

ALL ABOARD!

Activities to keep your
child on track

Brought to you by The Molina Foundation

1

Choo Choo - ACHOO!

Feel a sneeze coming on?
Teach your child how to
sneeze into the inside
of his/her arm (by the elbow)
to stop germs from spreading.

2

Hop on Board to Healthy!

Take a square slice of
watermelon, sliced bananas,
and pretzel sticks to build your
own train.

3

I Think I Can, I Think I Can

Have your child practice shapes by
cutting out squares, triangles,
circles, and rectangles. Create a
train with the different shapes.

4

Rail Road Crossing

Play "Red Light, Green Light" to
get your kids on track for fitness.

5

Train of Thought

Practice putting stories in order
by beginning, middle, and end
with your own train adventure
story.

Enjoy!

For more activities, find
The Molina Foundation on:

