

HEALTHY ACTIVITY BOOKLET

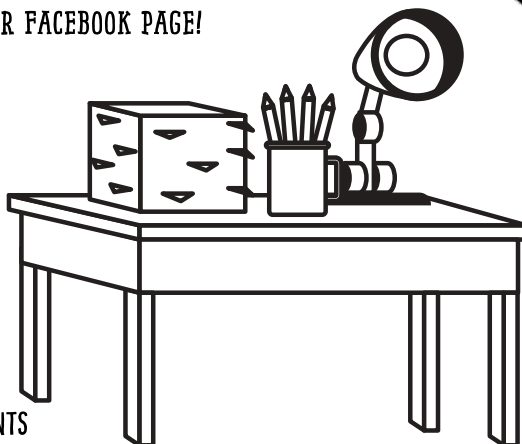
BEING HEALTHY IS ABOUT FEELING OUR BEST!

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!



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

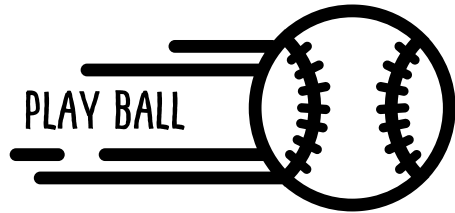
ZBCLINK.ORG/PARENTS
FACEBOOK @GIRLSNEW PUBERTY

zero
breast cancer

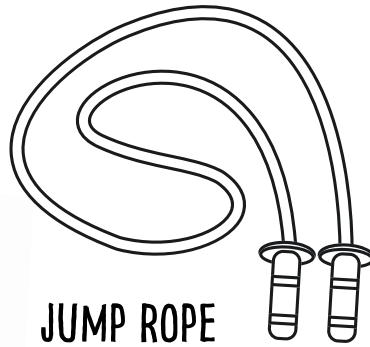
HOW CAN WE MOVE MORE AND MORE OFTEN?



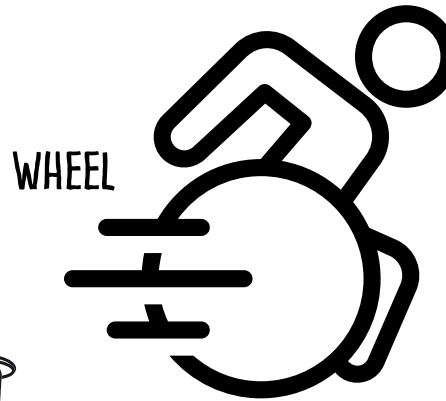
LET'S GET OUR
HEART RATES UP
FOR 60 MINUTES
EACH DAY!



