

# HEALTHY ACTIVITY BOOKLET

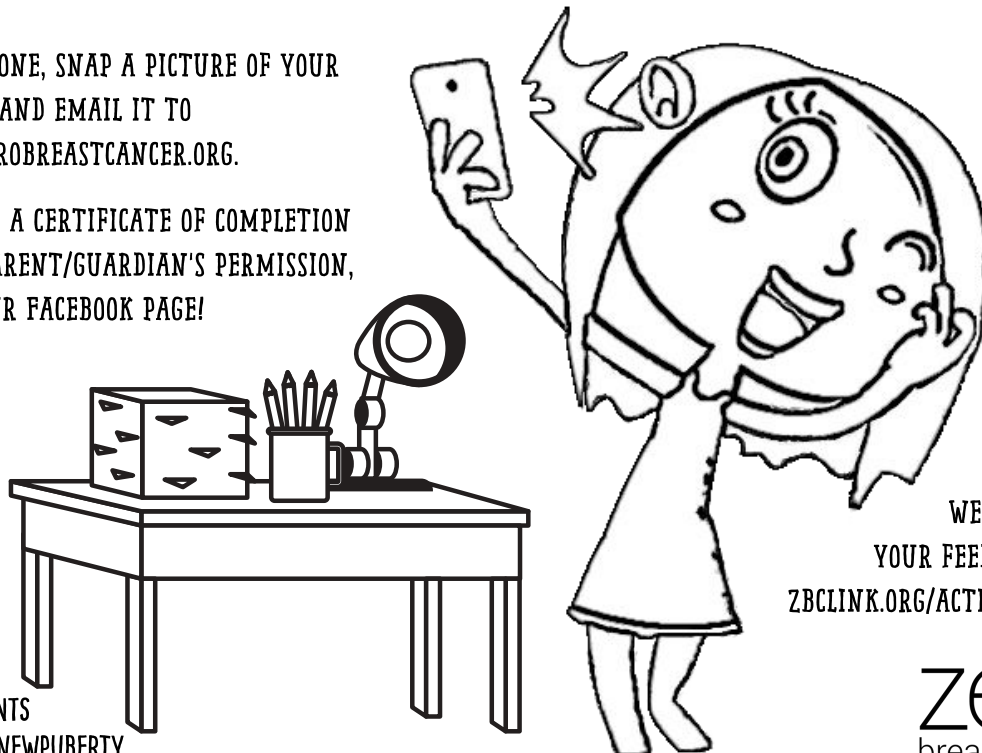
BEING HEALTHY IS ABOUT FEELING OUR BEST!

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!



WE WOULD LOVE  
YOUR FEEDBACK! VISIT  
[ZBCLINK.ORG/ACTIVITYSURVEY](http://ZBCLINK.ORG/ACTIVITYSURVEY)

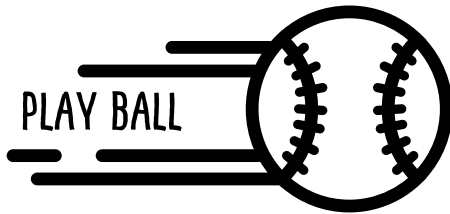
[ZBCLINK.ORG/PARENTS](http://ZBCLINK.ORG/PARENTS)  
FACEBOOK @GIRLSNEWPUBERTY

zero  
breast cancer

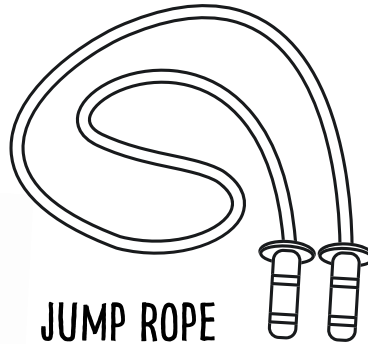
# HOW CAN WE MOVE MORE AND MORE OFTEN?



