

My Whole Healthy Body

Rosita is healthy from head to toe! Invite children to color as you read aloud. Talk together about what your family does to be healthy. Bring the page to your doctor's appointment and invite children to tell your health care provider about their favorite healthy snack or school activity.

When you need to calm down, play a game of I Spy.

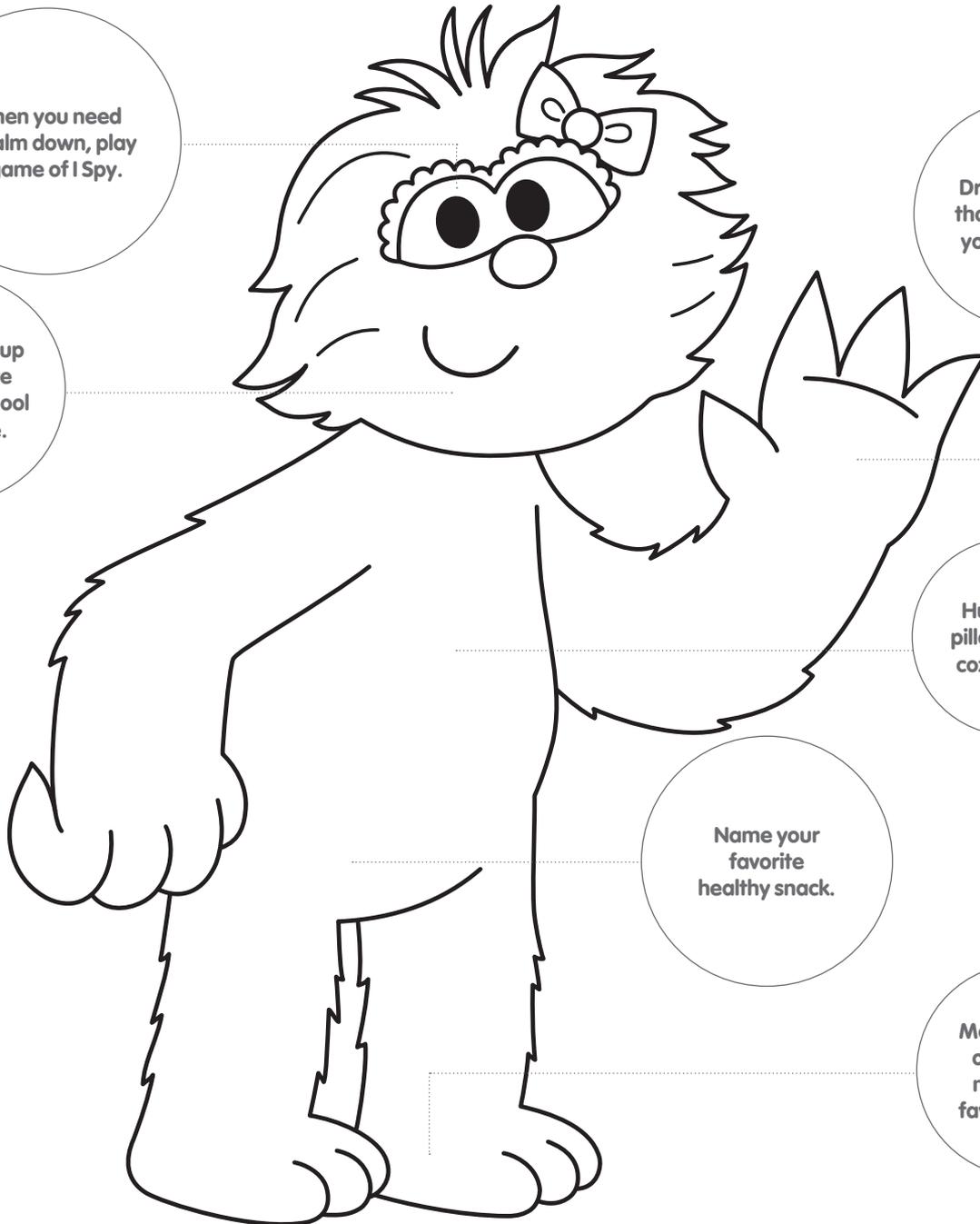
Draw a picture that shows how you're feeling.

Tell a grown-up your favorite activity in school or day care.

Hug a soft pillow to feel cozy inside.

Name your favorite healthy snack.

Make up your own dance moves to a favorite song!



What part of your child's body do you have questions about? Write it down to ask your child's doctor or nurse:
