

# HEALTHY ACTIVITY BOOKLET

BEING HEALTHY IS ABOUT FEELING OUR BEST!

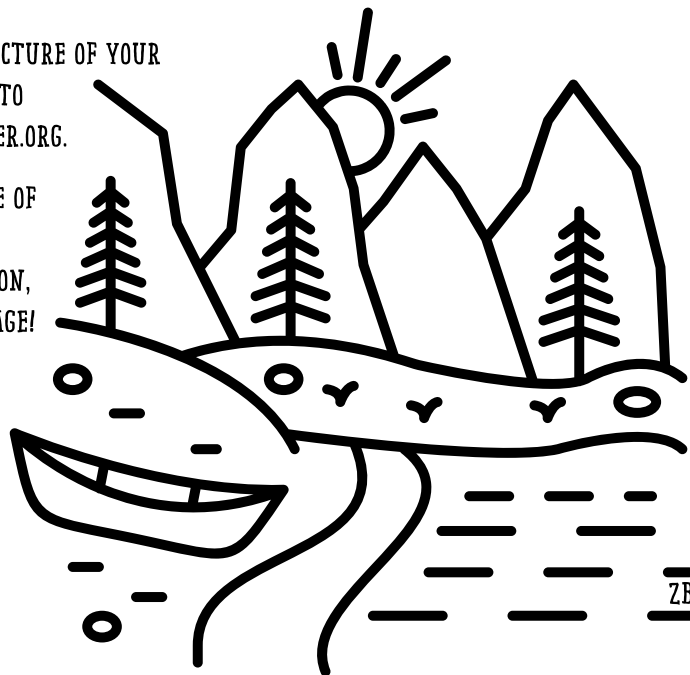
FOR KIDS AGES 5+ TO EXPLORE WAYS  
TO TAKE HEALTHY ACTIONS BY:

- 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](mailto: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](https://zbclink.org/activitysurvey)

[ZBCLINK.ORG/PARENTS](https://zbclink.org/parents)  
FACEBOOK @GIRLSNEWPUBERTY

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# HOW CAN WE MOVE MORE AND MORE OFTEN?

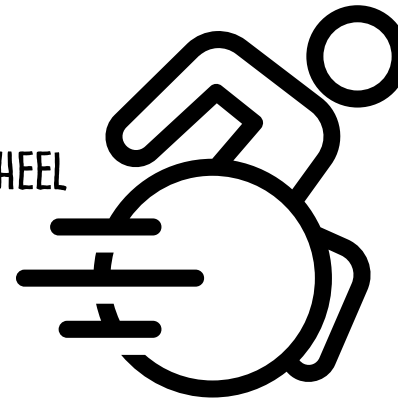


LET'S GET OUR  
HEART RATES UP  
FOR 60 MINUTES  
EACH DAY!

