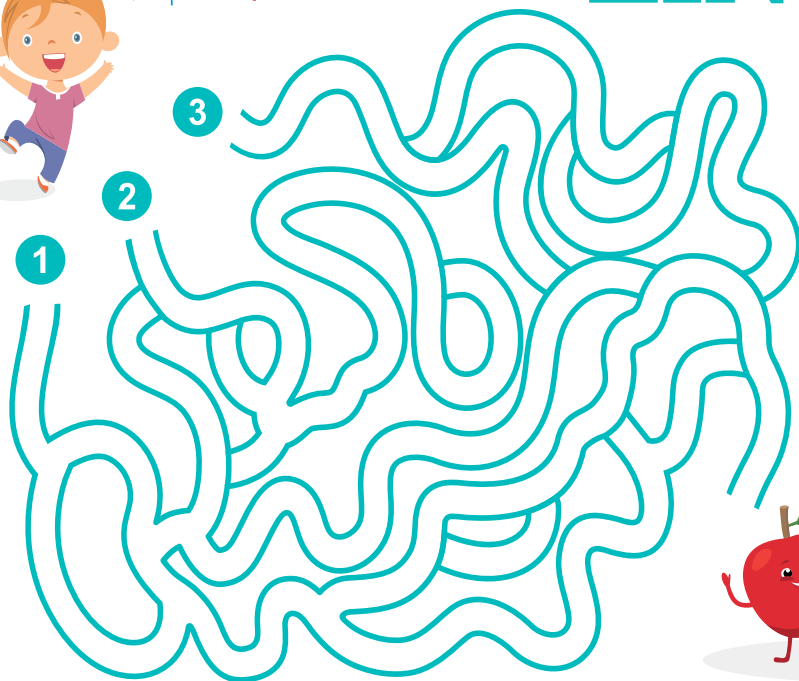




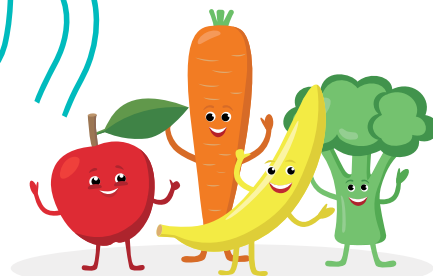
*Help our friends find
their way to some very
healthy snacks!*



ZING543210

Activity Book

Games and puzzles to get
you moving, laughing and
living a healthy life!



Geisinger

This book
belongs to _____

The activities in this book are for all ages. Some puzzles or games may be too easy for you. Some may be too hard. Do what's fun for you!



Put some ZING in your day!

It's fun and easy to be healthy with **ZING543210**. Just aim for these goals every day:

5 servings of fruit and vegetables



4 kind thoughts



3 belly laughs



2 hours or less on your phone, tablet or other screen



1 hour having fun outside

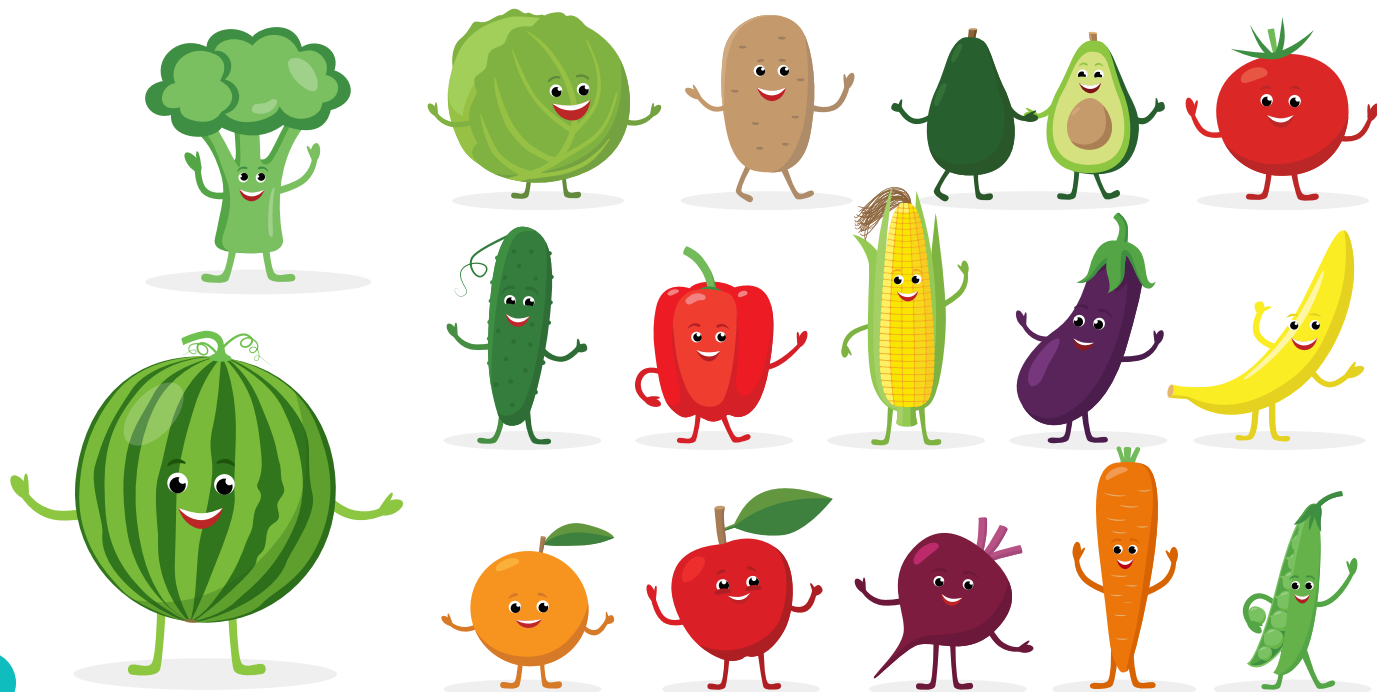


0 sugary, sweetened drinks



You'll thrive when you get five!

Can you circle 5 of your favorite fruits and veggies? Eating them every day is a great way to stay healthy.



Unscrambled eggs

Get crackin' on your daily 5 servings by adding vegetables to your breakfast. Can you unscramble these veggies that taste great in scrambled eggs?

RGNEE PPPREE _____

OTMAOT _____

CBOROCIL _____

NOINO _____

HCIANPS _____

Put a sticker here if you ate a fruit or veggie today.
Good for you!

Sticker
spot

PLACE YOUR
STICKER HERE



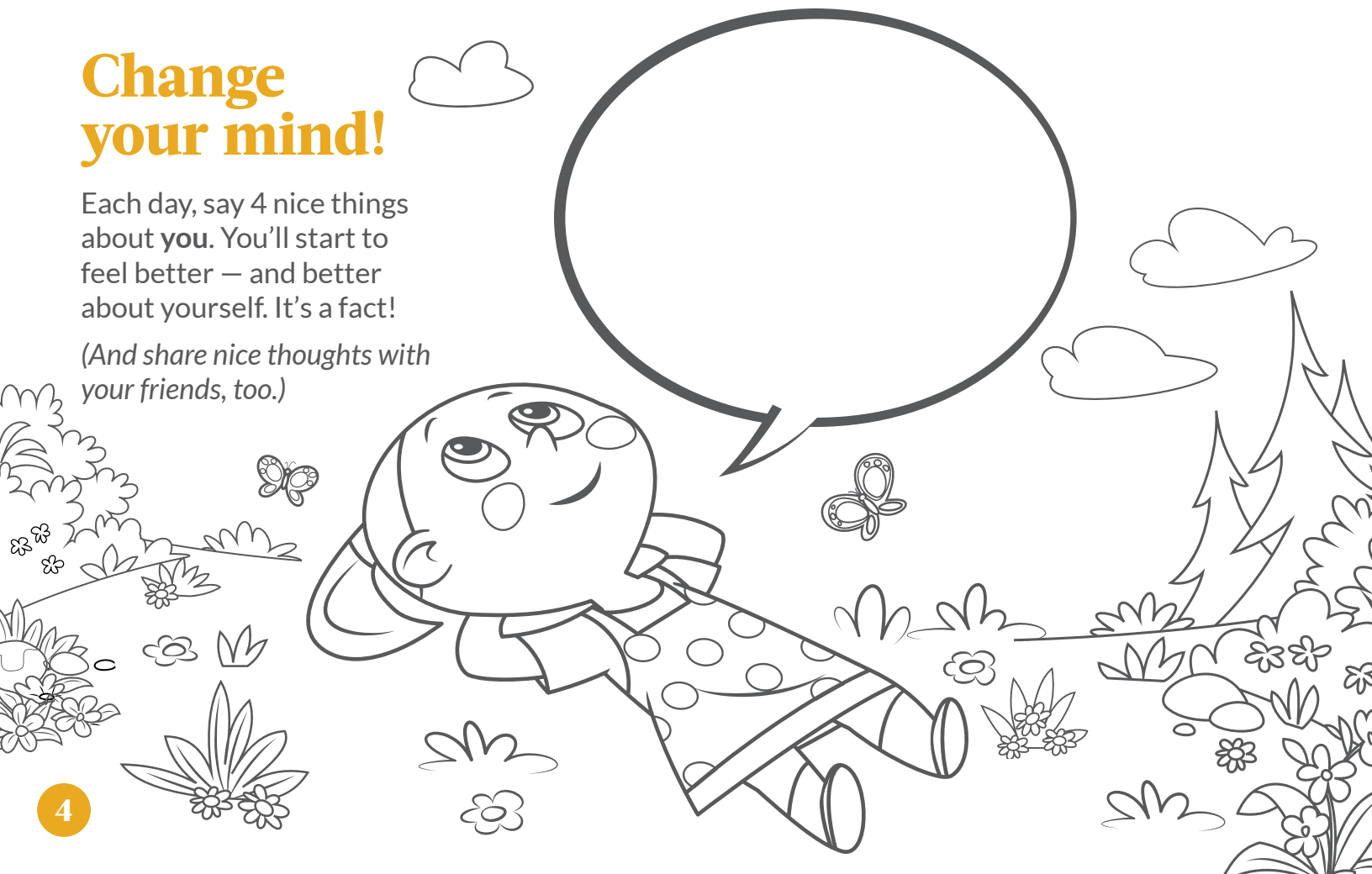
Why did the banana go to the doctor?
It wasn't peeling well!

