Healthy Little Steps

15 minute health class for children enrolled in Family Childcare Homes, Head Start, State and all Preschools, TK, and Kindergarten

KIDS WILL LEARN ABOUT

- Drinking water not juice
- Everyday foods and sometimes foods
- How to calm themselves
- The environment and the importance of outdoor exercise and activities

We will provide the tools and resources to apply the information.

Features “Potter the Otter” puppet and book, Potter the Otter: A Tale about Water.

To Schedule a Class:
Call: 408-600-3590 or Email: AngelaN@hkidsf.org
Ready to Schedule a Class?

SCHEDULING REQUIREMENTS

- **Preferred date:** Monday - Friday
- **Preferred start time:** Between 9 AM - 6 PM
- **Preferred Language:** English, Spanish, Vietnamese or Bilingual (Bilingual requires a 30 minute class)
- **Access to Zoom Link or Google Meets link** that is shared with us to join your group/class the day of the class OR we will send you our Zoom Link invitation to join us
- **Number of children** in the class/group (minimum of 4)

Once you have scheduled a class with the Program Coordinator, you will receive a confirmation email with the class details. You will receive an email reminder the day before of the class and the details of the class instructor that will be teaching your class/group.

May 2022