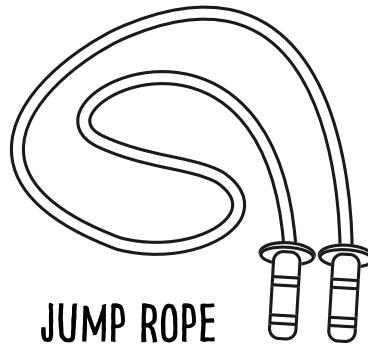
PLAY BALL



WHEEL

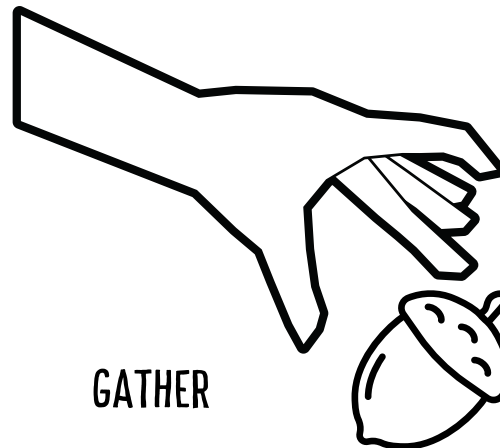


JUMP ROPE



DANCE

GATHER



WALK OR RUN



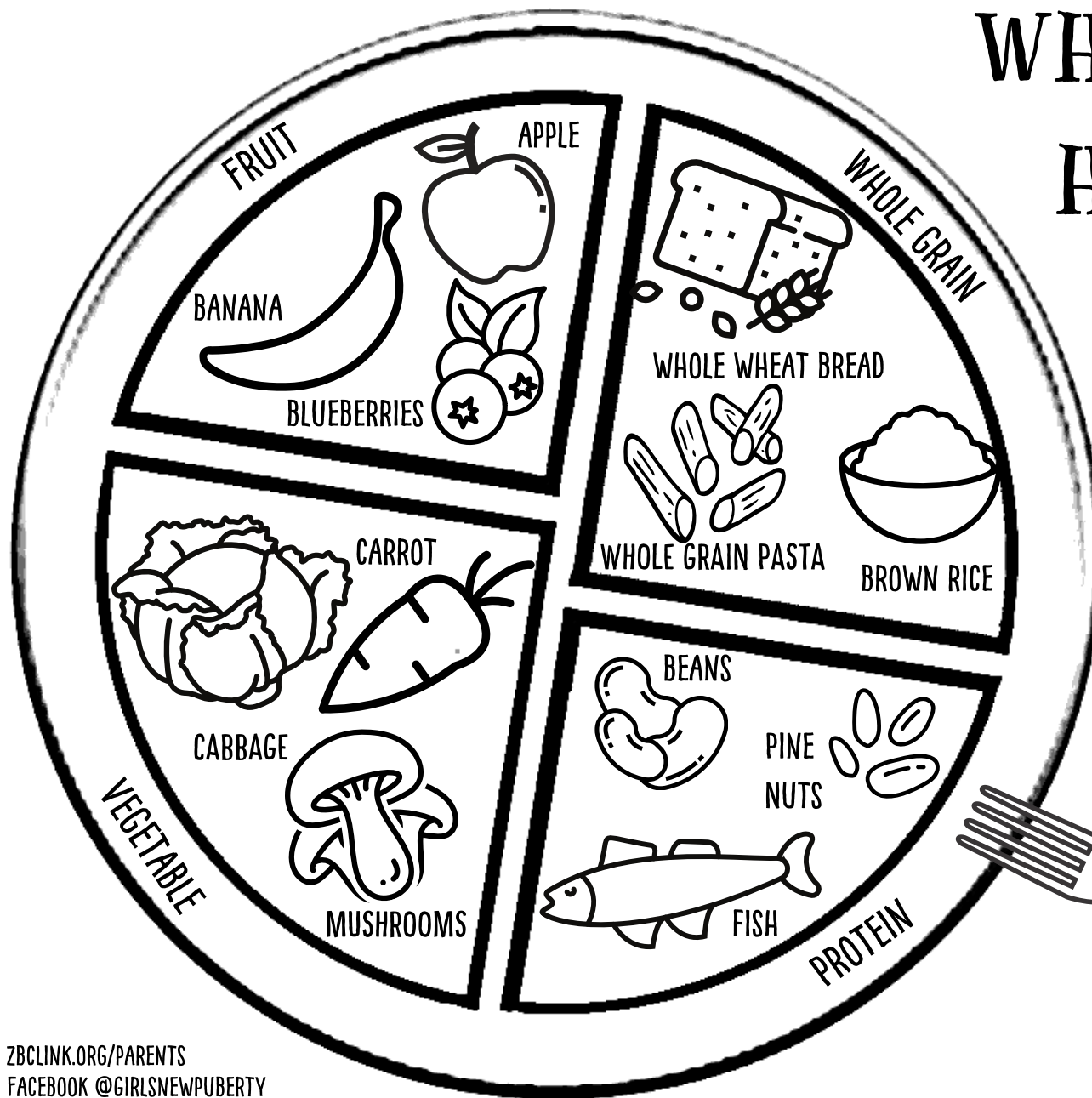


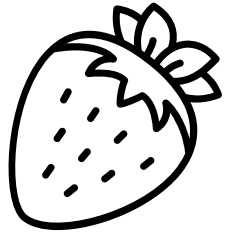
# MOVE MORE & MORE OFTEN

DRAW YOUR FAVORITE WAY TO GET MOVING.

