

HEALTHY ACTIVITY BOOKLET

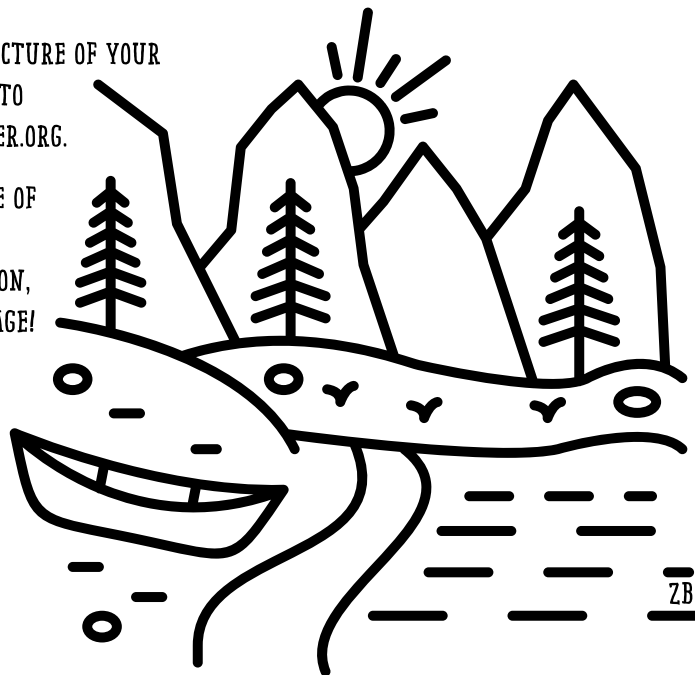
BEING HEALTHY IS ABOUT FEELING OUR BEST!

FOR KIDS AGES 5+ TO EXPLORE WAYS
TO TAKE HEALTHY ACTIONS BY:

- MOVING MORE & MORE OFTEN
- EATING HEALTHY
- GETTING ENOUGH SLEEP
- MANAGING STRESS
- LIMITING EXPOSURE TO CHEMICALS

WHEN YOU'RE DONE, SNAP A PICTURE OF YOUR
FAVORITE PAGE AND EMAIL IT TO
EDUCATION@ZEROBREASTCANCER.ORG.

WE'LL SEND YOU A CERTIFICATE OF
COMPLETION AND, WITH A
PARENT/GUARDIAN'S PERMISSION,
SHARE IT ON OUR FACEBOOK PAGE!



THIS BOOKLET WAS ADAPTED
WITH SUPPORT FROM
CALIFORNIA RURAL INDIAN
HEALTH BOARD MEMBERS

WE WOULD LOVE
YOUR FEEDBACK! VISIT
ZBCLINK.ORG/ACTIVITYSURVEY

ZBCLINK.ORG/PARENTS
FACEBOOK @GIRLSNEWPUBERTY

zero
breast cancer

HOW CAN WE MOVE MORE AND MORE OFTEN?

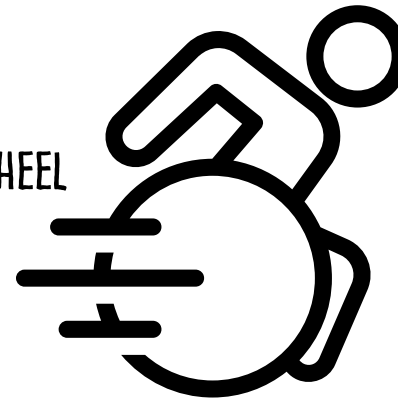


LET'S GET OUR HEART RATES UP FOR 60 MINUTES EACH DAY!

