



Cut along the dotted line

HOW TO BE ZANY LIKE ME

TRY THIS ...	DO THIS ...	REMEMBER THIS ...
SHARE POSITIVITY BY MAKING SOMEONE LAUGH	WIGGLE IN PLACE FOR ONE MINUTE	IT IS RECOMMENDED YOU CONSUME 3 TO 5 SERVINGS OR MORE OF WHOLE GRAINS EVERY DAY

HOW TO BE LOVEABLE LIKE ME

TRY THIS ...	DO THIS ...	REMEMBER THIS ...
SHARE POSITIVITY BY GIVING SOMEONE A COMPLIMENT	STRETCH TO THE LEFT AND TO THE RIGHT	VITAMIN A CAN HELP SUPPORT VISION HEALTH

HOW TO BE BRAINY LIKE ME

TRY THIS ...	DO THIS ...	REMEMBER THIS ...
SHARE POSITIVITY BY HELPING SOMEONE LEARN	CREATE CIRCLES WITH YOUR ARMS OR SHOULDERS	B VITAMINS ARE ESSENTIAL NUTRIENTS TO HELP CONVERT FOOD INTO FUEL

HOW TO BE CHUCKLES LIKE ME

TRY THIS ...	DO THIS ...	REMEMBER THIS ...
SHARE POSITIVITY BY CHEERING SOMEONE UP	LAUGH OUT LOUD IN YOUR FUNNIEST VOICE	IRON CAN HELP CARRY OXYGEN THROUGHOUT YOUR BODY

HOW TO BE A SUPERSTAR LIKE ME

TRY THIS ...	DO THIS ...	REMEMBER THIS ...
SHARE POSITIVITY BY TELLING SOMEONE THEY'RE A STAR	DANCE IN PLACE ANY WAY YOU WANT	CALCIUM CAN HELP SUPPORT BONE AND TEETH HEALTH

HOW TO BE A BOOSTER LIKE ME

TRY THIS ...	DO THIS ...	REMEMBER THIS ...
SHARE POSITIVITY BY MAKING SOMEONE FEEL GOOD	RACE TO THE OTHER SIDE OF THE ROOM	CARBOHYDRATES CAN HELP GIVE YOU ENERGY TO RUN, PLAY, AND LEARN

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