

MINI MENSCHES

HAPPY AND HEALTHY

Staying healthy is important. The good news is—it can also be fun! Keeping active is fun! Eating right can be fun. Getting dirty is fun, but so is a bubble bath! And relaxing after all of that can also be quiet fun. The main thing is to find a balance—which is the healthiest thing of all.

TOYS OF ACTION

Some toys get you up and moving!

Circle the toys that you use when you move.

Active toys:

BALL
SKATEBOARD
JUMP ROPE
SKATES
BIKE

Calm toys:

VIDEO GAME
CRAYONS
BLOCKS
PLAYING CARDS
BOARD GAME

