

Session 1: Healthy Choices

SORTING GAMES TO PLAY AT THE TABLE

Any tabletop is a wonderful place for you and your child to play!

- **Play with your food!** Have your child collect beans, raisins, or other dry food items. Ask your child to create faces expressing different moods. How do you feel right now?
- **Money Shuffle!** Help your child identify and name different coins. Let them sort them on the table by size and color.
- **Coupons!** Let your child sort coupons by color, size and product. Next time you visit H-E-B, ask them "How many coupons did you use?"
- Alike & Different! Place five or six common objects on the table. Use items like a key, a pencil, a box, a spoon, a book, etc. Ask your child to notice the size and shape of each. Have your child tell you how the objects are alike and different.
- Let's play cards! Use a deck of playing cards and remove the face cards. Use the remaining cards to have your child sort the cards by color, one red and one black. Next they can sort them by suit: one pile each for hearts, clubs, diamonds and spades.