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

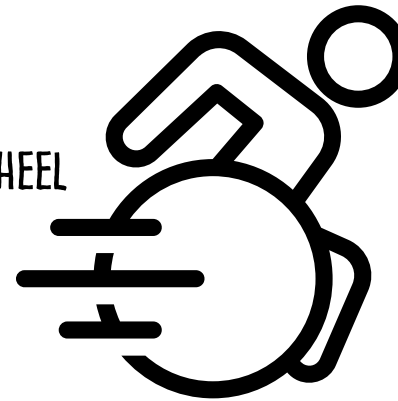


PLAY BALL



JUMP ROPE

WHEEL



DANCE



RIDE A BIKE



WALK OR RUN

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# MOVE MORE & MORE OFTEN

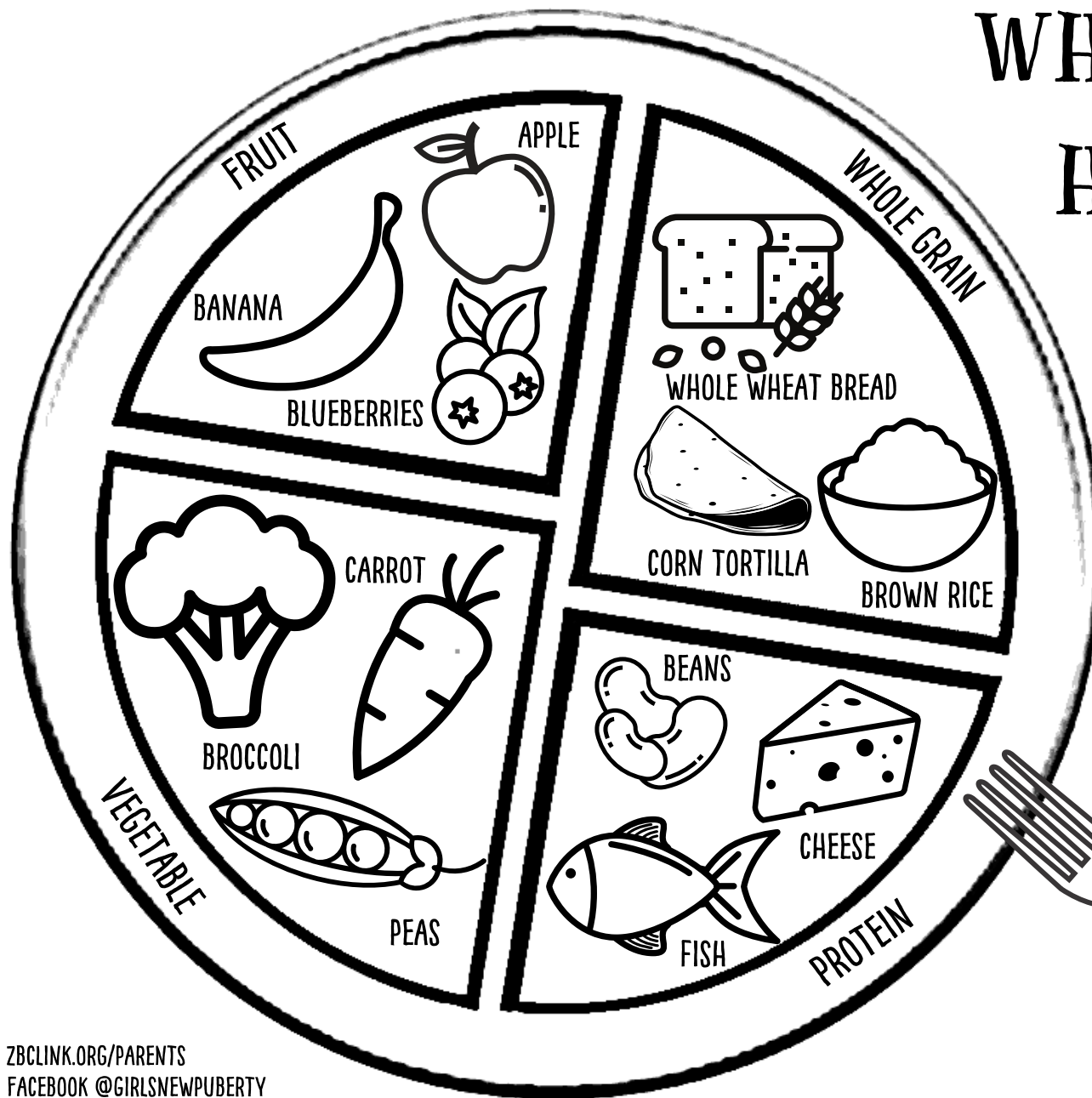
DRAW YOUR FAVORITE WAY TO GET MOVING.

