give the children choices and they say if it is full of courage or not.



MAKE IT Turkey Finger Puppet

Cut a 4" circle using brown construction paper. Cut two finger holes side-by-side in the bottom. Ask each child to add googly eyes, a beak and feathers to their turkey. They will have a blast making up stories and playing with their Thanksgiving turkeys.



READ IT

You See a Circus, I See... by Mike Downs

A Tale of Two Brothers: A Rhyming Story About Making Healthy Choices by Brittany Andrejcin

The Thing Lou Couldn't Do by Ashley Spires



EAT IT Acrobat Roll-Up

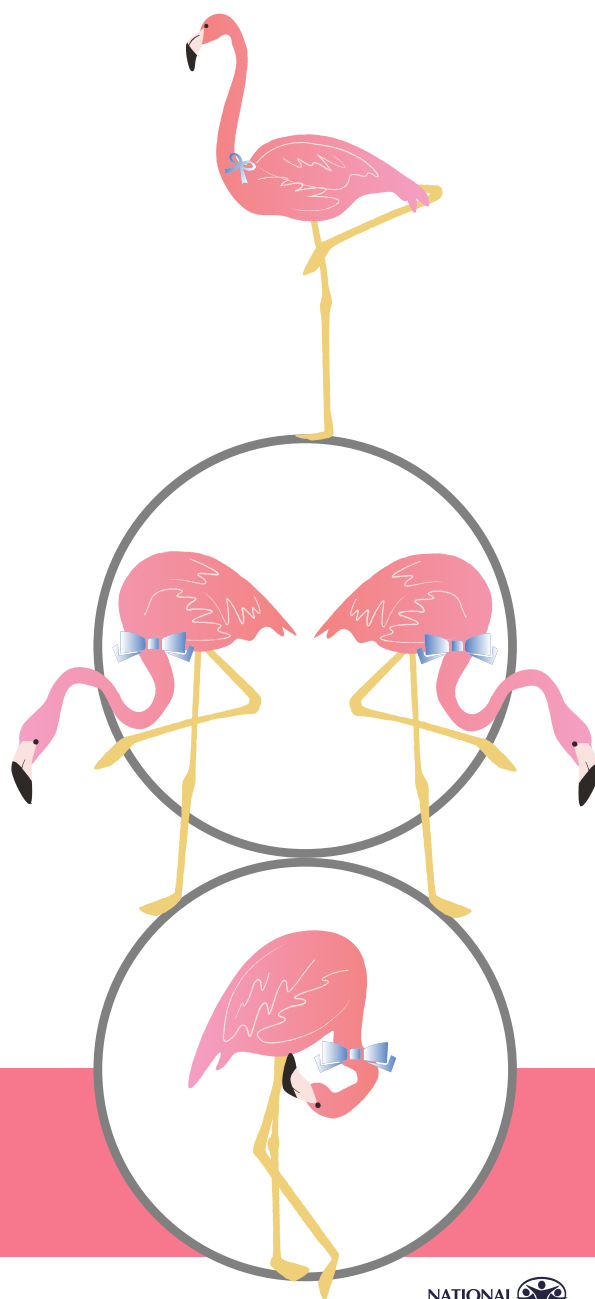
Children can make their own roll up. Take turkey, a whole grain tortilla, and a sliced avocado. Ask them to place the turkey and avocado inside the tortilla. Then roll up to enjoy!

COURAGE



PLAY IT Jumping Animals

At the circus there are all kinds of acrobats that jump and some are even animals! How far can your kids jump? First ask them to jump like a kangaroo – long high jumps. Can you jump like the magician's bunny – short, quick jumps? How about a frog on all fours or a monkey from tree to tree?



CIRCLE the two monkeys that are different than the others.

