Abby’s on a healthy path! As your child colors in the steppingstones, read each one aloud. Invite children to try to do some of these things today.

1. Tell a grown-up your favorite way to play.
2. Get lots of sleep. (Your doctor can tell your grown-up how many hours you need!)
3. It’s healthy to play with friends! Next time you laugh hard at playtime, notice how your body feels.
4. Drink lots of water.
5. Eat a fruit or vegetable. Try a new one!
6. Learn a new way to move your body, like a yoga pose.
7. When you have big feelings, draw a picture of how you feel.
8. Read a book with a grown up. What’s your favorite story?

Write one question to ask your doctor or nurse about your child’s experience of any of these activities.