

FOR THE LOVE OF LEARNING

THE MOLINA FOUNDATION

FOR YOUR HEART



Kids need at least one hour of exercise a day. Jump rope, hopscotch, running, or playing a favorite sport can help a healthy heart.

LOVE OF READING



Did you know reading helps kids better understand feelings and emotions? When reading with your child, ask "how does this character feel?" "What is happening in the story?" "How would I feel?"

SHARE THE LOVE, NOT THE GERMS



Feel a sneeze or a cough coming on? Teach your child how to sneeze or cough into the inside of their arm to help stop germs from spreading.

AN APPLE A DAY...



A great way to "love" your body is to eat at least one fruit and one vegetable from every color of the rainbow.

WRITE YOUR HEART OUT



Complete this sentence in 10 different ways:
"I love..."