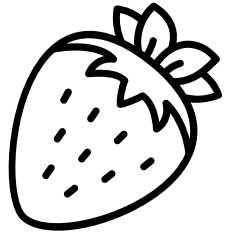
ZBCLINK.ORG/PARENTS  
FACEBOOK @GIRLSNEWPUBERTY

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# WHAT'S ON A HEALTHY PLATE?

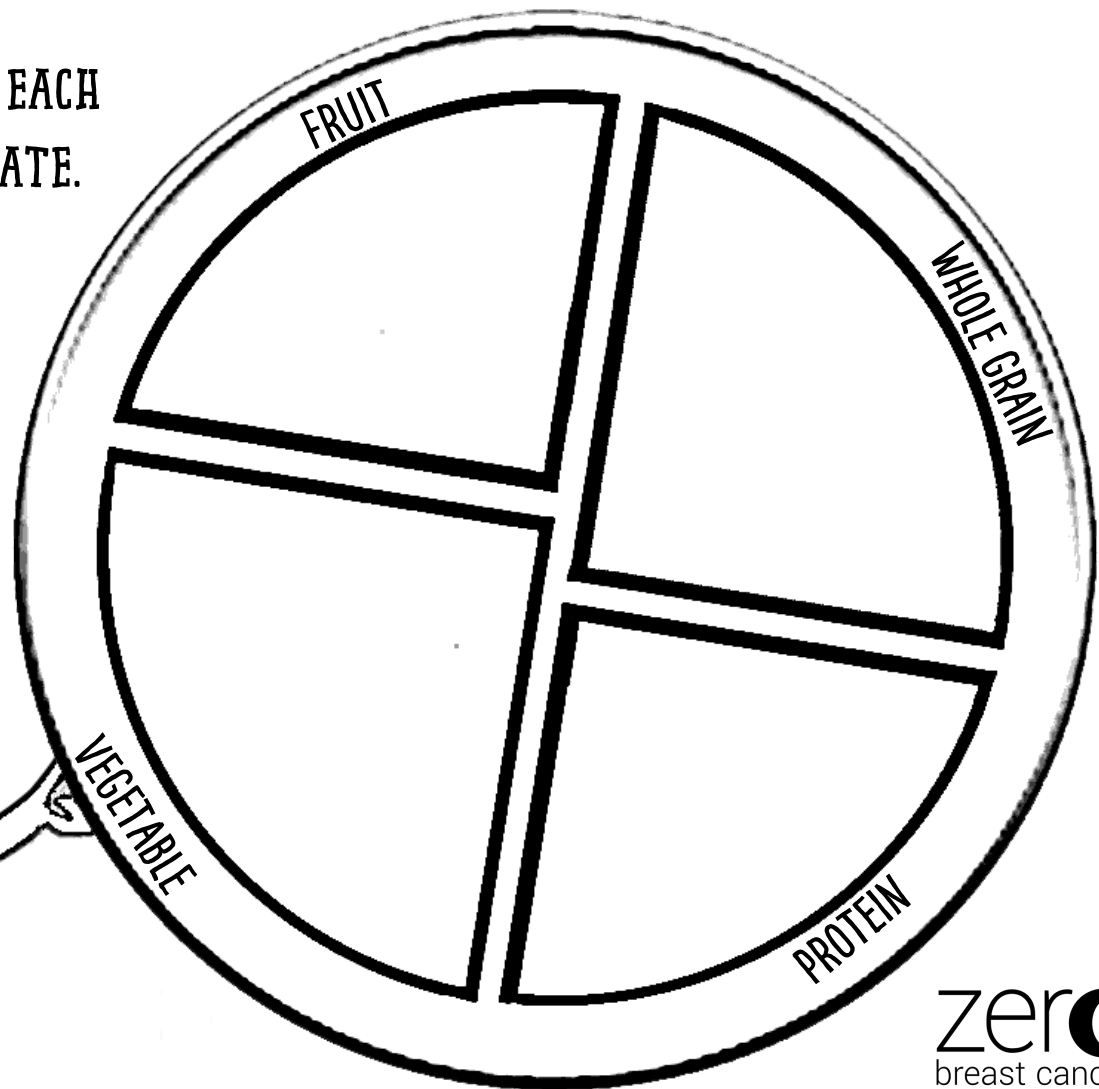
FILL MOST OF YOUR  
PLATE WITH  
WHOLE GRAINS AND  
VEGETABLES,  
THEN ADD FRUITS  
AND PROTEINS.