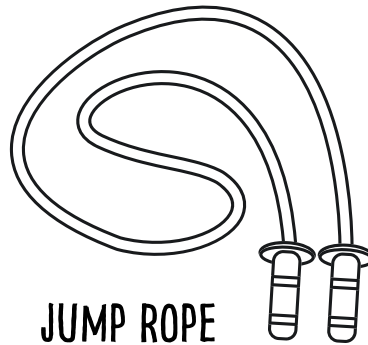
PLAY BALL



WHEEL

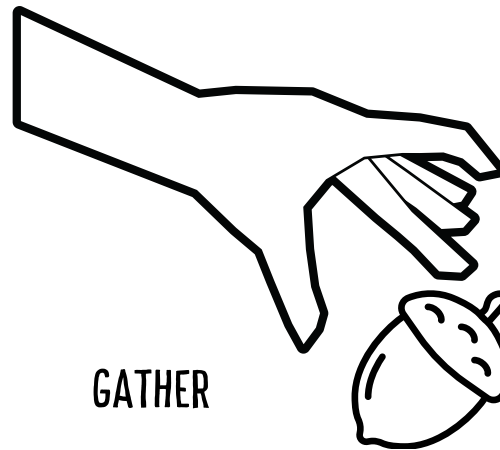


JUMP ROPE



DANCE

GATHER



WALK OR RUN

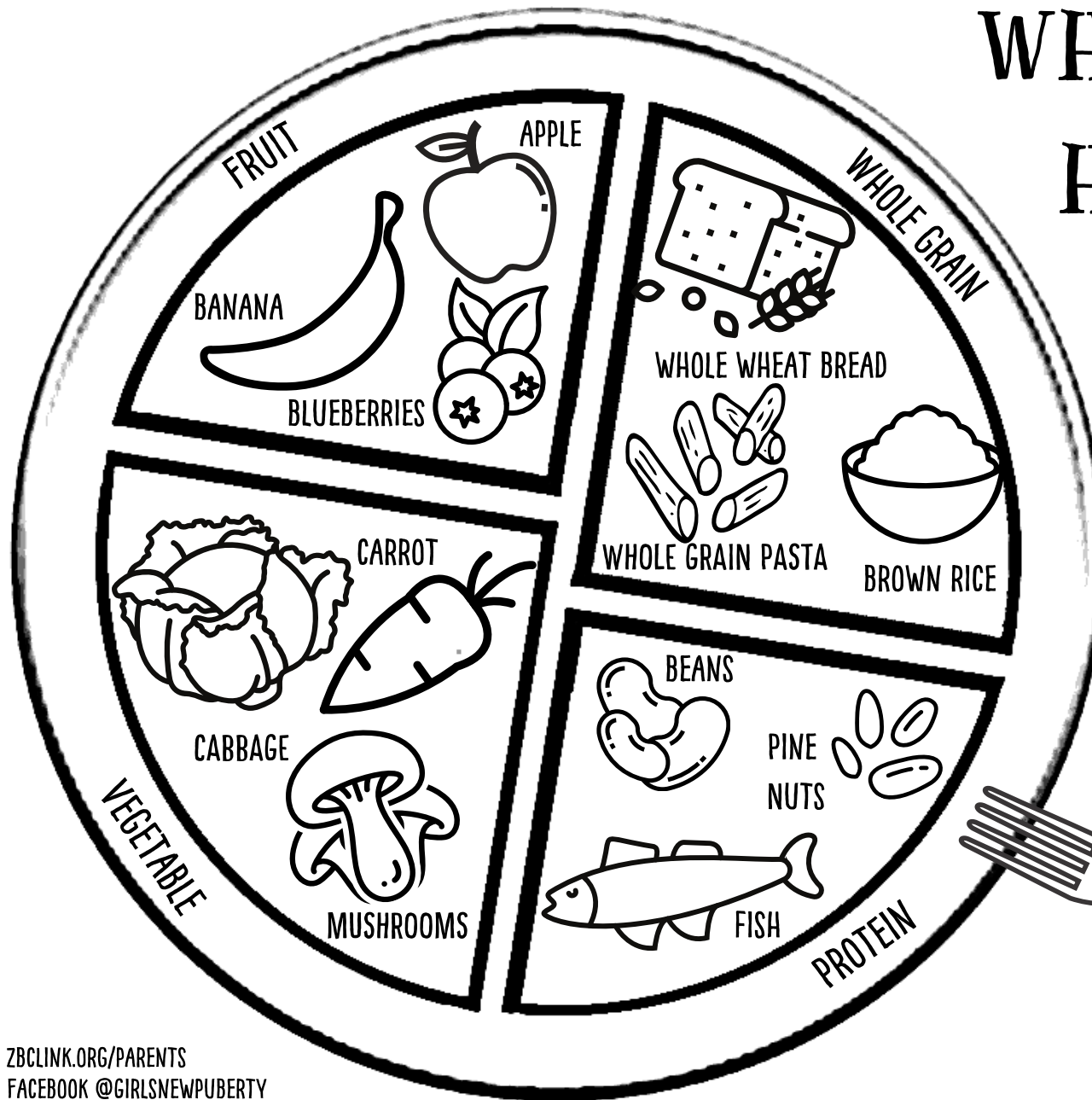




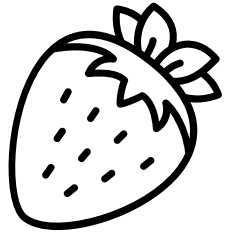
MOVE MORE & MORE OFTEN

DRAW YOUR FAVORITE WAY TO GET MOVING.

WHAT'S ON A HEALTHY PLATE?

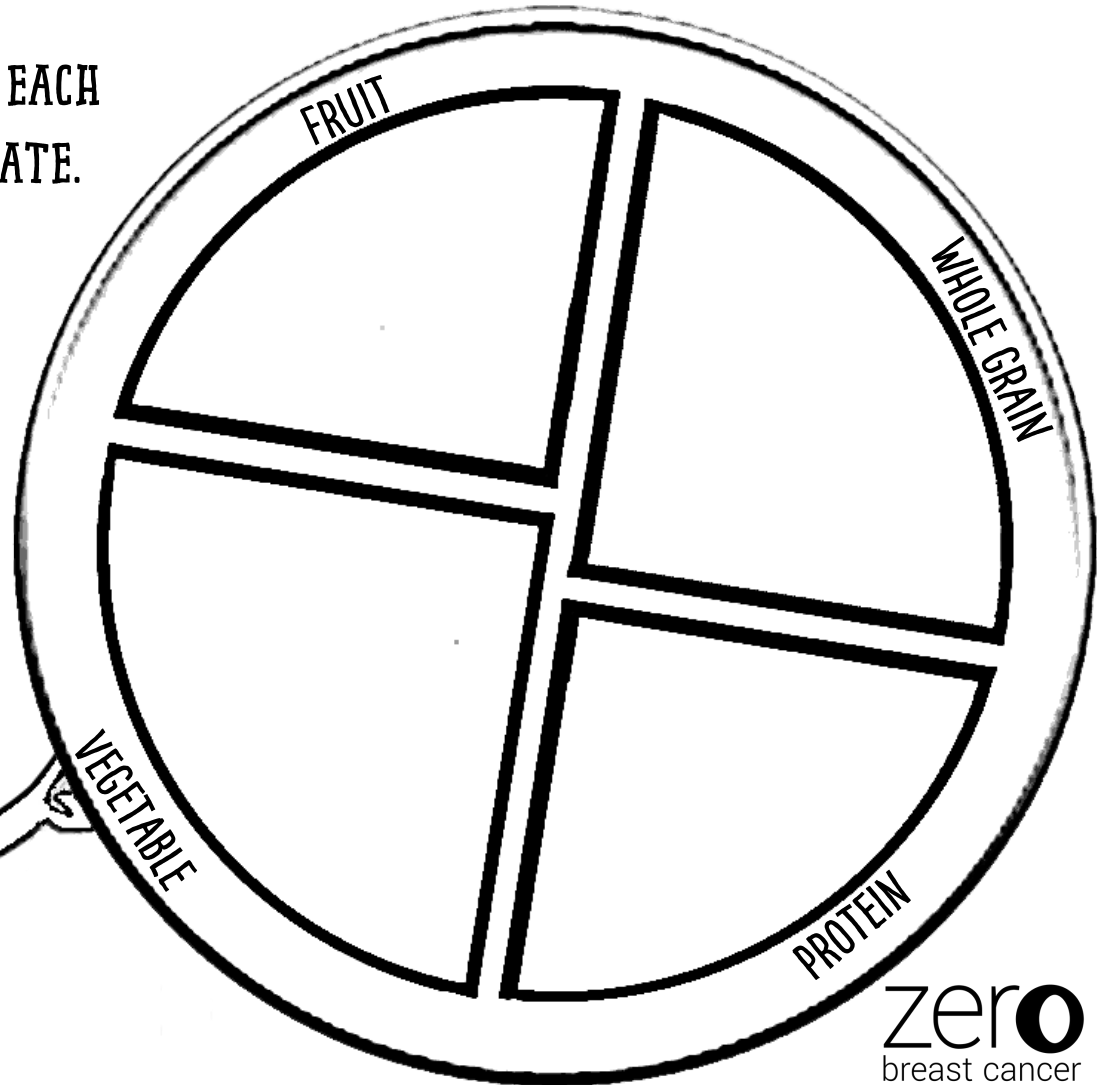


FILL MOST OF YOUR PLATE WITH WHOLE GRAINS AND VEGETABLES, THEN ADD FRUITS AND PROTEINS.



