Kindergarten Students at Daniel Warren Create a "Healthy Kids" Quilt

Kindergartners at Daniel Warren Elementary School in Rye Neck created a "health and wellness" quilt with the help of a parent volunteer.

After reading several books on health and wellness, the children brainstormed about what they can do to stay healthy. Each child selected one healthy habit to draw on a fabric square. The completed squares were sewn together to make a Healthy Kids quilt.

The quilt will be sent home with each child for an overnight visit. While the quilt is with each family, we hope they will discuss the healthy habits on the quilt and write their comments in a special Healthy Kids Quilt Journal.

The children are proud of their work and are very eager to share the quilt with their families!