# EAT HEALTHY

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

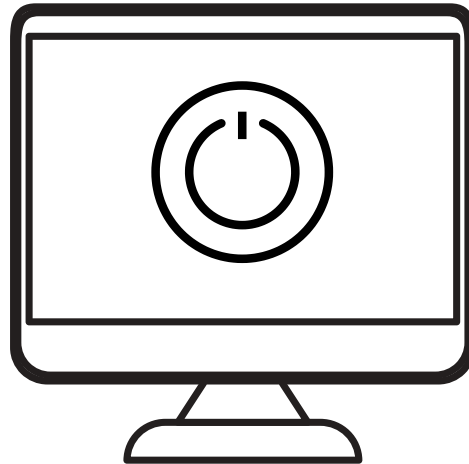


ZBCLINK.ORG/PARENTS  
FACEBOOK @GIRLSNEWPUBERTY

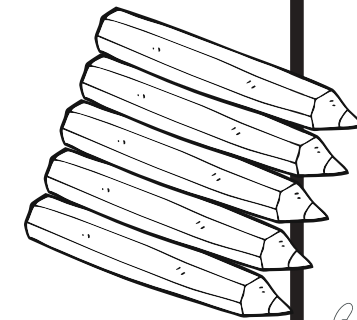
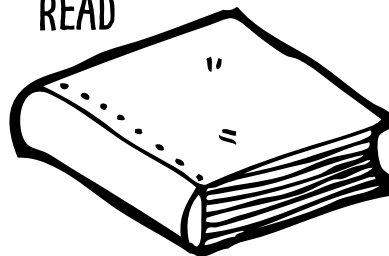
zero  
breast cancer

# WHAT CAN WE DO TO SLEEP WELL?

TURN SCREENS OFF  
30 MINUTES OR MORE BEFORE BED



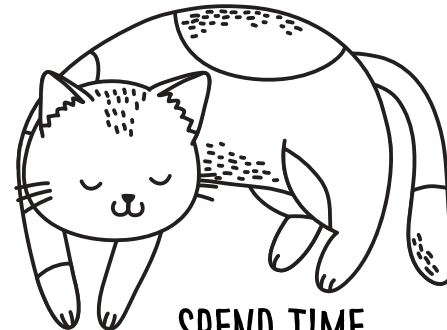
READ



COLOR OR DRAW



LISTEN TO  
CALM MUSIC  
OR A QUIET STORY



SPEND TIME  
WITH A SLEEPY PET

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FACEBOOK @GIRLSNEWPUERTY

zero  
breast cancer



# GET ENOUGH SLEEP

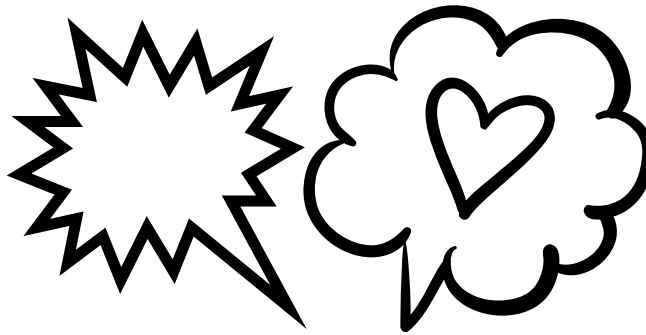
DRAW WHAT HELPS YOU GET TO SLEEP.



