

# Jump into a Healthy Body

*(Repeat as a group or individual, round-robin fashion.)*

My name is \_\_\_\_ and I am healthy and strong!

I am going to Miss Rabbit's garden  
and I am going to pick some red fruits!

*(Ask individuals or group to name the red fruit or vegetable that they harvested in the garden activity.)*

I eat red fruits and veggies  
to keep my heart healthy and strong!

*(Move on to another color option for fruits or vegetables.)*

My name is \_\_\_\_ and I am healthy and strong!

I am going to play outside and make my heart beat fast!

*(Ask individuals or group to name activities they like to do outside.)*

My name is \_\_\_\_ and I am healthy and strong!

I want to be healthy all day long!

I eat vegetables to keep my body strong!

I keep my body moving to stay healthy and strong!

