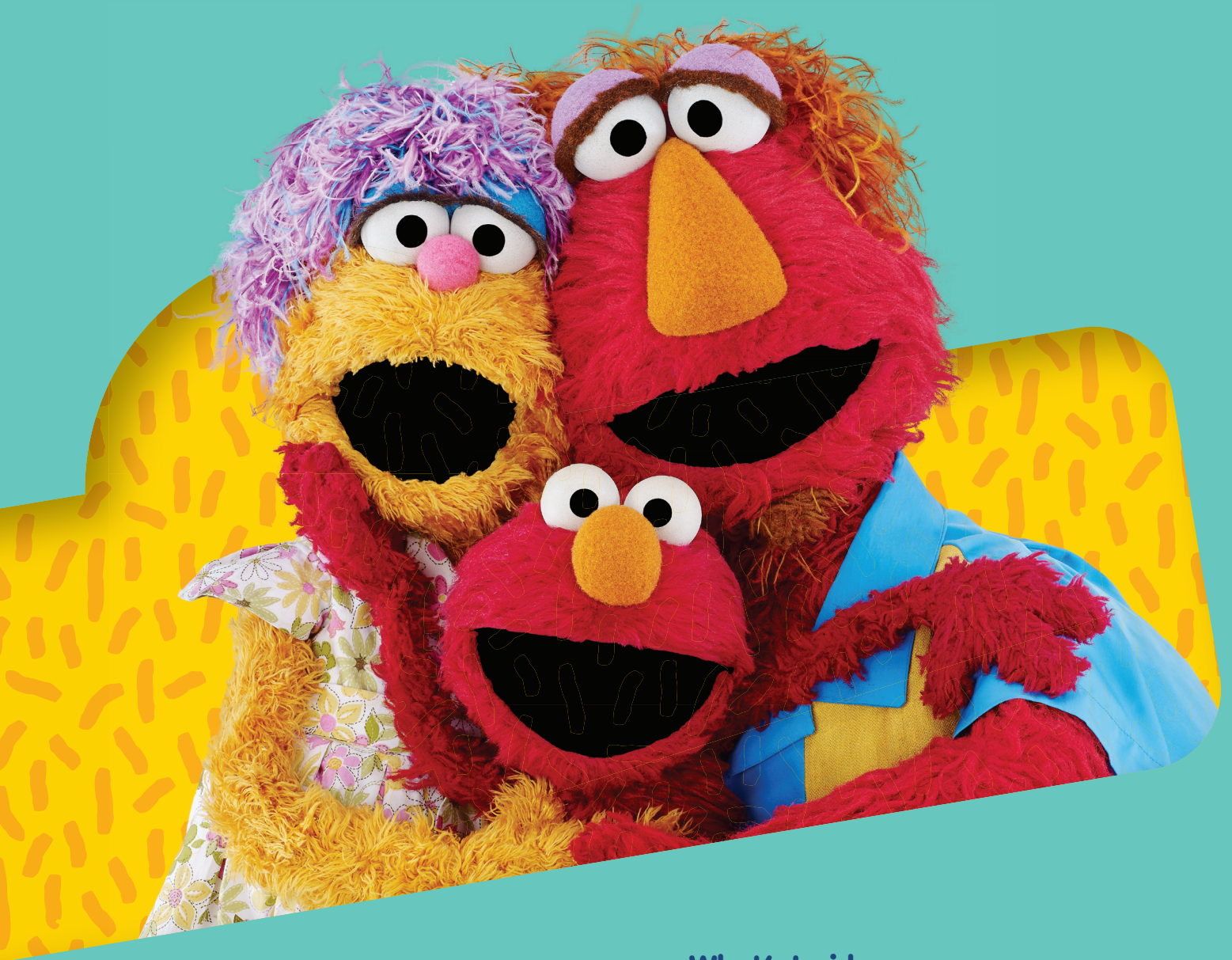


Healthy Together!

Celebrating & Practicing Whole-Family Health



What's Inside:

- Children's Activity Pages
- Collaborative Games & Activities
- Parent & Caregiver Ideas & Tips

Dear Parent or Caregiver,

Building healthy habits is a whole-family activity! You can use the pages in this family-keepsake book to help you and your child explore new ways to take care of yourselves and stay well.

Together, try the activities on each page... and celebrate each success, big and small.

Enjoy the journey!

For more resources on staying healthy, visit sesame.org/resources

A CREATION OF



Sesame Workshop is the global nonprofit behind *Sesame Street* and so much more. For over 50 years, we have worked at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts, all in service of empowering each generation to build a better world. Our beloved characters, iconic shows, outreach in communities, and more bring playful early learning to families in more than 190 countries and advance our mission to help children everywhere grow smarter, stronger, and kinder.