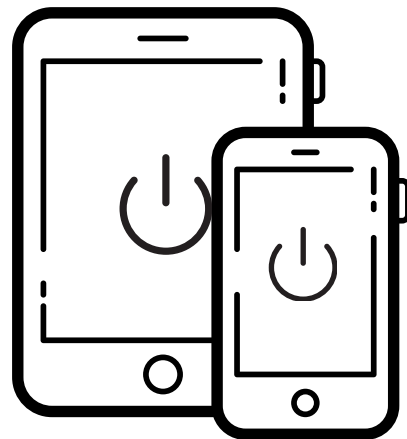
EAT HEALTHY

DRAW YOUR FAVORITES FOR EACH FOOD GROUP TO FILL THIS PLATE.

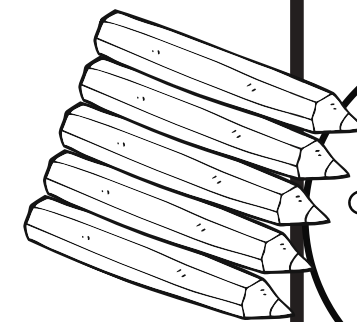
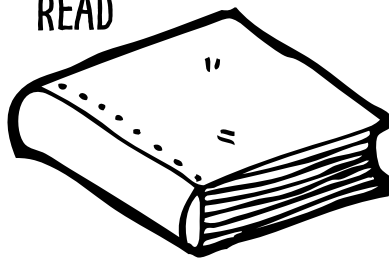


WHAT CAN WE DO TO SLEEP WELL?

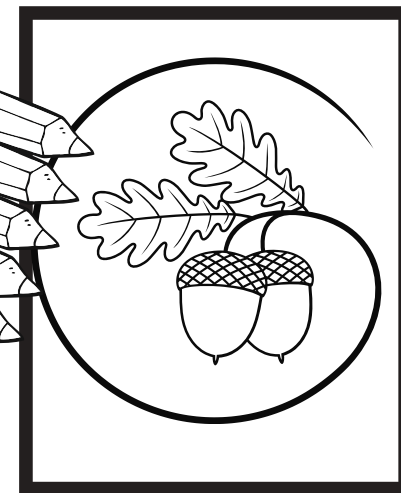
TURN SCREENS OFF
30 MINUTES OR MORE BEFORE BED



READ



COLOR OR DRAW



GATHER FOR
SHARING STORY



SPEND TIME
WITH A SLEEPY PET



GET ENOUGH SLEEP

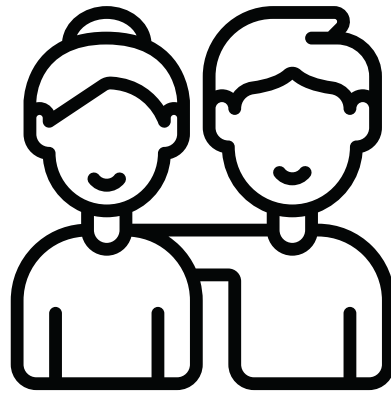
DRAW WHAT HELPS YOU GET TO SLEEP.



WHAT CAN HELP US FEEL BETTER WHEN WE ARE WORRIED OR SAD?



