

*Harper  
Lane*

*Asher  
Haul*

*Skylar  
Rose*

**ATMOS**  
energy®



2023

## October

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 <b>play</b> Make a costume for Halloween.
8	9 <b>Talk</b> Talk about things that scare us.	10 Columbus Day	11 <b>Read</b> Read the back of your cereal boxes.	12	13 <b>count</b> Count how many times you went trick-or-treating and talk about your favorite memories.	14
15	16 <b>Log-Off</b> Go pick out mini pumpkins.	17	18	19 <b>Read</b> Read a book about trees!	20	21
22 <b>Log-Off</b> Carve pumpkins!	23	24 <b>Talk</b> Talk about bravery in the face of fear.	25	26	27 <b>play</b> Make your favorite fall drink.	28
29	30	31 Halloween <b>Count</b> Weigh your candy!	<b>OCTOBER HEALTH TIP:</b>  <b>This time of the year, kids are getting a lot of extra sugar.</b> One way to help balance that out is by promoting healthy drink choices like water and milk. Limit or eliminate sugar-sweetened and caffeinated beverages anytime you can. Reduction of those drinks is proven to help improve sleep and overall wellbeing.			