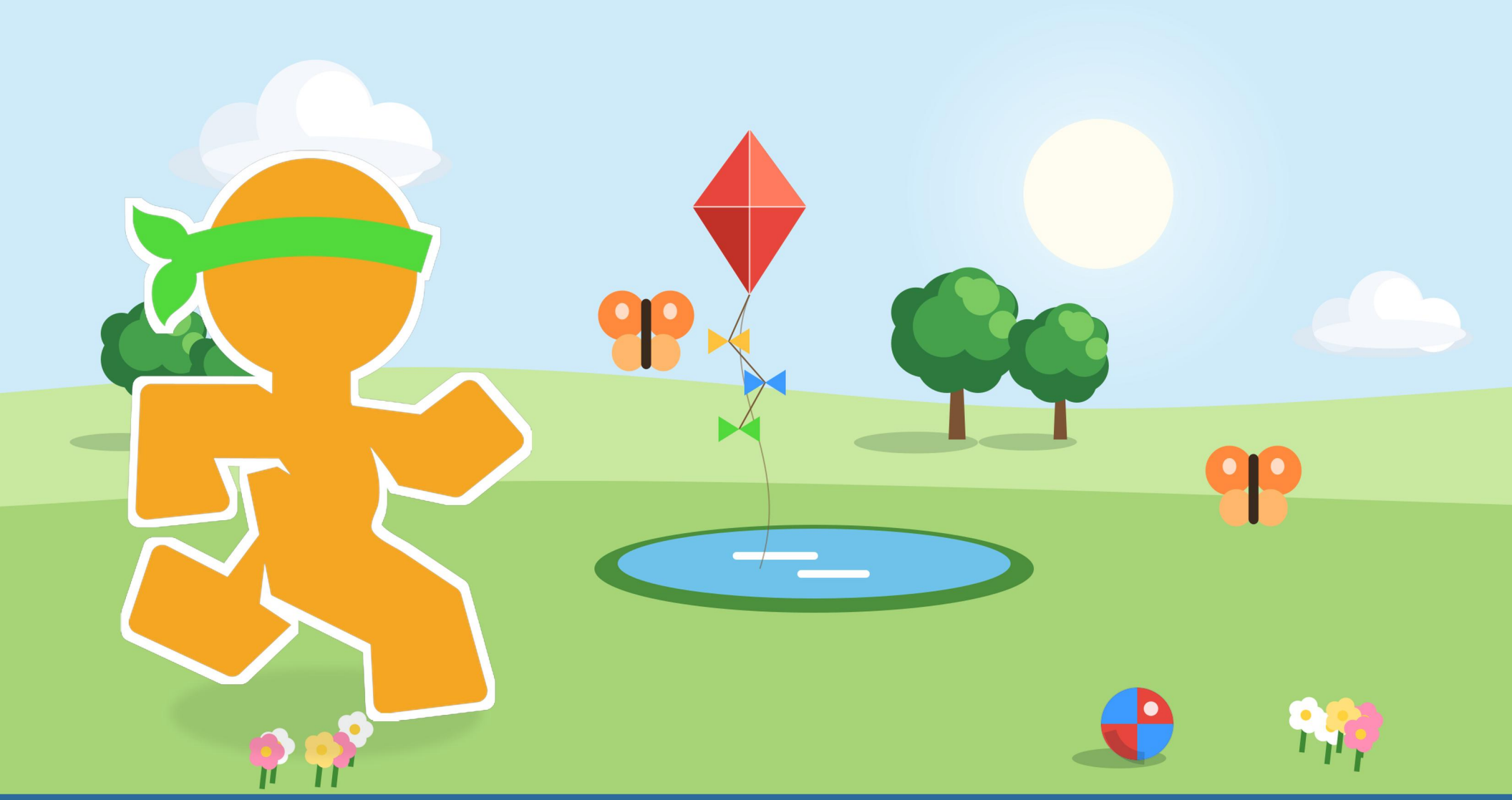


HEALTH MOVEMENT for Kids

My Journey

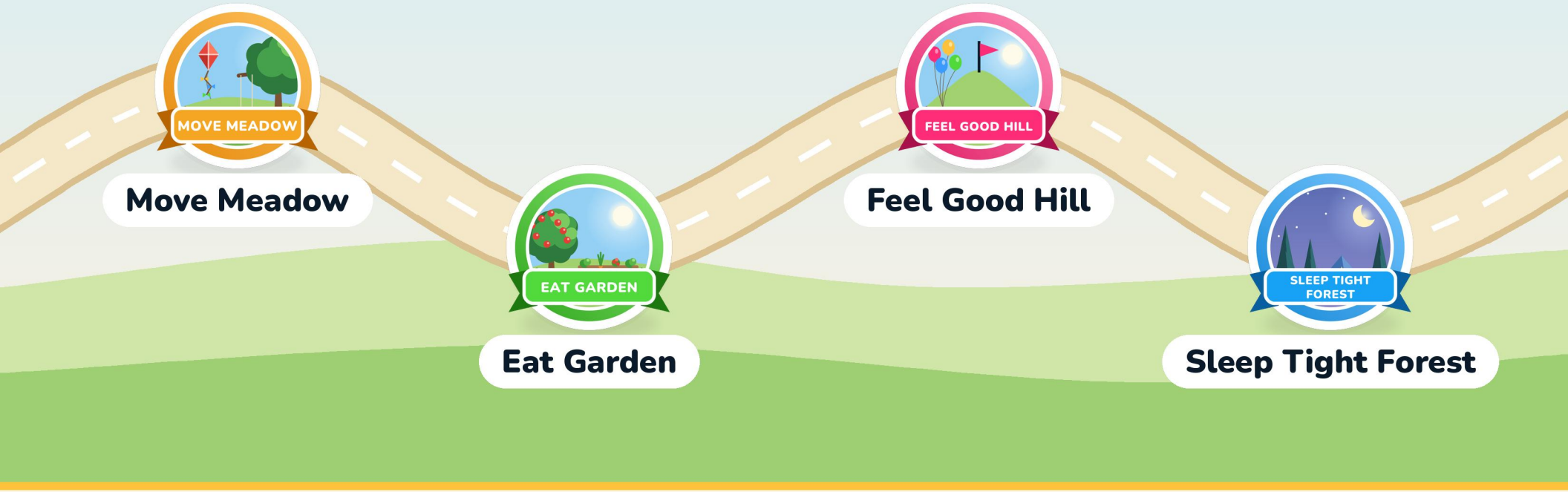
A read-aloud story for grades K to 2



Your character stands at the start of a path.

It says START HERE. The path goes up and down and around. It goes through four places.

Four places on the path



"Where does the path go?" your character asks.

The path goes wherever you go. Everybody has a path. Some people are just starting. Some have walked a long way. Nobody is behind. Every single step moves you forward.

