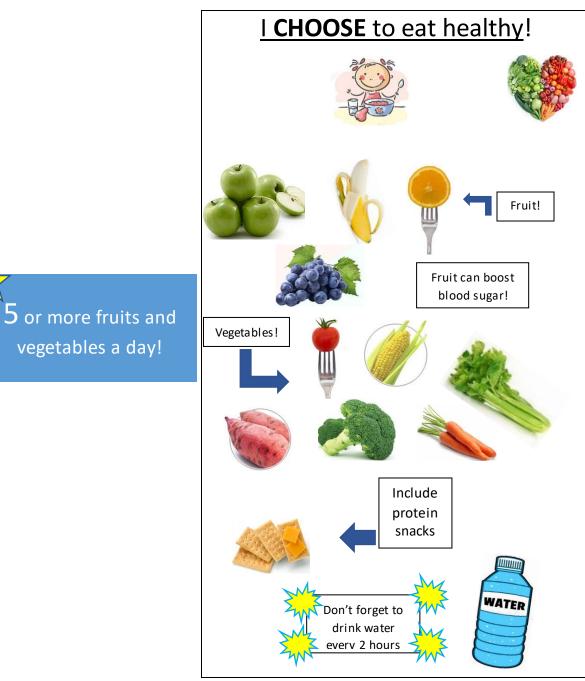
vegetables a day!

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I Care for My Body!





I KEEP my body fit!



Jumping Rope!

Playing tag with my friends!



Playing ball!

Hula Hooping!



I give my body REST!



Set a regular bed time





Book |



8 hours per night

Tired children can't remember well and do poorly in school.

Brains have work to do

during sleep: It makes

memory connections.

Sleep loss robs the body from making full use of blood sugar for energy.

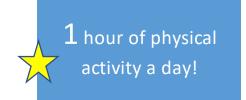
Remember

For a good sleep, finish screen time at least an hour before bed





Almost none: sugary drinks







-Messy Art Playmat-