# WHAT'S ON A HEALTHY PLATE?

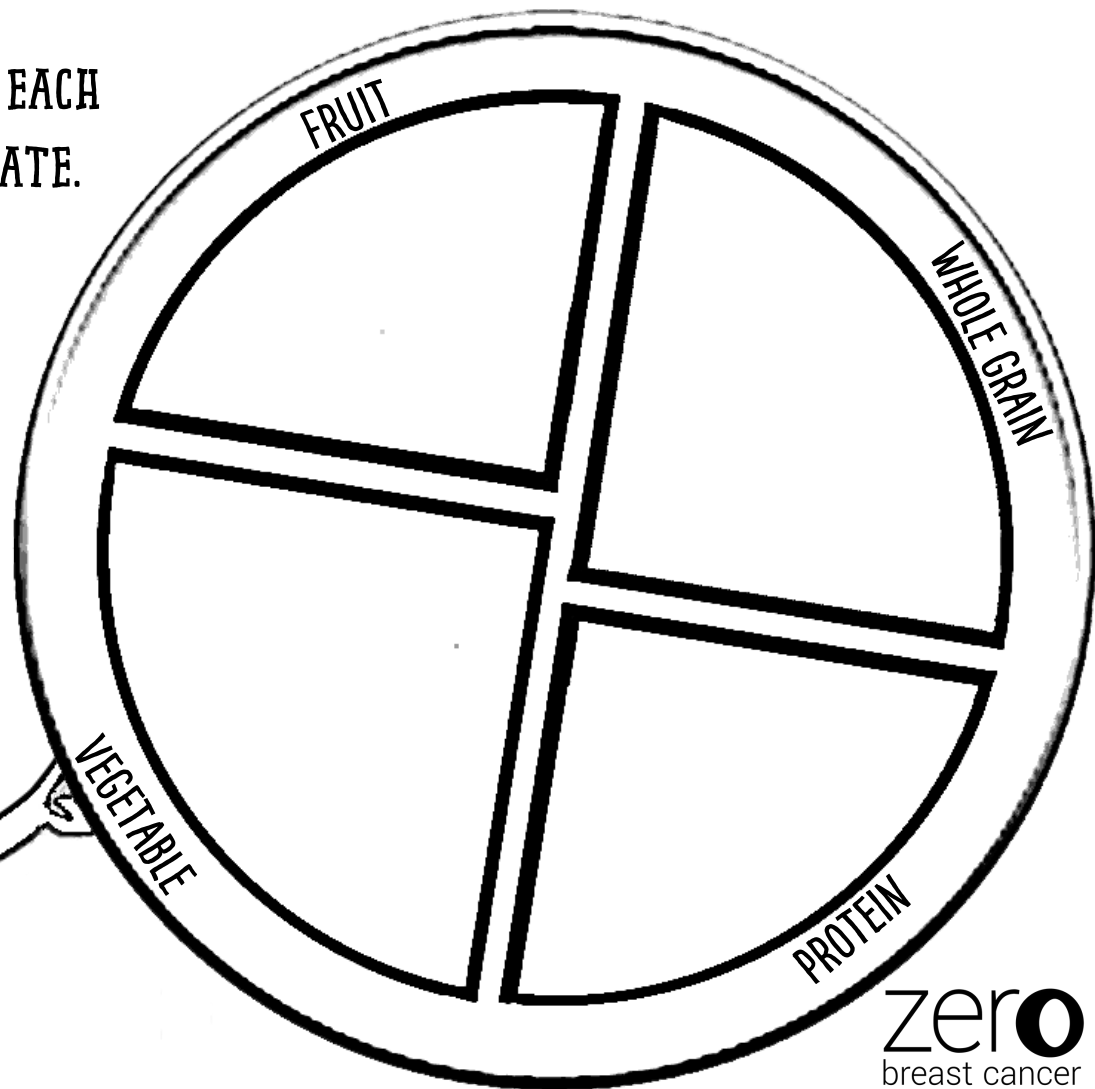
FILL MOST OF YOUR  
PLATE WITH  
WHOLE GRAINS AND  
VEGETABLES,  
THEN ADD FRUITS  
AND PROTEINS.





