

# APRIL KIDSHAPE NEWS



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## Physical Activity Game of the Month — Alphabet Soup

**Equipment:** a stereo or some way to play fun music

To start, have a parent or teacher play the music. Participants dance around to the music. When the music is stopped, the parent or teacher controlling the music calls out a letter.

Everyone must then find a partner and make that letter of the alphabet with their bodies.

They can lie or stand on the floor. If there are many children, you can form larger groups each round of play. So, start with groups of 2 and then 3, 4, etc.

Each time the groups must make the letter that is called with their bodies. The last letter to be called is "O" where the whole group joins hands in a circle.

### Inspirational Quote

"Happiness depends more on the inward disposition of mind than on outward circumstances."

Benjamin Franklin



## KidShape Graduate Recipe Corner — Crown Jewel Dessert

### Ingredients:

1 pkg 3 oz Sugar Free Cherry Jello

1 pkg 3 oz Sugar Free Lemon Jello

2 pkgs 3 oz Sugar Free Lime Jello

4 cups boiling water

1 1/2 cups cold water

1/4 cup sugar

1/2 cup pineapple juice

12 oz container Cool Whip Light, thawed

**Directions:** Prepare cherry, lemon, and 1 pkg lime Jello separately using 1 c boiling water and 1/2 c cold water for each. Pour each into an 8" square pan. Chill about 4 hours until firm. Cut into 1/2" cubes. Dissolve remaining lime Jello

and sugar in 1 cup boiling water. Stir in pineapple juice and chill until slightly thickened. Blend 1 cup whipped topping into mixture. Fold in Jello cubes and pour into 9 cup tube pan. Chill overnight. Top with remaining whipped topping.

Submitted by Eddie and Nancy.

### Nutrition Tip

Slow your eating so you eat less. Fullness signals take 20 minutes to travel from your stomach to your brain. To make sure these signals kick in before you've overeaten, chew leisurely, savoring each bite. Set down your spoon or fork after each bite.

