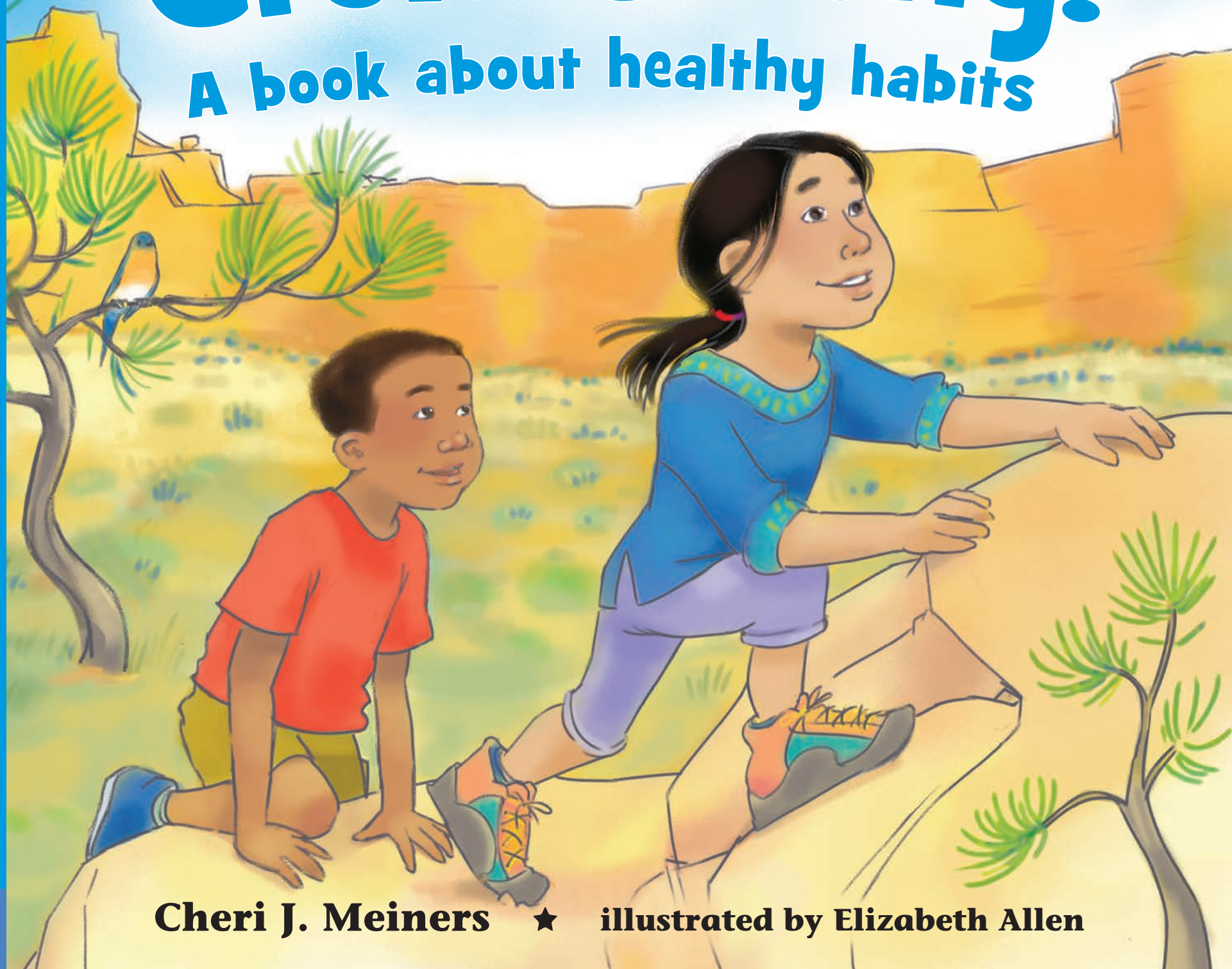




Includes
activity
guide for
adults

Grow Strong!