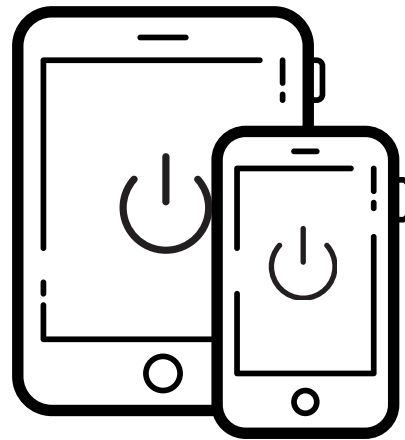
# EAT HEALTHY

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

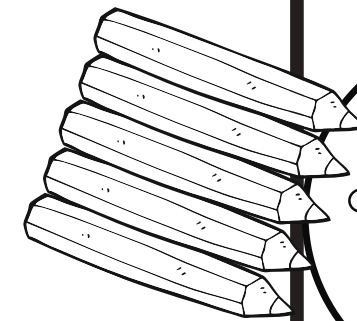
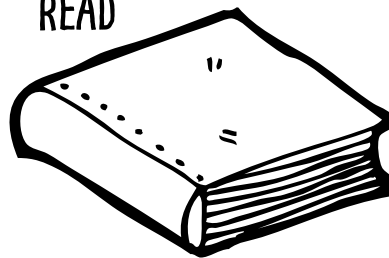


# WHAT CAN WE DO TO SLEEP WELL?

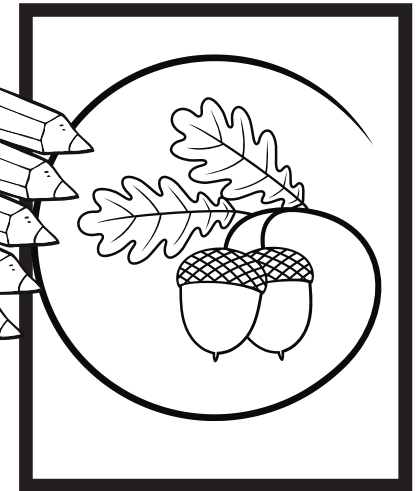
TURN SCREENS OFF  
30 MINUTES OR MORE BEFORE BED



READ



COLOR OR DRAW



GATHER FOR  
SHARING STORY



SPEND TIME  
WITH A SLEEPY PET

ZBCLINK.ORG/PARENTS  
FACEBOOK @GIRLSNEWPUERTY

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breast cancer 6



# GET ENOUGH SLEEP

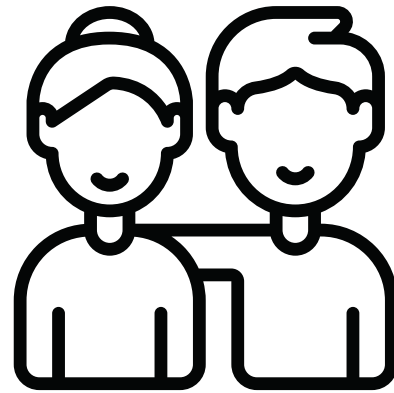
DRAW WHAT HELPS YOU GET TO SLEEP.