PLAY BALL



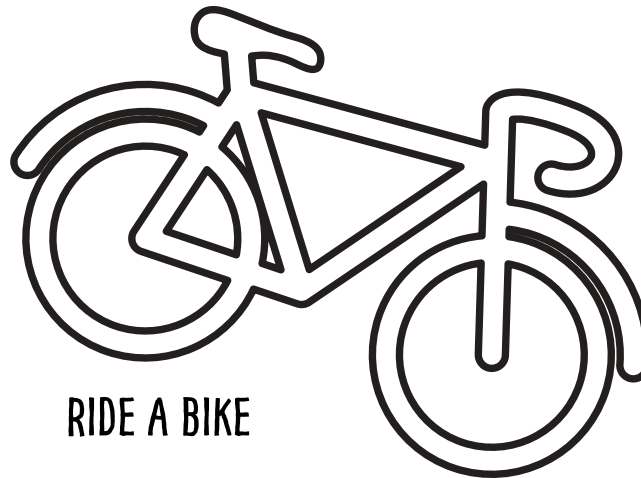
JUMP ROPE



WHEEL



DANCE



RIDE A BIKE



WALK OR RUN

ZBCLINK.ORG/PARENTS
FACEBOOK @GIRLSNEW PUBERTY

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breast cancer



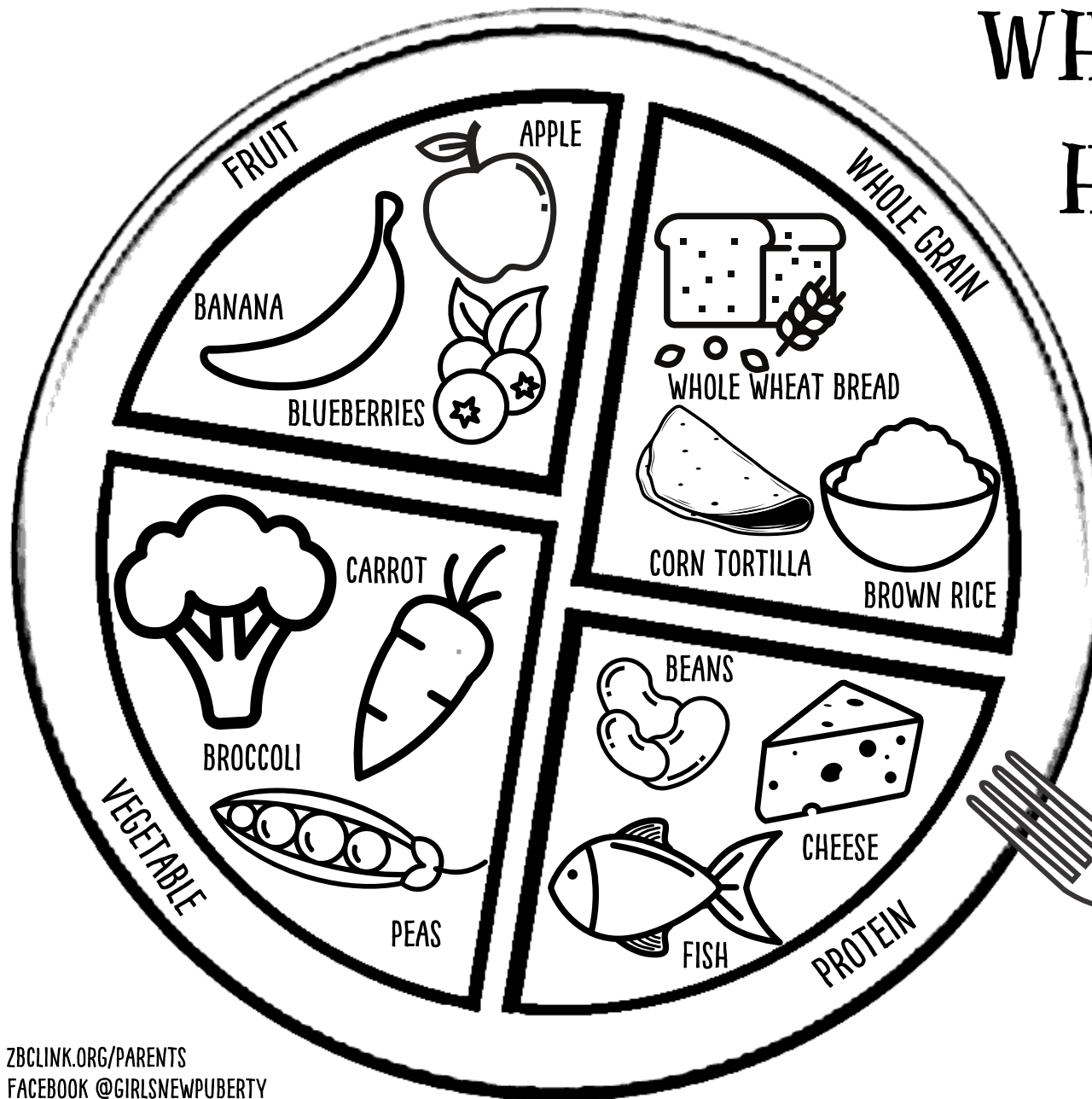
MOVE MORE & MORE OFTEN

DRAW YOUR FAVORITE WAY TO GET MOVING.

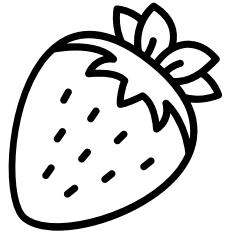
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WHAT'S ON A HEALTHY PLATE?

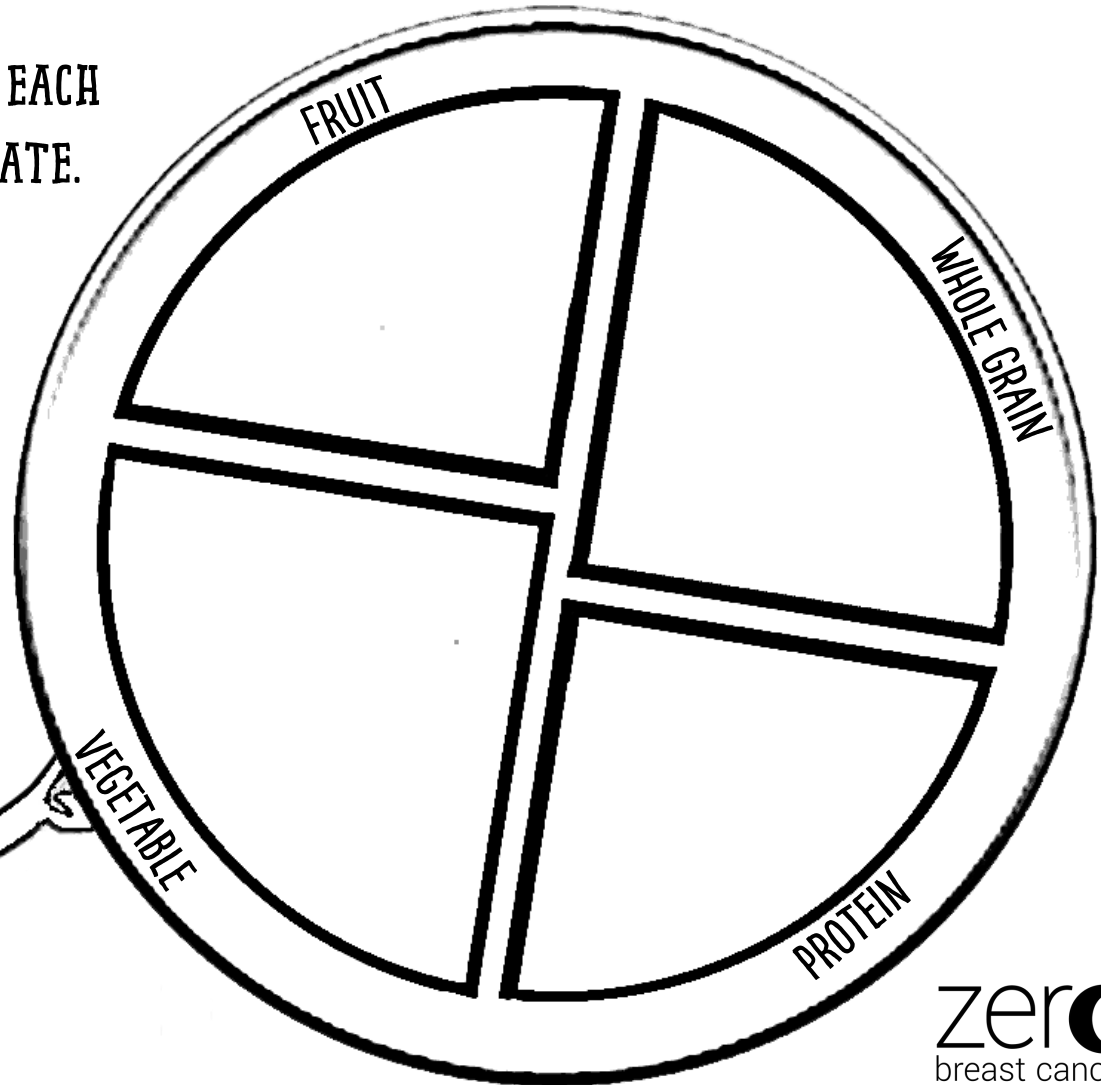
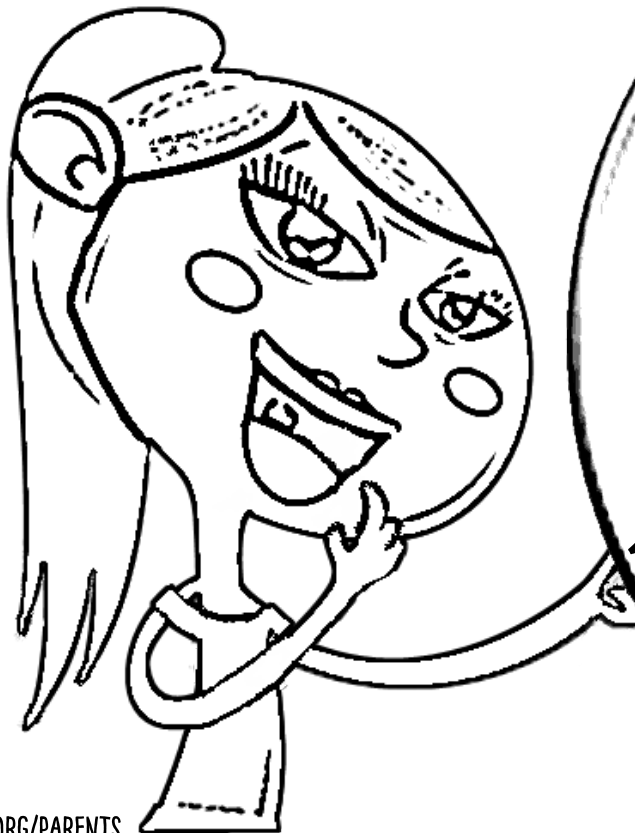


