



# I Care for My Body!



I CHOOSE to eat healthy!	I KEEP my body fit!	I give my body REST!
<p><b>Fruit!</b></p> <p>Fruit can boost blood sugar!</p> <p><b>Vegetables!</b></p> <p>Include protein snacks</p> <p>Don't forget to drink water every 2 hours</p>	<p><b>Jumping Rope!</b></p> <p>Playing tag with my friends!</p> <p><b>Playing ball!</b></p> <p>Hula Hooping!</p>	<p>Set a regular bed time</p> <p><b>Brush → Book → Bed</b></p> <p>8 hours per night</p> <p><b>*Remember*</b> For a good sleep, finish screen time at least an hour before bed</p>

5 or more fruits and vegetables a day!

Brains have work to do during sleep: It makes memory connections.

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

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



Almost none:  
sugary drinks

1 hour of physical activity a day!

2 hours or less of screen time!

# -Messy Art Playmat-

