

4-H Healthy Living Activity Guide



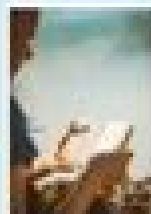
Try one or all 50 of these fun, skill-building activities to help your kid live a healthy life.

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 INSPIRE KIDS TO DO

Don't Worry, Journal

Don't Worry, Journal is a fun, interactive journal that helps kids express their feelings and thoughts. It's a great way to learn about emotions and how to manage them.



What is a Journal?

- A journal is a book or notebook where you write down your thoughts, feelings, and experiences.
- It can be a place to express your emotions and learn about them.
- It can help you track your progress and see how you're doing over time.
- It can be a fun way to learn about yourself and the world around you.
- It can be a great tool for self-reflection and personal growth.

How to Use a Journal

- Write down your thoughts and feelings every day.
- Use the journal to track your progress and see how you're doing over time.
- Use the journal to learn about yourself and the world around you.
- Use the journal as a tool for self-reflection and personal growth.



How to Create a Family Bucket List

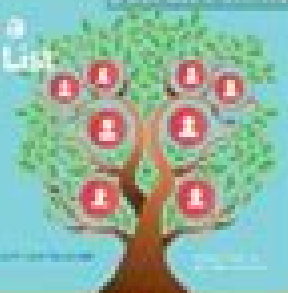
Family Bucket List is a fun, interactive list of activities that the whole family can do together. It's a great way to create memories and spend time together.

What is a Bucket List?

- A bucket list is a list of things that you want to do before you die.
- It can be a fun way to create memories and spend time together.
- It can help you track your progress and see how you're doing over time.
- It can be a great tool for self-reflection and personal growth.

How to Create a Family Bucket List

- 1. Brainstorm ideas for activities that the whole family can do together.
- 2. Write down the ideas on a list.
- 3. Prioritize the list based on what you want to do first.
- 4. Start working on the list and check off items as you complete them.



Staying Healthy Starts With Food

Staying Healthy Starts With Food is a fun, interactive guide that helps kids learn about healthy eating. It's a great way to learn about nutrition and how to make healthy choices.

What is Healthy Food?

- Healthy food is food that is good for your body.
- It can help you stay healthy and strong.
- It can help you learn about nutrition and how to make healthy choices.
- It can be a fun way to learn about food and how to eat it.



Healthy Mother's Day Breakfast



Healthy Mother's Day Breakfast is a fun, interactive guide that helps kids learn about healthy eating. It's a great way to learn about nutrition and how to make healthy choices.

Family Yoga Session

Family Yoga Session is a fun, interactive guide that helps kids learn about yoga. It's a great way to learn about yoga and how to practice it.



A Guide To Healthy Living

Marco Cascella



A Guide To Healthy Living:

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A Guide To Healthy Living Introduction

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