

Healthy Family Cheer

Together, fill in the blanks to make up your own family cheer. Sign your names around the page. Say it loud and proud!

We're the _____ Family,
And there's lots we know
about staying healthy from head to toe.

We're on the move! We're on the go.

We _____, _____, and _____ ...
[movement words like walk, stretch, jump]

Sometimes fast, sometimes slow.

Our healthy meals help us grow.

We love _____, _____, and _____ ...
[healthy foods]

Especially together—oh, oh, oh!

We're the _____ Family.

We know what's right for us right now!

We're the _____ Family.

We make each other proud.