Learn more at sesame.org and follow Sesame Workshop on Instagram, TikTok, Facebook, and X.

WITH THE SUPPORT OF



Abbott is a global healthcare company that helps people of all ages live healthier lives, with products including diagnostic tests, medical devices, nutritional products and medicines. Together with our foundation, Abbott Fund, we partner with trusted organizations to build programs that strengthen care, improve access and help families and communities thrive.

We're committed to building a healthier future by inspiring children to develop lifelong habits that support well-being and help to prevent chronic disease for generations to come.

Connect with us at abbott.com and on LinkedIn, Facebook, Instagram, X and YouTube.

Four Superpowers

You already hold so much power to help your family be as healthy as they can be. As you do the activities in these pages together, consider how you can:

- 1 Model:** Your children notice everything you do... let them see you making healthy choices whenever you can!
- 2 Communicate:** Talk about—and reflect upon—how healthy habits make you feel physically and emotionally.
- 3 Stay Curious:** Noticing and observing your child helps you tune in to what they need and what may work for them. Wonder aloud! ("I wonder how many steps it takes us to walk to school" or "I wonder how bedtime could be easier for us.")



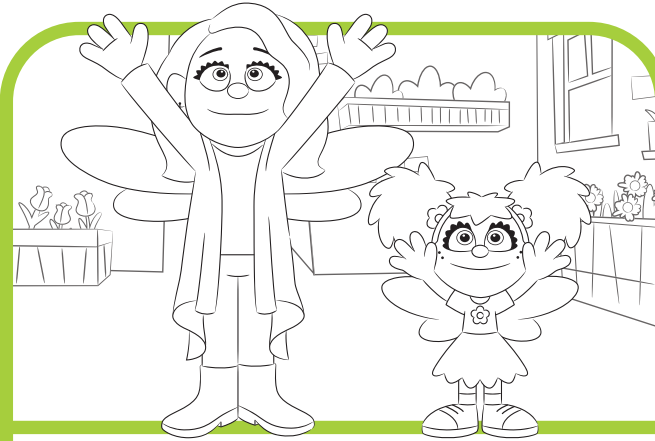
4 Appreciate: Express your pride in how your child is building healthy habits, and celebrate small efforts and wins!

Many Ways to Be Healthy

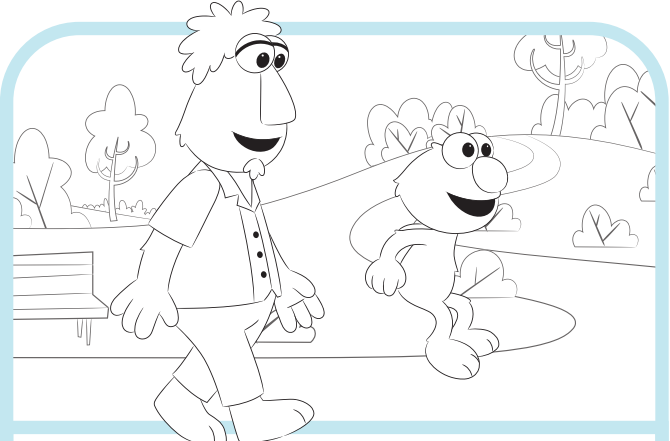
Consider what "healthy" means for your family right now. What are you feeling good about? What concerns you? What might you want to pay more attention to? Remember... little changes go a long way.

Muppets on the Move: A Stand-Up Story

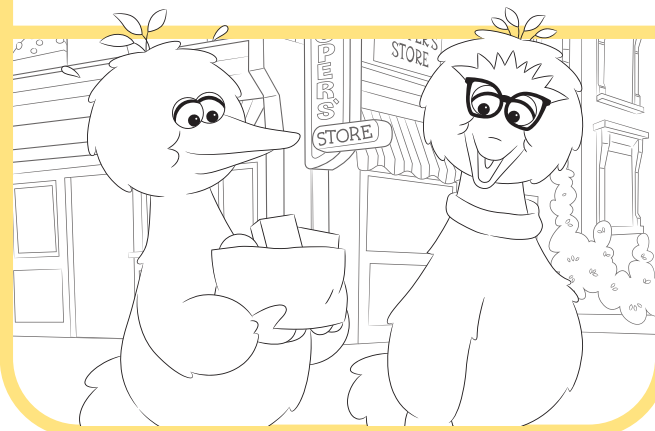
Stand up and move along together as you read the story below. Tell your child how proud you are that they're learning to move their bodies in different ways!



