

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 yourself and others.



What is it?

- A journal that helps kids express their feelings and thoughts.
- A journal that helps kids learn about themselves and others.
- A journal that helps kids learn about their feelings and thoughts.
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How to use it

- Read the journal to yourself or to a friend.
- Write in the journal to express your feelings and thoughts.
- Share your journal with a friend or family member.

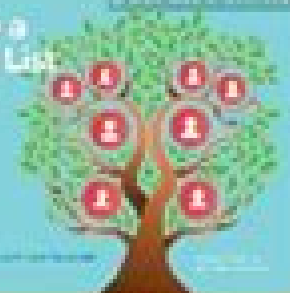


How to Create a Family Bucket List

A family bucket list is a list of things that your family wants to do together. It's a great way to spend time together and create memories.

1. Think of things that your family wants to do together.
2. Write them down on a list.
3. Share your list with your family.
4. Do the things on your list together.

Family Bucket List



Healthy Mother's Day Breakfast



Make a healthy breakfast for Mother's Day. It's a great way to show your love and appreciation for her.

Family Yoga Session

Yoga is a great way to stay healthy and active. It's a great way to spend time together and create memories.



The Guide To Healthy Living

David Perrine



The Guide To Healthy Living:

Immerse yourself in the artistry of words with is expressive creation, **The Guide To Healthy Living** . This ebook, presented in a PDF format (PDF Size: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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