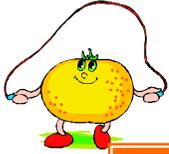


# Orange I Special Time

## Family Message

Oranges are special just like YOU! You make me smile, just like orange smiles!



## Family CHALLENGE-

Turn off the TV for 15 minutes of Family Time at least once a week and try activities from this page

## Family Time Activity Ideas!

Talk about the number "one", color orange, circle shape, and letter "O".

Find circle shapes in ONE room.  
Find orange items in the home/yard.  
Be active with scarves – Jump, stand, dance, or create more activity

Toss a paper plate like a Frisbee. Go get the plate with different movements (skip, hop, swim; add more!)

Pretend you're an orange tree and let your child pick, peel, and taste juicy oranges! Oranges are special!

## Orange I Special Tasty Idea!

### Yummy Fruitsicle

1 cup orange juice  
1 cup apple juice  
Combine juices and divide mixture into four paper cups.  
Cover with foil. Insert a popsicle stick in each; freeze.  
Makes 4 frozen treats

(A "popsicle" with added nutrition!)

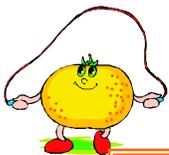
### Color your circle orange!

Help your child color a circle shape on a paper plate or piece of paper. Use it for the suggested activities in the Family Time Circle.

# Orange I Special Time

## Family Message

Oranges are special just like YOU! You make me smile, just like orange smiles!



## Family CHALLENGE-

Turn off the TV for 15 minutes of Family Time at least once a week and try activities from this page

## Family Time Activity Ideas!

Talk about the number "one", color orange, circle shape, and letter "O".

Find circle shapes in ONE room.  
Find orange items in the home/yard.  
Be active with scarves – Jump, stand, dance, or create more activity

Toss a paper plate like a Frisbee. Go get the plate with different movements (skip, hop, swim; add more!)

Pretend you're an orange tree and let your child pick, peel, and taste juicy oranges! Oranges are special!

## Orange I Special Tasty Idea!

### Yummy Fruitsicle

1 cup orange juice  
1 cup apple juice  
Combine juices and divide mixture into four paper cups.  
Cover with foil. Insert a popsicle stick in each; freeze.  
Makes 4 frozen treats

(A "popsicle" with added nutrition!)

### Color your circle orange!

Help your child color a circle shape on a paper plate or piece of paper. Use it for the suggested activities in the Family Time Circle.