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



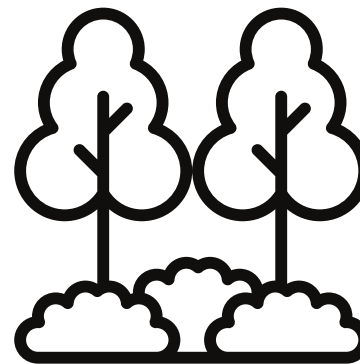
WRITE ABOUT  
YOUR FEELINGS



TALK IT OUT



GET  
MOVING



SPEND TIME IN NATURE

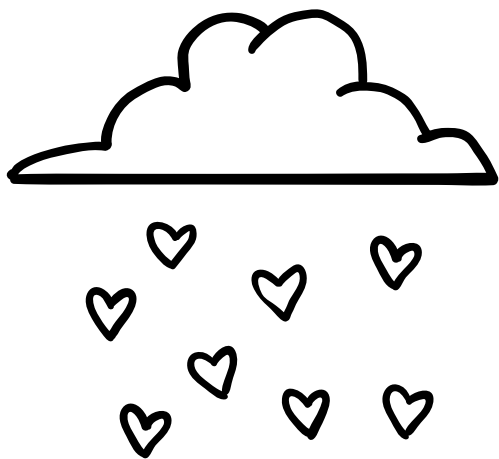


TAKE A NAP



LAUGH





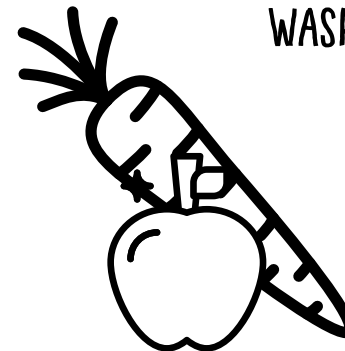
# FEEL BETTER

DRAW WHAT HELPS YOU FEEL BETTER.

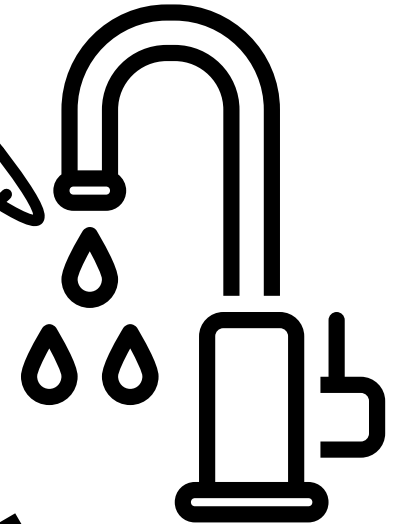
# HOW CAN WE LET FEWER CHEMICALS INTO OUR BODIES?



