

October 2025

October Focus:
health and wellness literacy

- read and interpret simple nutrition labels
- create a healthy meal plan with a grocery list
- practice recognizing keywords on medicine bottles or first aid instruction



wear your bloom shirt



Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	Life Skills Focus
spirit week	6 crazy hair bowling, nutrition	7 superhero day cleaning, FBWC	8 neon day dance party, Moxie Burger celebrate Warren's Birthday	9 sports day Dupree Park, nutrition Emma's Birthday	10 pj day Kroger, art	read and interpret simple nutrition labels
fall fun	13 music therapy, Roswell Mill	14 Champion Kids, nutrition	15 Trader Joe's, SHINE workout Parker's Birthday	16 Burnt Hickory Church	17 bowling, cooking	create a healthy meal plan with a grocery list
pumpkins	20 Gather & Bloom SHINE workout	21 pumpkin patch, karaoke	22 bowling, art	23 library, music, dance party	24 GiGi's Playhouse, karaoke	practice recognizing keywords on medicine bottles
Halloween	27 games, Spirit Halloween Store	28 Champion Kids, cleaning, centers	29 Walmart, music, art	30 bowling, Halloween centers David's Birthday	31 Halloween centers, Trunk-or-Treat Nich's Birthday	practice recognizing keywords on first aid kit