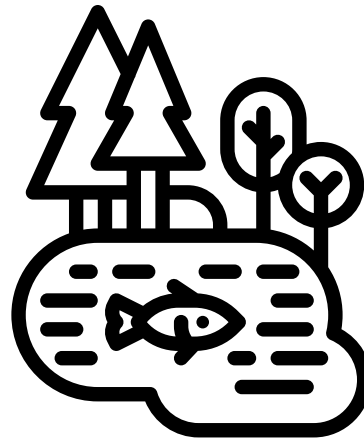
WRITE ABOUT
YOUR FEELINGS



TALK IT OUT



GET
MOVING

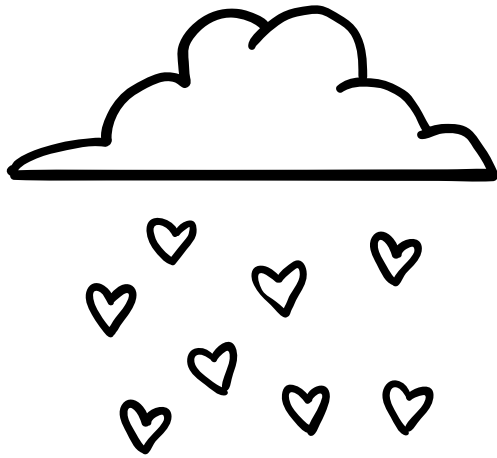


SPEND TIME IN NATURE



TAKE A NAP





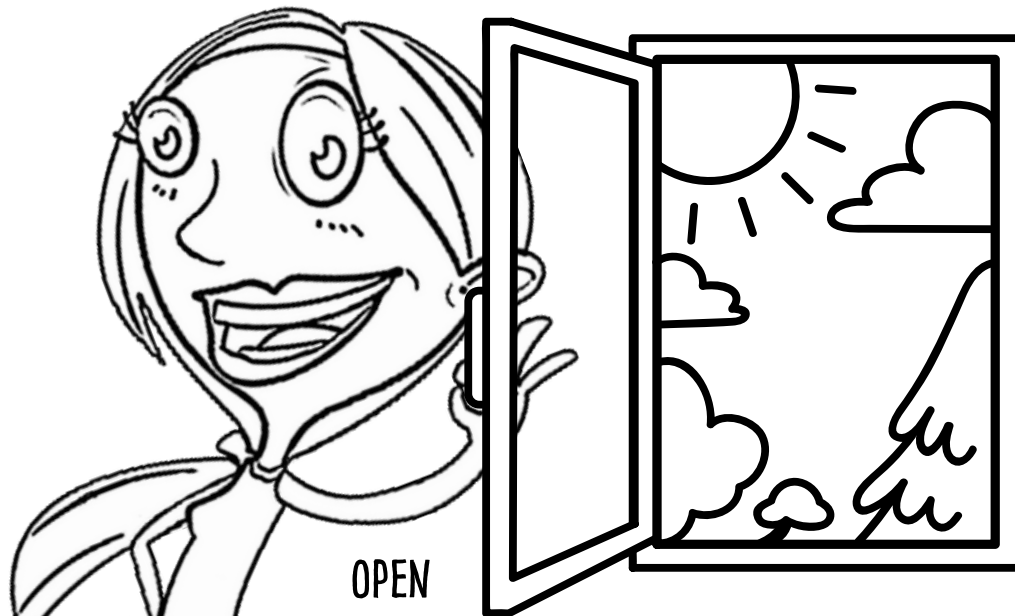
FEEL BETTER

DRAW WHAT HELPS YOU FEEL BETTER.

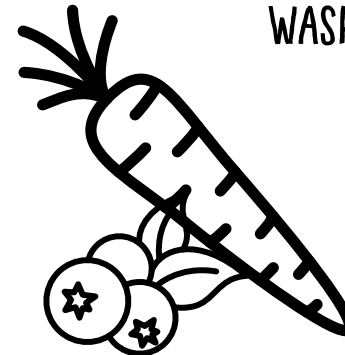
HOW CAN WE LET FEWER CHEMICALS INTO OUR BODIES?



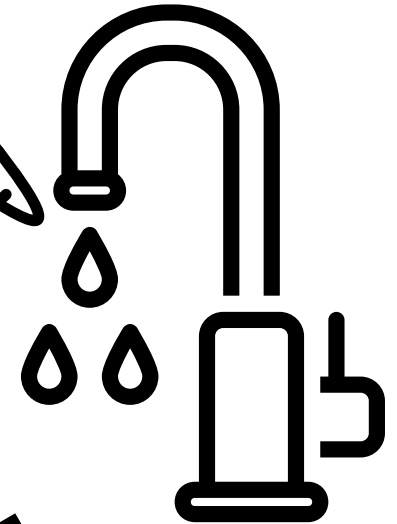
WASH HANDS OFTEN



OPEN
WINDOWS FOR
FRESH AIR



WASH FRUITS
AND VEGETABLES



USE A GLASS OR
METAL WATER BOTTLE



LEAVE SHOES AT
THE DOOR

HEALTHY ACTIONS BINGO



COLOR IN THE BOXES
WHEN YOU TAKE
THESE ACTIONS!



EAT VEGETABLES

TURN SCREENS OFF 30 MINUTES
OR MORE BEFORE BED

LISTEN TO CALMING MUSIC
OR A QUIET STORY

WALK OR RUN

COLOR OR DRAW

WASH FRUITS AND VEGETABLES

TALK ABOUT YOUR FEELINGS

MOVE TO GET YOUR HEART RATE
UP FOR 15 MINUTES

LEAVE SHOES
AT THE DOOR



Zero Breast Cancer is a 501(c)3 non-profit organization based in San Rafael, CA.

We envision a world with zero breast cancer.

Learn more at **zerobreastcancer.org** or contact us at **info@zerobreastcancer.org**.

If you would like to support our work, including sharing more free activity booklets with kids, please consider donating at **zerobreastcancer.org/donate**.