

# Every Day Is a Healthy Day!

To help make your day healthy and happy, try these activities together with your child!



## Eat a Rainbow

The **Sesame Street** friends eat nutritious and delicious foods so they can run, jump, think, and play all day. Fruits and vegetables come in every color of the rainbow!

**TRY THIS** → Together with your child, plan a “rainbow” meal with at least three different colors. How many colors do you count on your plates? Describe how each food looks, feels, smells, and tastes.



Help Bert, Rosita, and Abby choose colorful fruits and vegetables for a salad! What colors do you see?



BROCCOLI



CUCUMBER



ORANGE



APPLE



AVOCADO



BANANA



BLUEBERRIES



CARROT



SQUAT

LEAP

RUN

SKIP

TWIST

KICK

STRETCH

Do a silly dance with Grover! Choose three groovy moves and put them together. How many different dances can you make?

*jump and hop...  
wiggle and jiggle...  
and dance,  
dance, dance!*



## Get Moving

Eating healthy foods gives Grover energy to play. Moving his body keeps him strong, and it's so much fun.

**TRY THIS** → Before and after active play, invite your child to put his hand on his chest to feel his own heartbeat. How does it change? Explain that his heart is a muscle, and that moving helps to keep it strong.



# Spend Family Time Together

Elmo has had a busy day!  
Now it's time for quiet activities  
so that Elmo's body can rest.  
Elmo and his daddy love to  
read together.

**TRY THIS** → Make relaxation a part of every day. After a busy day or activity, sit quietly with your child and ask her to close her eyes. Talk about what she has heard and seen that day. Invite her to draw a picture of something she liked about the day.



What else could Elmo and Daddy do to help their bodies rest?



READ BOOKS



GIVE HUGS



LISTEN TO MUSIC



DRAW A PICTURE



SNUGGLE TOGETHER

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