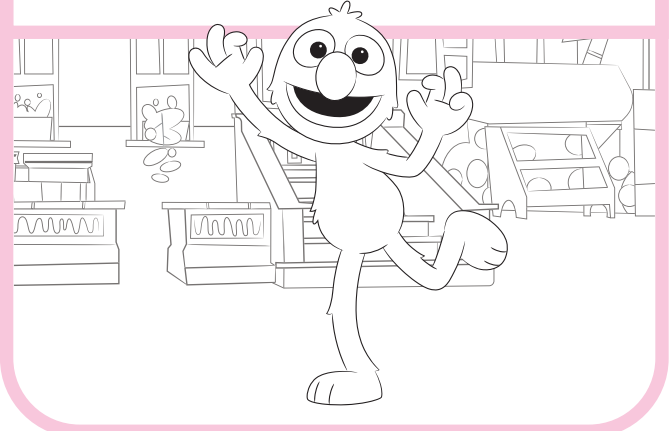
In the morning, Abby and her mommy **reached** and **stretched** and **waved** their arms as wide and high as they could. Pretend your arms are wings and reach, stretch, and wave them wide and high.



Elmo and his Daddy **walked** to the park. Every few steps, they added a little **hop**! Jump up and down a few times. Try hopping on one foot!



Big Bird and Granny walked to Hooper's Store to buy ingredients for their favorite birdseed smoothies. Big Bird helped Granny carry the bags home. Walk as if you are carrying heavy bags in both hands.



Grover was feeling silly, so he did a **wiggly-jiggly dance**. He tried to move every part of his furry blue body at once. What does your silly dance look like?

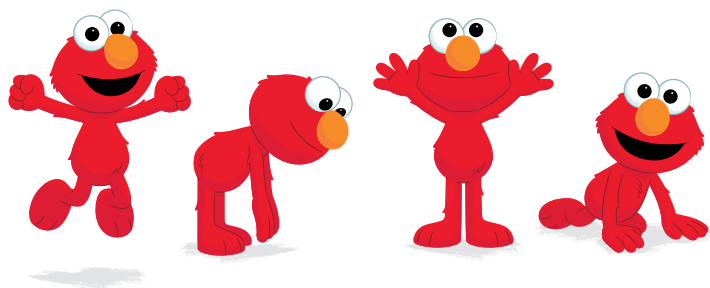
When the friends started feeling tired, they were ready for a rest. Pretend you are taking a nap!

Our Family Dance Recipe 🎵 🎵 🎵

Take turns closing your eyes and putting a finger down on this page. The two words you land on are the two moves you'll do together, one after the other. Repeat them a few times. Then pick two more moves and do them a few times. Then put all four moves together! How quickly can you do them? How slowly?

Bend	Clap	Jumping Jacks	Reach	Jiggle
Run	Stomp	Sway	Jump	Wave
Wiggle	Stretch High	Twirl	Jog	Stand Straight
March	Walk	Skip	Tiptoe	Stretch Low
Crawl	Dance	Hop		

Write in your own ideas



Afterward, notice and enjoy how your bodies feel. Put your hand on your chest and notice your heartbeat and breathing. Do you want to keep moving, or have a rest?

Taste Test

Print more copies!



It can take more than 10 tries of a new food before children can learn to like it. Write a new food on each line and check off each time your child tries it. Children can help choose the foods. Once they've reached ten, have them circle it if they think they will eat it again. Praise each effort and stay positive. You can join in, too.

I'm a kid who tries things!

Food (try foods in all colors!)	1st try	2nd try	3rd try	4th try	5th try	6th try	7th try	8th try	9th try	10th try

Encourage children to use their senses, especially on the first few tries:

- **Look** at it and notice the details ("this strawberry is shiny and bright red, like our favorite apples"). Talk about how it's grown or prepared (or look it up together!).
- **Feel** it—is it rough or smooth? Moist or dry? Warm or cool? Soft or hard?
- Close your eyes and **smell** it. What does it smell like?
- Take a tiny bite and **taste** it or just have a tiny lick—a tentative taste is as valuable as an enthusiastic bite!



Our Family Pizza

Rosita's family chooses, makes, and eats healthy food together. On pizza night, everyone in her family chooses one topping. Take turns choosing toppings for pretend family pizza and draw them on.