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



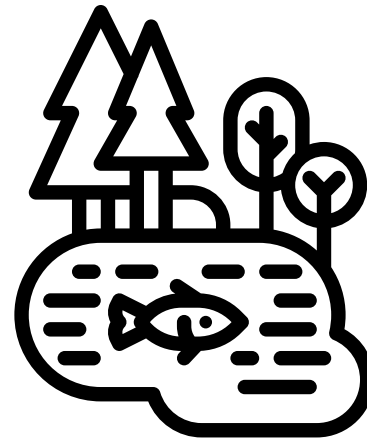
WRITE ABOUT  
YOUR FEELINGS



TALK IT OUT



GET  
MOVING



SPEND TIME IN NATURE

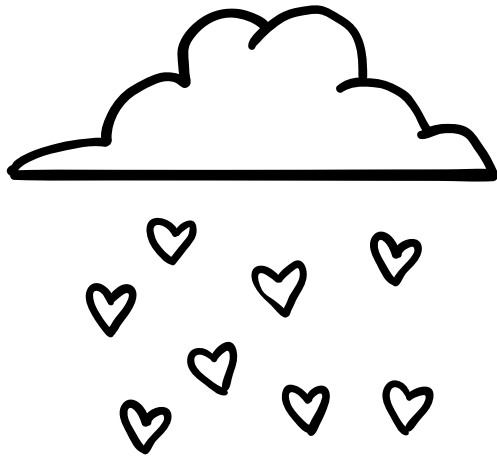


TAKE A NAP



LAUGH





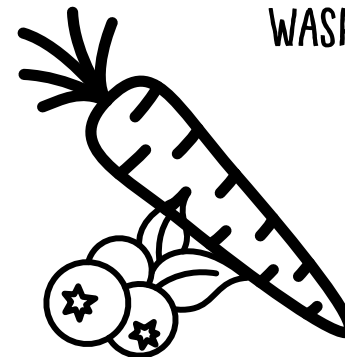
# FEEL BETTER

DRAW WHAT HELPS YOU FEEL BETTER.

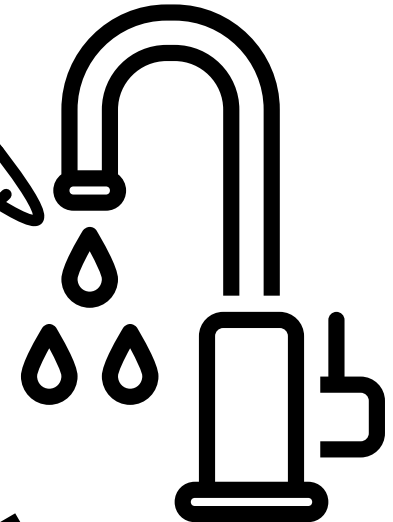
# HOW CAN WE LET FEWER CHEMICALS INTO OUR BODIES?