A book about healthy habits



Cheri J. Meiners



illustrated by Elizabeth Allen



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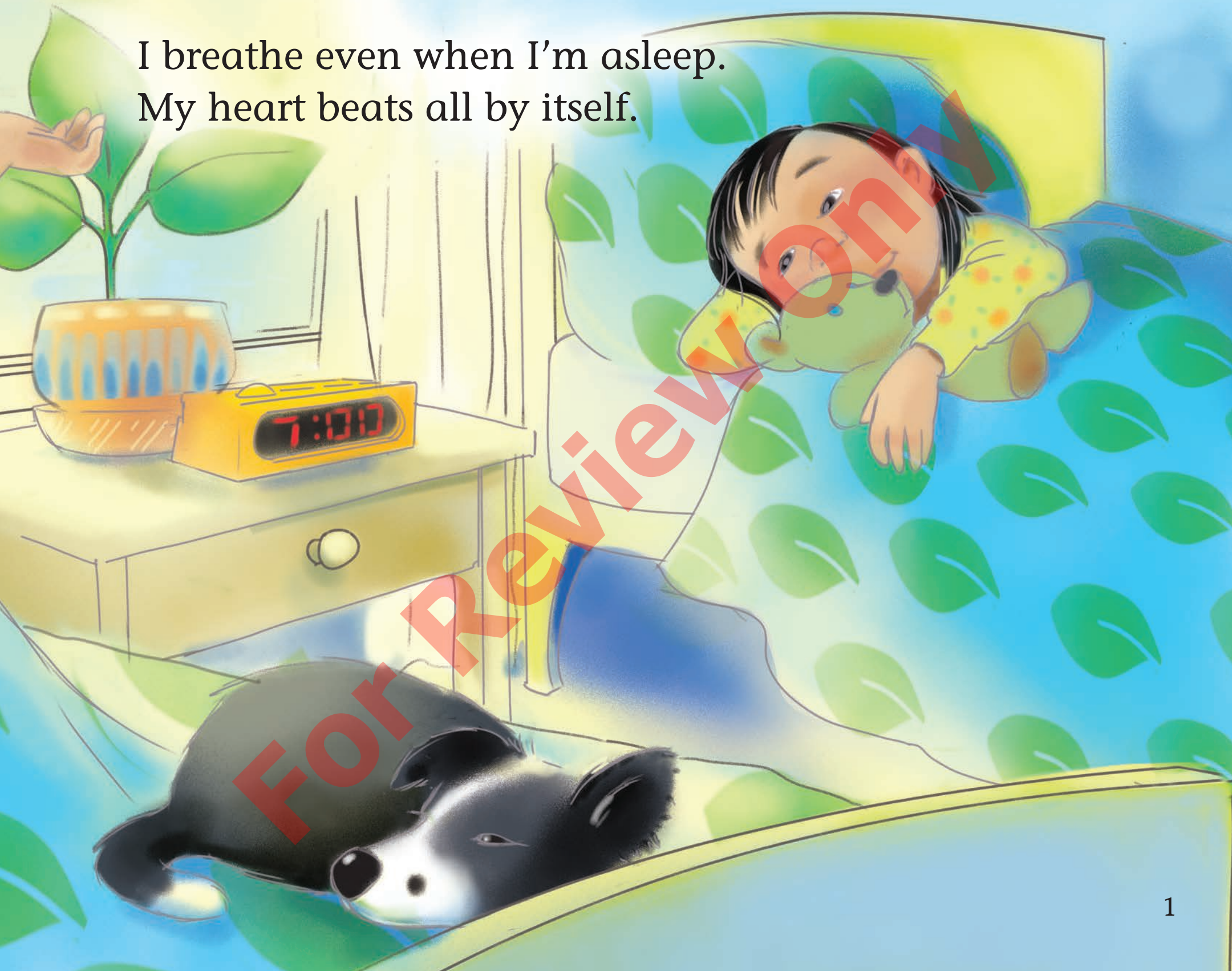
free spirit
PUBLISHING®



My body is amazing!



I breathe even when I'm asleep.
My heart beats all by itself.