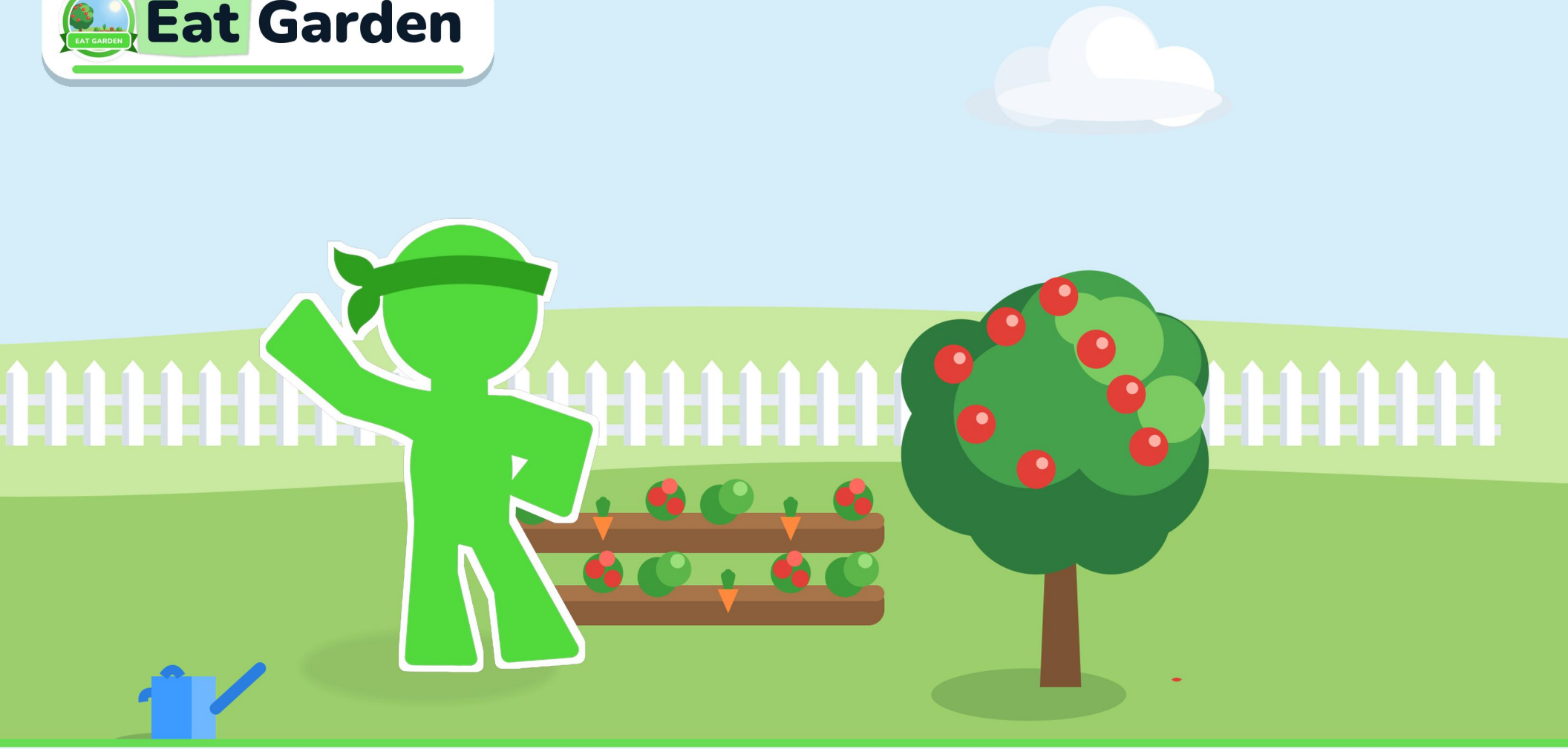
Move Meadow



The grass is soft and bright, and the sun is up. Your character hops! Hop, hop, hop.

Your turn: Hop like a frog. Dance to a song. Play outside. Do one, then color in a circle.

Eat Garden



Look at all the colors: red carrots, a tree full of apples, green leaves. Food gives you energy to play, learn and grow. Your character takes one brave bite of something new. Yum, or maybe not yet, and that is okay! You tried.

Your turn: Eat a color. Drink water. Try one bite.

Feel Good Hill



At the top of the hill there is a flag. Some days, big feelings float in like clouds. All feelings are okay. Your character takes a slow balloon breath: in, out, in, out. The clouds float away.

Your turn: Balloon breaths. Say your feeling. Do a kind thing.

Sleep Tight Forest



The moon comes out and the forest gets quiet. A little cabin has one window glowing. While you sleep, your body grows and your brain saves what you learned.

Your turn: Bath, brush, book. Cozy and quiet. Bed on time.



Tomorrow, start again.

Your character is a little farther along the path than yesterday. That is how a journey works. One small step, then another. You don't need a big jump. Pick one small step.

What is your one small step today?

Missed a day? That's okay! The path is still here. Keep going.