

Teddy Grahams®

To The
Picnic
& Beyond!

Picnic



Teddy Terrific!

Superheroes like Teddy use brain power AND muscle power to make terrific things happen. Give your child's imagination a boost by helping her become a Teddy Terrific superhero who can turn an ordinary day into a truly terrific time.

Your Child Will Learn:

- Letter Recognition
- Creativity
- Self expression
- Imagination

What You Do:

1. Tie or pin the cape to your child's shoulders.
2. Help your child draw and cut out a big T or the first letter of his or her name from construction paper or fabric.
3. Tape or pin the letter to your child's shirt. Talk about other things that start with that letter.
4. Help your child think of some super powers that Teddy Terrific has. Suggest your own too. Mom Magnificent can mow the lawn just by clapping her hands, Dynamo Dad can speed read the paper in less than six seconds, and Super Sis might even be able to read your mind!

What You Need:

- Cape — a scarf, towel, or small blanket
- Construction paper or fabric
- Scissors
- Tape or safety pins



For more information about Teddy Grahams, visit
www.teddygrahams.com

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Jumpin' Teddy Jacks

Kids who are physically fit are better able to handle the physical and emotional challenges that a typical day presents. Work up an appetite before your picnic by doing some Teddy-style jumping jacks with your child.

Your Child Will Learn:

- Coordination
- Healthy habits

What You Do: Count how many Jumpin' Teddy Jacks you do with your child to reinforce early math skills.



Position 1 — Arms up with, feet together.



Position 2 — Arms down with, feet apart.

What You Need:

- Energy
- Flexibility



Sensible Solution
• 5g Whole Grain
• Good Source of Calcium
• 0mg Cholesterol
PER SERVING

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Teddy Graham Jam

Liven up your picnic with some merry music and dance to the beat. Join the band with one of these homemade instruments:

Your Child Will Learn:

- Musical awareness and appreciation
- Improvising music
- Rhythms and patterns



Rainsticks

Fold a plastic six-pack ring lengthwise and place inside an empty cylindrical tube. Fill with dried beans, unpopped popcorn kernels, or sand, and seal each end. The six-pack ring will make the materials inside drop at different rates to make a flowing series of sounds... like rain!



Rump-a-pum-pums are any two objects that make a drumming sound. Try banging a wooden spoon on metal pots or tapping a sturdy twig on plastic storage containers.



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