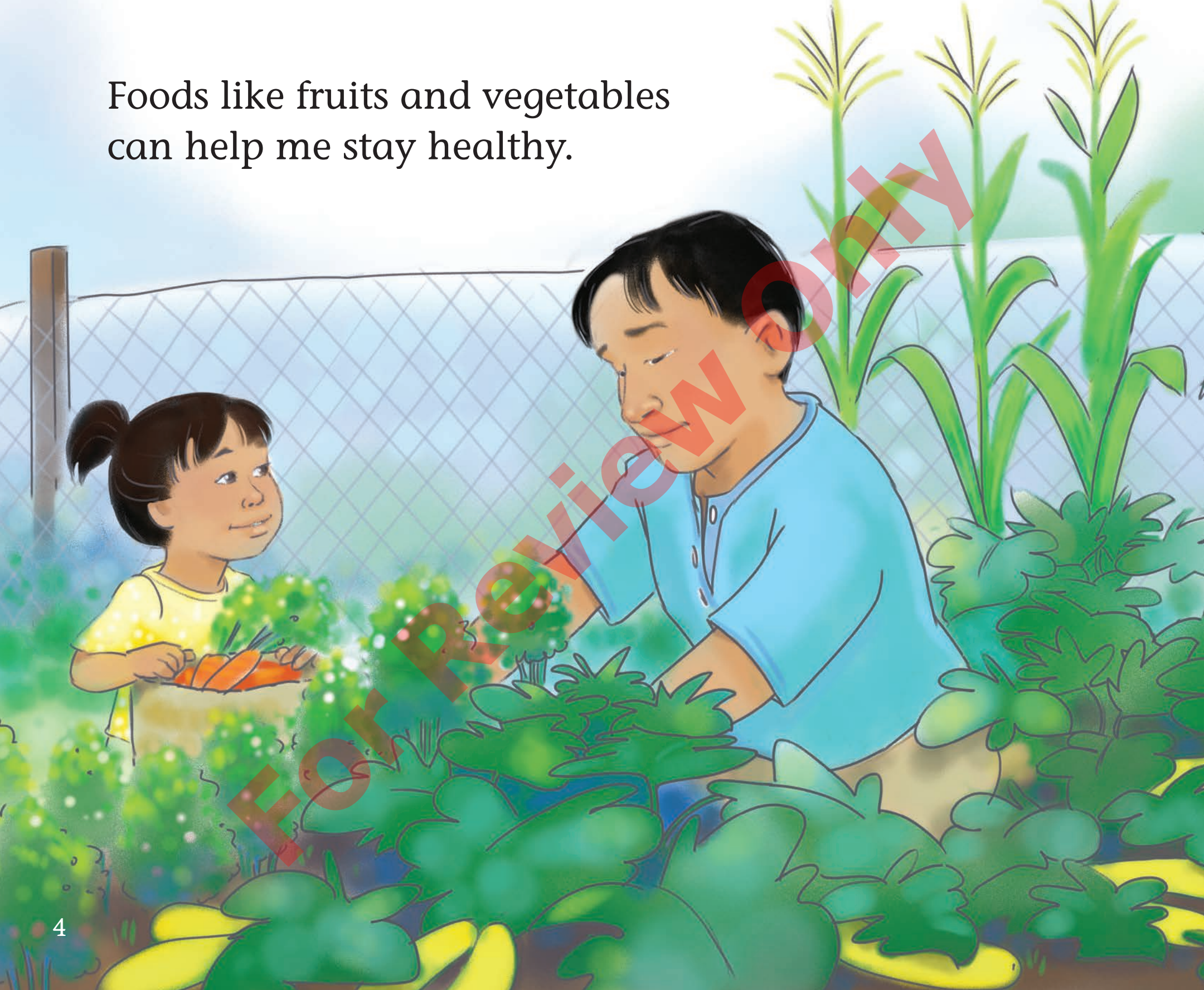
I want to grow strong.



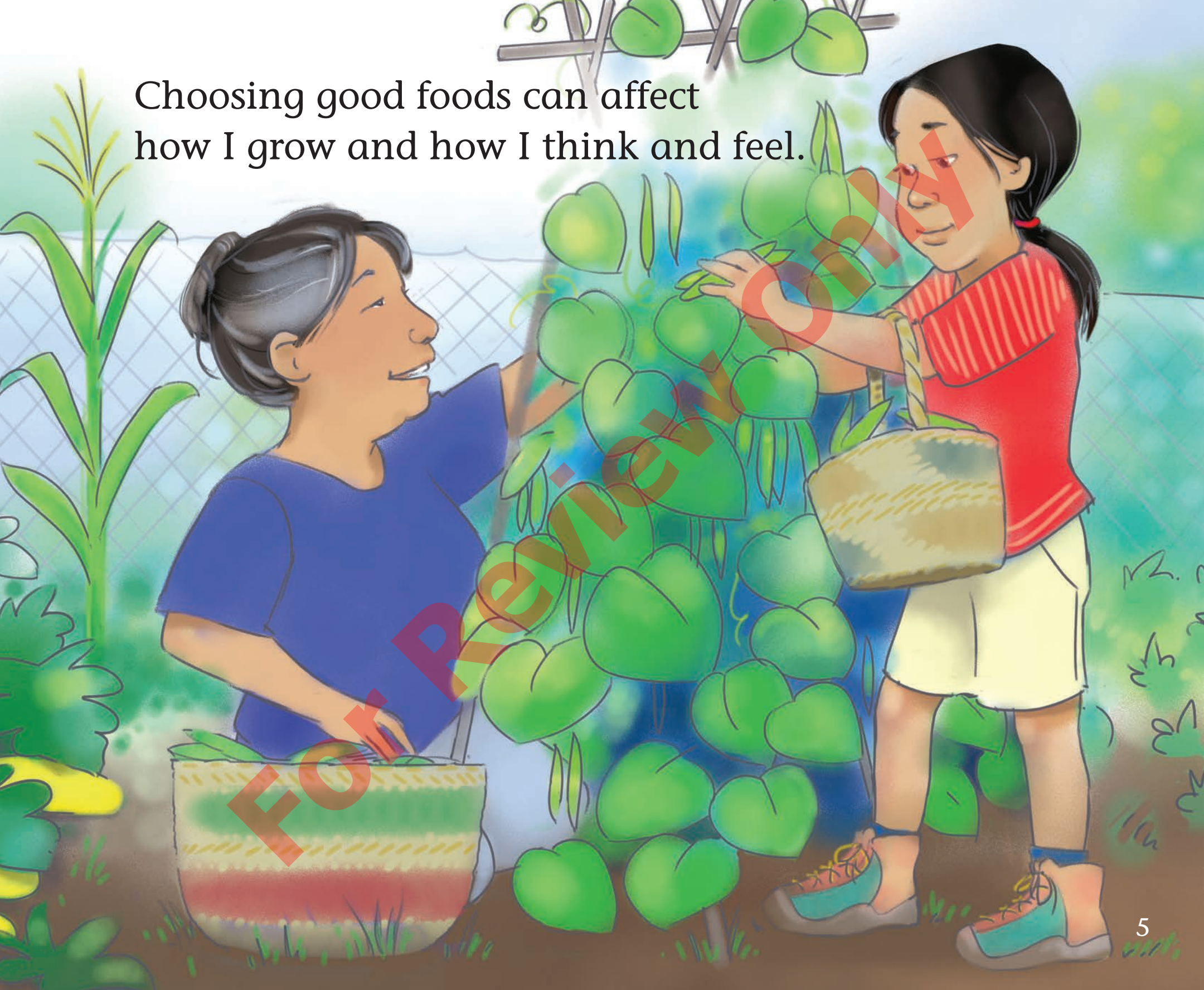
My body is important to me.
It's up to me to take good care of it.