FILL MOST OF YOUR PLATE WITH WHOLE GRAINS AND VEGETABLES, THEN ADD FRUITS AND PROTEINS.



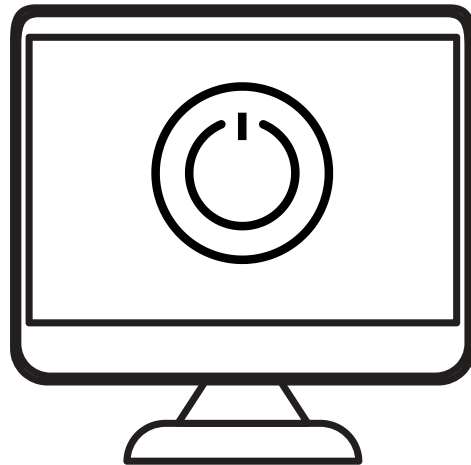
EAT HEALTHY

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

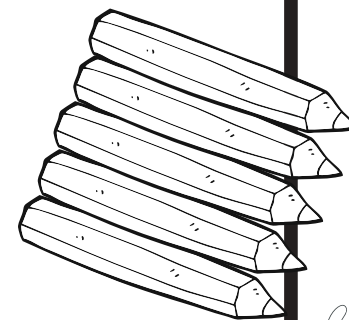
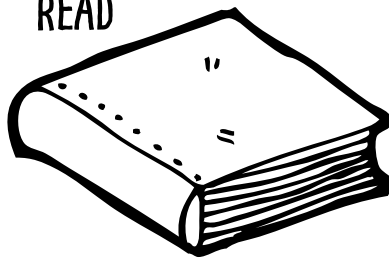


WHAT CAN WE DO TO SLEEP WELL?