Mushroom



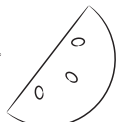
Pepper



Broccoli



Pineapple



Tomato



Olive



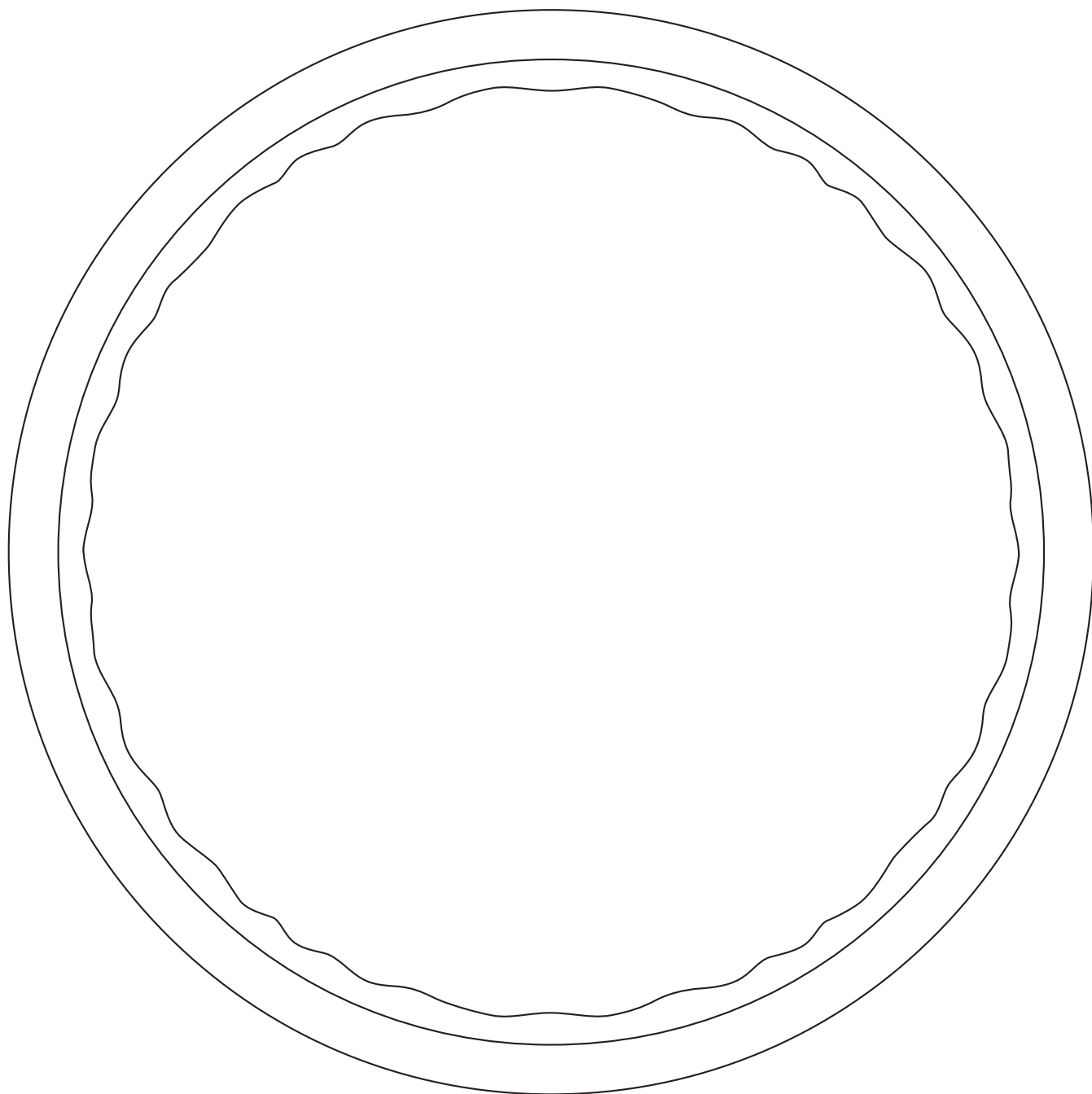
Spinach



Onion



Cauliflower



Rainy Rest

Oscar the Grouch loves a rainy day... it's the perfect time to get cozy in his trash can. No matter the weather, it's important to rest our bodies and have quiet time during the day, especially when we're feeling tired or grouchy! Then we have energy to do the things we want to do later.

**Color in your favorite ways to rest or have quiet time.
Which would you like to try right now?**



Sleepy Stars

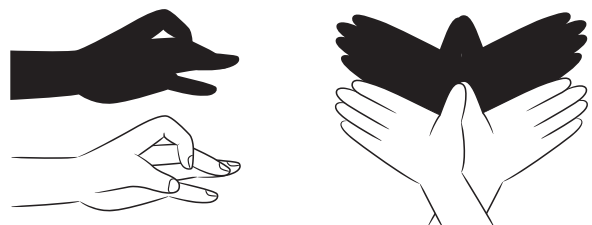
Sleep is so important to our health. No matter your spaces, sleeping arrangements, or evening routines, bedtime can be a great opportunity to relax and bond. As your child colors this page, read the ideas in each star aloud and choose one to try together once the lights are low tonight.

When the day is done, we can...



Talk about it. As you do the activities, talk together about how you are feeling! ("I love how your fuzzy blanket feels on my skin," "These sheets are cool and soft," "These shadow bunnies are moving so slowly, they're making me sleepy," and so on.)

Try these easy shadow puppets!



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.

