

# ¡Miranos! Curriculum

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## Curriculum Overview

The ¡Miranos! program is a comprehensive preschool health curriculum that incorporates physical activity, nutrition and food tastings, sleep requirements, screen-time limits, and healthy habit contests. The foundation of the ¡Miranos! curriculum includes nutrition lessons using the *Sesame Street Healthy Habits for Life* curriculum and physical activities and games that give children opportunities to learn about and eat healthy foods, and engage in physical activity throughout the day. The curriculum books, activities, games, food tastings and contests support the health concepts taught, and increase the enthusiasm of the children for their weekly activities.

Healthy staff set an example for center children to be healthy. Included in the ¡Miranos! curriculum is a staff wellness program all center staff can complete concurrently as the ¡Miranos! program is being taught to the children. The staff wellness program focuses on similar concepts as the children's curriculum, including exercise, water consumption, fruits, vegetables, and general well-being. Staff create goals for healthy habits, track goals, and reevaluate their progress through the wellness program. There are also 9 healthy challenges staff can participate in that coordinate with the children's healthy contest. All center staff and children are encouraged to participate in the challenges/contests together. Learn more about the staff wellness program [here](#).

**¡Miranos! positively impacts the overall health of children and staff, encouraging the development of healthy habits for a lifetime!**



## How to incorporate ¡Miranos! into your existing lesson plans

There are 26 weeks of activities in the ¡Miranos! curriculum which easily fits into most Head Start center school year calendars. For maximum benefits, the ¡Miranos! curriculum is designed to be delivered as indicated week by week, including all program components listed each week. Head Start learning domains are included for all activities to assist teachers in **incorporating** the ¡Miranos! curriculum into their lesson plans to meet center and/or Head Start requirements. ¡Miranos! is not an “additional” curriculum to add to lesson plans. Many of the activities and lessons will meet the specific center educational needs.

## Weekly Lesson Planning Tool

A weekly lesson planning tool is provided with each week of curriculum that includes Head Start learning domains for all physical activity and nutrition lessons and activities. This planning tool helps teachers quickly develop their weekly lesson plans and fulfill center educational requirements.

## ¡Miranos! 26 week curriculum

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