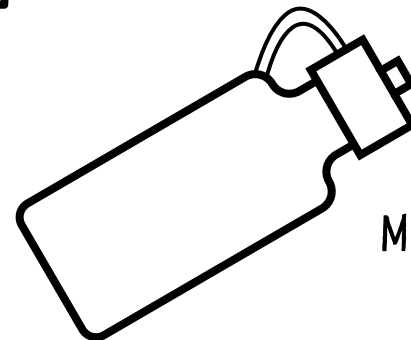
WASH HANDS OFTEN



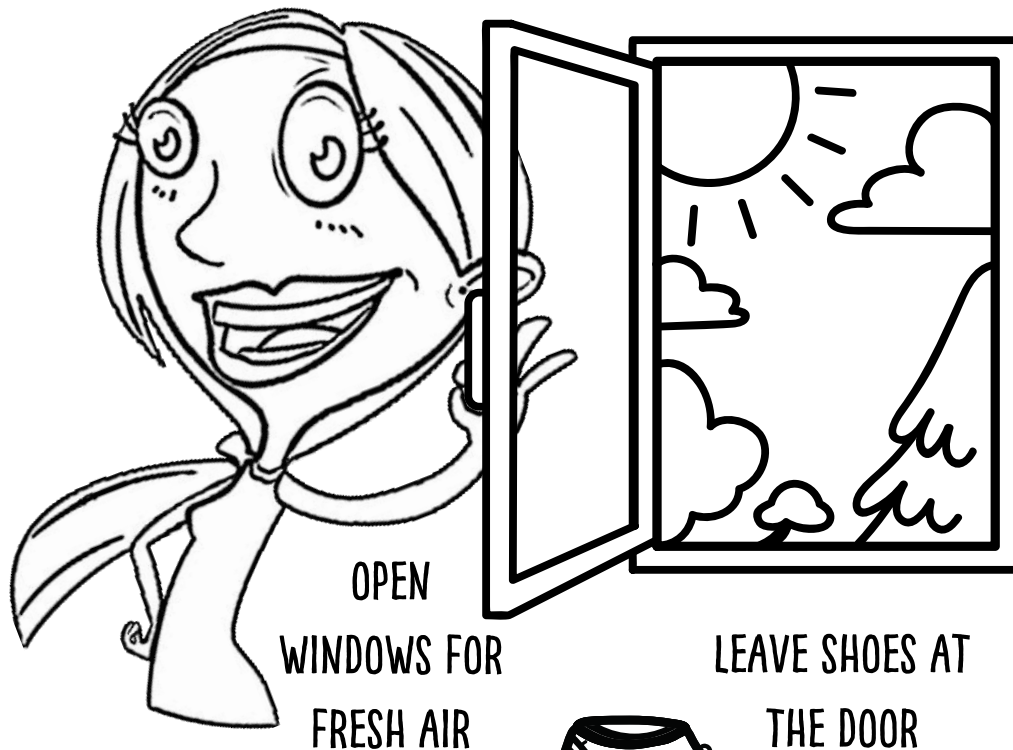
WASH FRUITS  
AND VEGETABLES



USE A GLASS OR  
METAL WATER BOTTLE

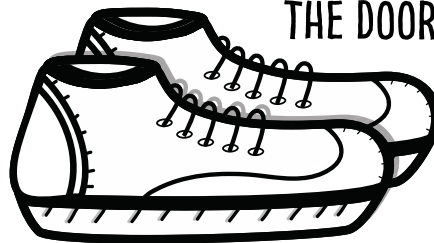


zero  
breast cancer



OPEN  
WINDOWS FOR  
FRESH AIR

LEAVE SHOES AT  
THE DOOR



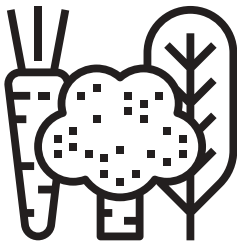
# HEALTHY ACTIONS BINGO



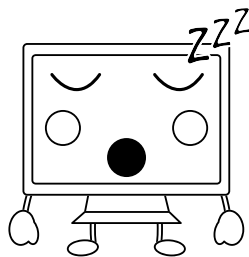
COLOR IN THE BOXES  
WHEN YOU TAKE  
THESE ACTIONS!



EAT VEGETABLES



TURN SCREENS OFF 30 MINUTES  
OR MORE BEFORE BED



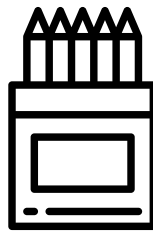
LISTEN TO CALMING MUSIC  
OR A QUIET STORY



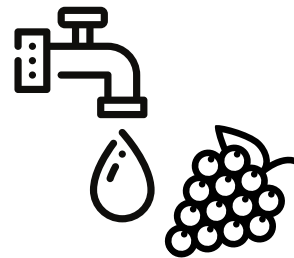
DANCE FOR 15 MINUTES



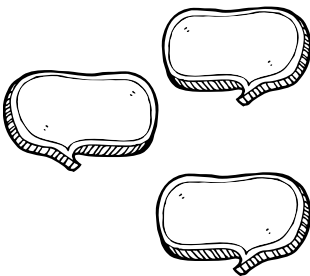
COLOR OR DRAW



WASH FRUITS AND VEGETABLES



TALK ABOUT YOUR FEELINGS



MOVE TO GET YOUR HEART RATE  
UP FOR 15 MINUTES



LEAVE SHOES  
AT THE DOOR