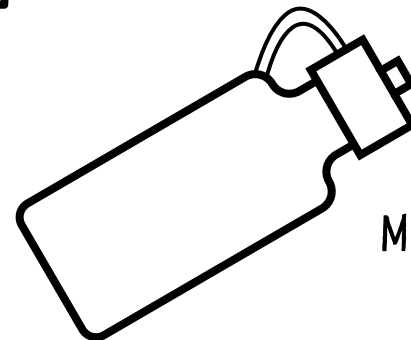
WASH HANDS OFTEN



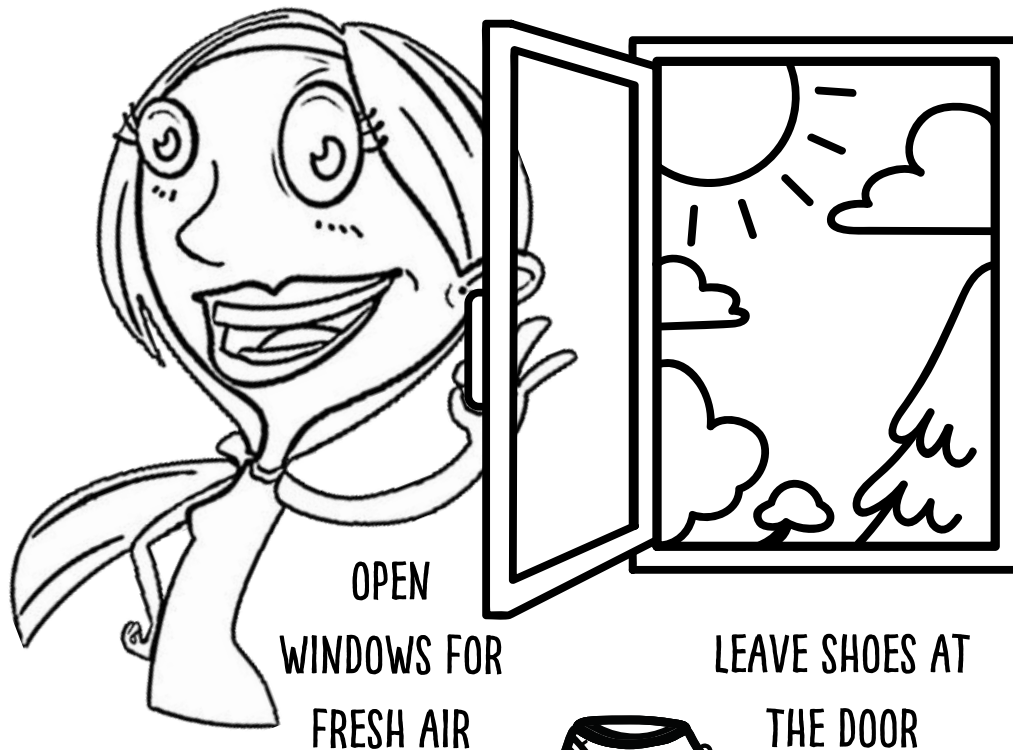
WASH FRUITS  
AND VEGETABLES



USE A GLASS OR  
METAL WATER BOTTLE

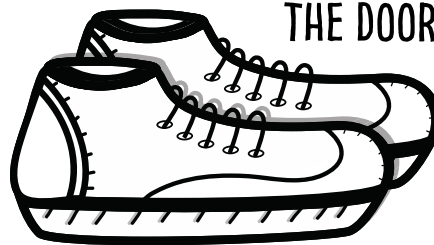


zero  
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OPEN  
WINDOWS FOR  
FRESH AIR

LEAVE SHOES AT  
THE DOOR



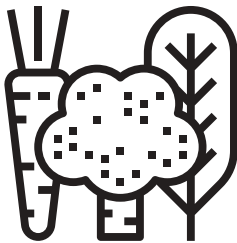
# HEALTHY ACTIONS BINGO



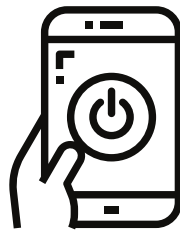
COLOR IN THE BOXES  
WHEN YOU TAKE  
THESE ACTIONS!



EAT VEGETABLES



TURN SCREENS OFF 30 MINUTES  
OR MORE BEFORE BED



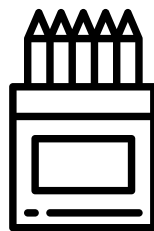
LISTEN TO CALMING MUSIC  
OR A QUIET STORY



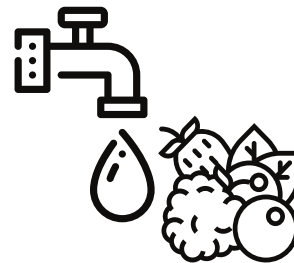
WALK OR RUN



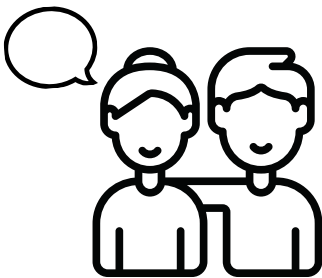
COLOR OR DRAW



WASH FRUITS AND VEGETABLES



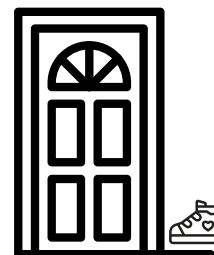
TALK ABOUT YOUR FEELINGS



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](http://zerobreastcancer.org)** or contact us at **[info@zerobreastcancer.org](mailto: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](http://zerobreastcancer.org/donate)**.