



Celebrate Healthy Eating and Playing

This is a great rainy day activity. Enlarge the 6 movement pictures on this page. Have children color them, then help children learn the rhyme below. Point to each picture so everyone can do the motion as they say the rhyme. Let each child choose a new one.

Your bones and muscles are growing strong.
Eat good foods and you can't go wrong!
Now move your body, count 1, 2, 3.....
Come along and _____ with me.