TURN SCREENS OFF
30 MINUTES OR MORE BEFORE BED



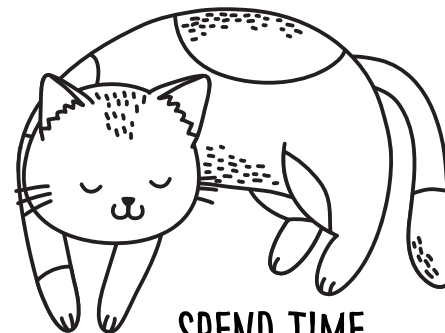
READ



COLOR OR DRAW



LISTEN TO
CALM MUSIC
OR A QUIET STORY



SPEND TIME
WITH A SLEEPY PET



GET ENOUGH SLEEP

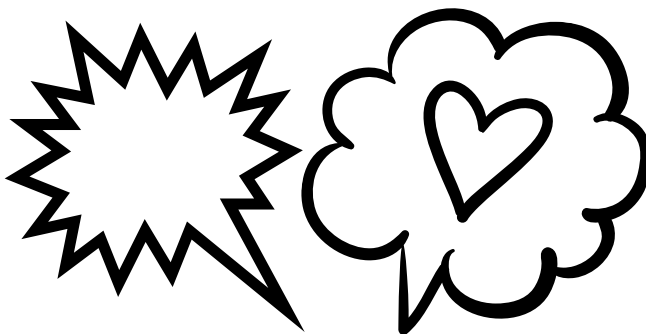
DRAW WHAT HELPS YOU GET TO SLEEP.



