

# 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.

## HOORAY FOR TOYS!

Toys can rev you up or calm you down. Color all the active toys red and the calm toys blue. Then color the rest any way you want!

### Active toys:

BALL SKATES  
SKATEBOARD BIKE

### Calm toys:

VIDEO GAME PLAYING CARDS  
CRAYONS CARDS  
BLOCKS