Foods like fruits and vegetables
can help me stay healthy.



Choosing good foods can affect
how I grow and how I think and feel.



Ways to Reinforce the Ideas in *Grow Strong!*

Grow Strong! teaches positive self-care and habits for maintaining health, wellness, and balance in one's life. Establishing patterns of good eating, exercise, and sleep requires self-discipline, which will help children stay physically active, make friends, learn well, and feel a greater sense of control over their lives—all of which lead to greater happiness. Children's health and confidence can increase as they become more aware of their own unique bodies and abilities, and as they incorporate principles learned in the book. In addition, the activities on pages 33–35 can encourage children's appreciation of their bodies and help them develop healthy habits for building or maintaining wellness. Some of these key habits are: Eating healthy foods, especially foods from plants; drinking clean water; moving and exercising in the fresh air and sunshine; and getting plenty of sleep.

Words to know:

Here are terms you may want to discuss.

amazing: wonderful or surprising

appreciate: to enjoy, to be grateful; to understand that something or someone is important or good

germs: tiny living things that can sometimes cause sickness, or can be helpful, depending on the type of germ

habits: things that a person does over and over until they become natural or ordinary

positive: hopeful; choosing to think happy thoughts and focus on good things

refresh: to give new energy or strength

relax: to feel calmer and more peaceful

respect: to feel and act as if something or someone is worthwhile or important

vitamins: things in foods that our bodies need to be healthy

As you read each spread, ask children:

- What is happening in this picture?
- What is the main idea?
- How would you feel if you were this person?

Here are additional questions you might discuss:

Pages 1–9

- What is something amazing about your body? (*Note: Be sensitive to children with physical disabilities, and help them appreciate the amazing aspects of their own bodies.*)
- What is something your body does all by itself? (*Examples: My heart pumps blood; my lungs help me breathe; my brain cells grow; I heal from a scrape; my eyes blink; my hair grows.*)
- What are some things you do to take care of your body?
- What are some examples of foods that are healthy? What are some healthy foods that you enjoy? How do those foods help you feel, think, and grow?
- How do you feel about trying new foods? If you don't like something the first time you try it, what can you do? (*Note: Studies show that it can take fifteen tries or more for children to acquire a taste for a new or unfamiliar food.*)
- How does eating well show respect to your body?
- What are some good things in your life that you appreciate? Who are some of the good people you know? Why do you think that appreciating people and things (in your life) is a healthy habit? (*Note: Studies show that people who feel grateful do more to take care of themselves, such as exercising and eating well. They are also more alert and happy.*)

Pages 10–19

- Some sunshine is healthy for you, but too much can be harmful. What can you do to protect yourself from too much sun? (*Examples: Wear long sleeves and pants; wear a hat; put on sunscreen.*)