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



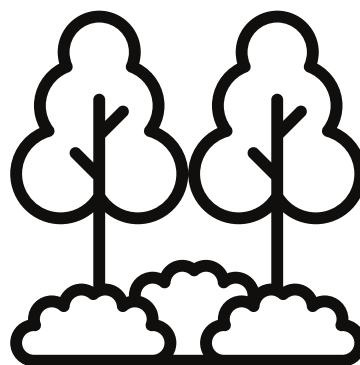
WRITE ABOUT
YOUR FEELINGS



TALK IT OUT

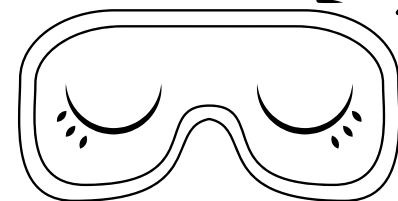


GET
MOVING



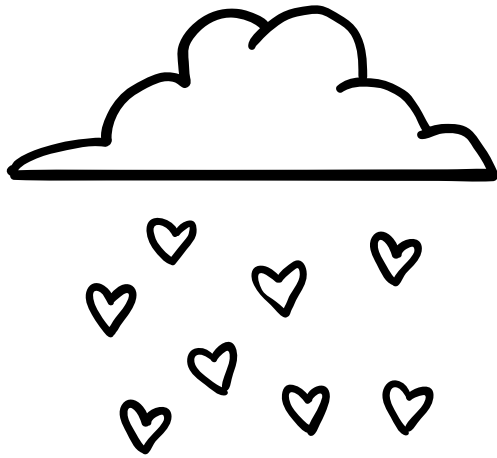
SPEND TIME IN NATURE

TAKE A NAP 



LAUGH





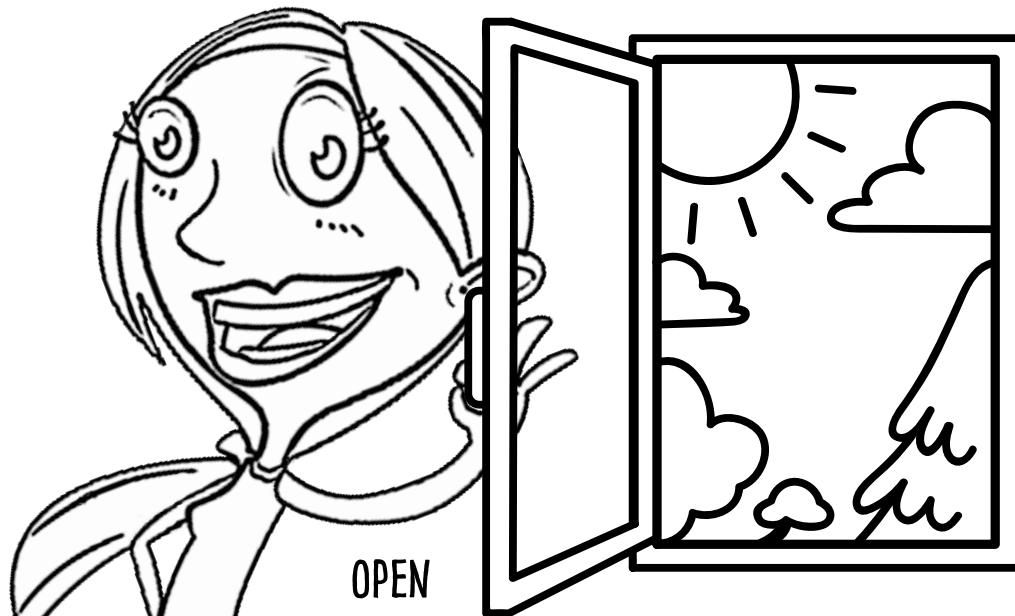
FEEL BETTER

DRAW WHAT HELPS YOU FEEL BETTER.

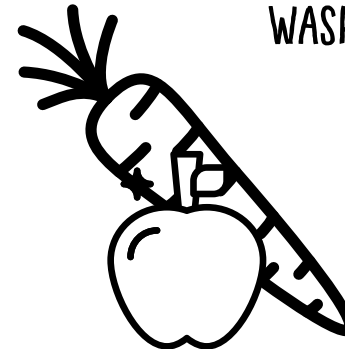
HOW CAN WE LET FEWER CHEMICALS INTO OUR BODIES?



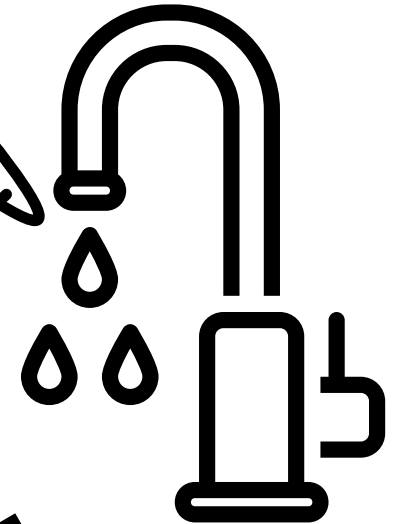
WASH HANDS OFTEN



OPEN
WINDOWS FOR
FRESH AIR



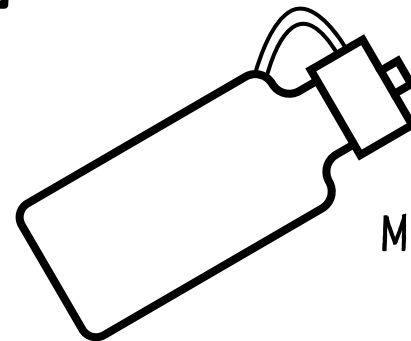
WASH FRUITS
AND VEGETABLES



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

A line drawing of various vegetables: two carrots, a head of broccoli, and a tree-like vegetable.

TURN SCREENS OFF 30 MINUTES
OR MORE BEFORE BED

A line drawing of a television set with a face and legs. Above the TV are three 'Z's indicating sleep.

LISTEN TO CALMING MUSIC
OR A QUIET STORY

A line drawing of musical notes and several hearts.

DANCE FOR 15 MINUTES

A line drawing of a person in a dynamic dance pose.

COLOR OR DRAW

A line drawing of a box containing several crayons.

WASH FRUITS AND VEGETABLES

A line drawing of a faucet with a single water drop falling from it, and a bunch of grapes next to it.

TALK ABOUT YOUR FEELINGS

A line drawing of three speech bubbles of different shapes.

MOVE TO GET YOUR HEART RATE
UP FOR 15 MINUTES

A line drawing of a heart with a pulse line (EKG) passing through it, all enclosed in a circular frame.

LEAVE SHOES
AT THE DOOR

A line drawing of a door with a shoe on the floor next to its base.