



Our mission

We're on a mission to nurture kids into healthy eating ambassadors — using all their senses and the power of movement.

We bring energy, play, and discovery together!!!



Our goals & objectives

To empower the habits of enjoyable and healthy eating through the senses with movement: see, touch, smell, hear, and taste.



Anticipated benefits



Counter any Negative Influence of Environmental Pollutants



English-Spanish bilingual materials are available upon request

Why are we unique?

We are using evidence-based concepts.

STEM!
STEAM!! = (ARTS)
STREAM!!! = (READING)



Cinnamon Curl and Peppy Paprika

Little Moves, Big Flavor - Spice Up Every Adventure!



Balanced nutrition from across all food groups

Play-based learning activities

- 1 Introduce children to natural foods in whole form.



- 2 Incorporate a variety of food colors, textures, flavors, sounds and tastes.



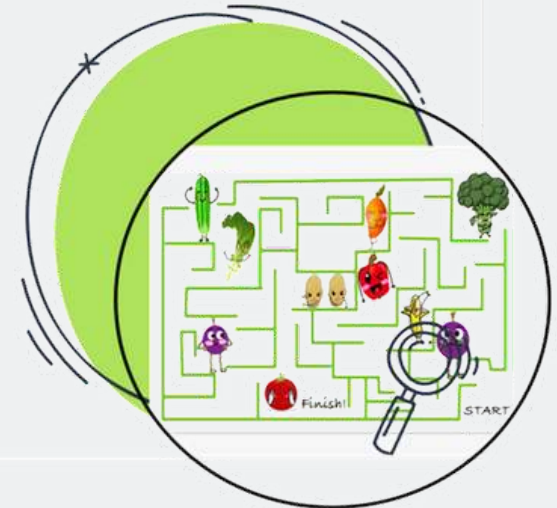
- 3 Engage children in the drawing of protein foods, whole grains, vegetables, fruits, and healthy fats.



- 4 Create magical stories where foods become superhero characters representing movement and tasty adventures!



I breeze through the maze like a playful problem solver!!!

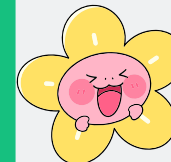


IMAGINE!!!

Ieee!!!

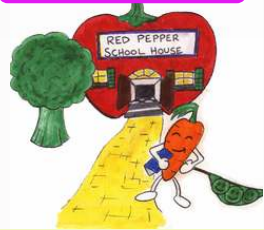
I explore, engage, & enjoy!!!

Movement and Science based
Nutrition Education
Aligned with Learning Standards





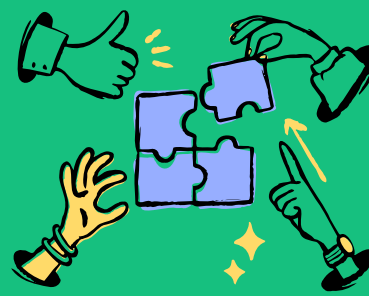
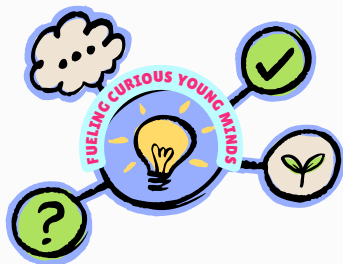
Classroom activities



We introduce children to the different food groups and culinary herbs and spices through fun movement



Move like your favorite foods - hop like berries, stretch like a carrot, roll like a pea, and twist like a spice - crunch, spin, and bounce your way through playtime!!



NOTE TO TEACHERS AND FAMILIES

We engage the children in motion, addressing social (community, laugh, cooperation), coordination (motor skills challenge for body and mind), and wellness (relaxation and calmness).

I 😊
MOVE 🚲
A-MAZE-INGLY!!! 🍷
GO 🌟
IMAGINE 🔍
NUTRITION 🍎
EVERYWHERE!! 🌍



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Teacher Testimonials



"I enjoyed the colors of the slides, the tutorials allowed me to follow along, get out of my chair and get involved with some movement".

"Grape Wiggle, the word wiggle is so playful. The associated shoulder-wiggle invites the participant to perform a full-body dance".

Tested and Proven Results

Before vs After IMAGINE - Children expanded their Vegetable Color Palette

