

The Doctor is In!

Healthy Mind & Healthy Body
Brought to you by The Molina Foundation



◆ 1 An Apple a Day ◆

Have your kids choose fruit for each meal to teach them how to prepare and eat healthy foods.

◆ 2. Get Moving! ◆

Play a game of "Head, Shoulders, Knees and Toes" to keep your little ones moving.

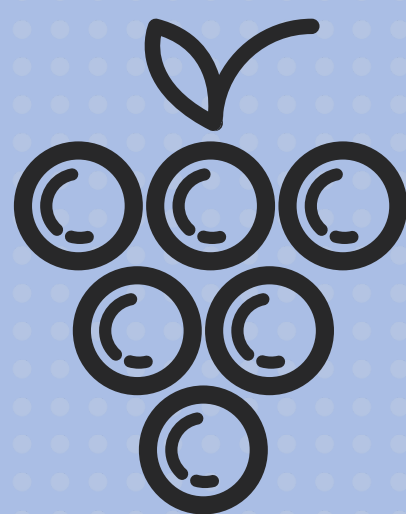


◆ 3. Healthy Habits ◆

Did you know all doctors go to school to learn how to wash their hands? Start your kids early and practice now.

◆ 4. Food for Thought ◆

How many healthy foods start with the letter A? How about the letter B? Apples, Broccoli, Carrots...



◆ 5. Doctor's Bag ◆

Build a doctor's bag with your kids. Include important supplies: bandages, stickers, and cotton balls.



For more activities & ideas,
find The Molina Foundation on:

