

Feeling Bad? Upset About Something?



Sleep?

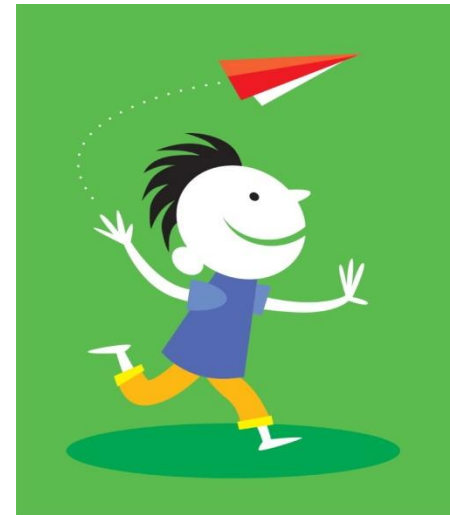
Hungry?

Thirsty?

Worried?

Sick?

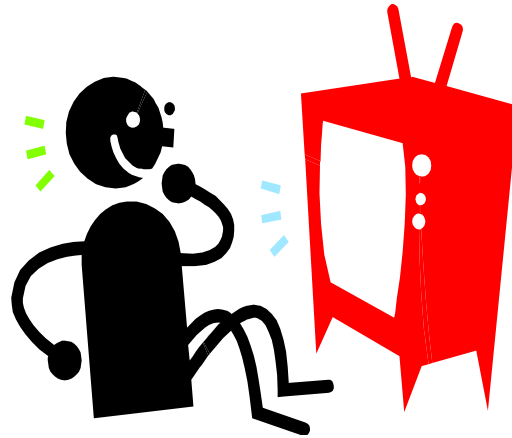
Maybe I Need to Move!!



Physical Activity Can Help With Learning



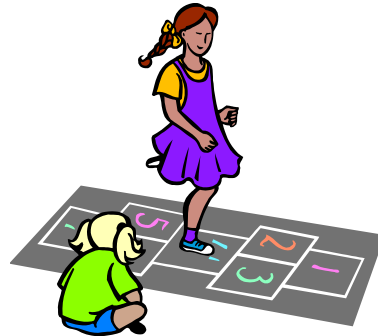
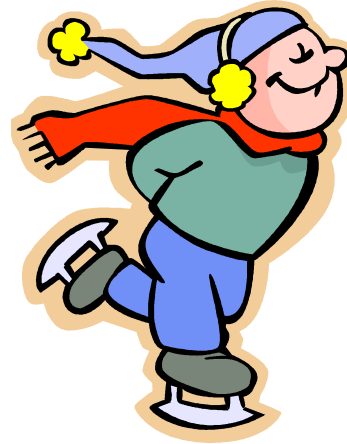
Limit Screen Time



Play Outside!



Just Move!!!



Now Let's Get Moving