Answer: Green pepper, tomato, broccoli, onion, spinach

Change your mind!

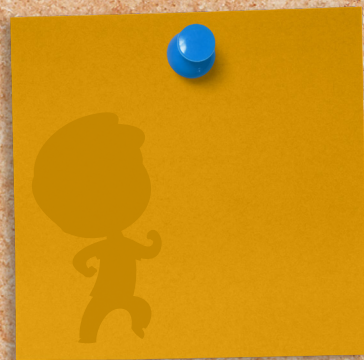
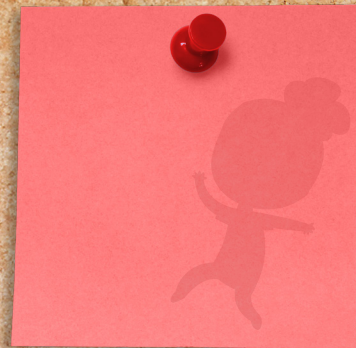
Each day, say 4 nice things
about **you**. You'll start to
feel better — and better
about yourself. It's a fact!

*(And share nice thoughts with
your friends, too.)*



Happy thoughts = happier you

Write down 4 great things about you.
Cut them out and put them on your mirror
at home. Say them out loud every day!



What happens when frogs park in the
wrong spot?

They get toad!

A funny thing happens... when you laugh!

Laughter is powerful stuff. It's good for your mind and body.
It can even help you get fewer colds and flus!



F	S	I	E	L	W	G	L	R	M
H	C	Z	A	N	Y	O	A	C	G
S	I	H	M	H	F	O	U	O	I
N	F	L	O	G	L	F	G	M	G
I	U	J	A	R	U	Y	H	E	G
C	N	O	J	R	T	F	D	D	L
K	N	K	D	G	I	L	F	Y	E
E	Y	E	E	T	S	O	E	A	F
R	S	I	L	L	Y	N	U	O	W
C	H	U	C	K	L	E	V	S	P



laugh
joke
guffaw
chuckle
funny
goofy
hilarious
silly
chortle
comedy
giggle
snicker
zany

Knock knock!

Who's there?

Lots of smaller words hiding inside one big word!

How many words can you find hiding inside
LAUGHTER

Example: GET

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



Why did the cookie go to the doctor?
Because it felt crummy!



Did you make somebody laugh this week? You're helping them stay healthy! Give yourself a sticker!

Sticker spot

PLACE YOUR
STICKER HERE

HAA! **HA HA**



Don't scroll – take a stroll!

We can learn a lot and have fun looking at screens.
But there's a big, fun world out there to explore IRL!

Can you spend less time on devices this week?

Exercise your creativity!

Draw something fun
you can do without a
phone or tablet.



Fun finder

Close your eyes and point to an activity. Give yourself a sticker if you do the activity today!

Sticker
spot

PLACE YOUR
STICKER HERE

Run for fun
Build a blanket fort
Hide a "treasure" and make a map
Whistle a tune
Walk the dog
Draw
Sing
Play cards
Read
Jump rope
Take a walk
Write a letter to a friend
Paint
Learn a joke
Ride a bicycle
Make a healthy snack
Play a board game

Get out!

Being outside can help you
breathe and sleep better —
and make you happier.
So open the door, take a deep
breath and have some fun!



Game, set... match!

Can you match the word to its sport?

Did you spend an hour outside today? Give yourself a sticker!

Sticker spot

PLACE YOUR
STICKER HERE



- 1 tennis
- 2 volleyball
- 3 baseball
- 4 basketball
- 5 ice hockey
- 6 football
- 7 gymnastics
- 8 track & field
- 9 soccer

- a assist
- b down
- c dunk
- d javelin
- e slider
- f bump
- g love
- h check
- i vault



Where do baseball pitchers eat lunch?
Behind the plate!

Answer: 1-g, 2-f, 3-e, 4-c, 5-h, 6-b, 7-i, 8-d, 9-a

Fill 'er up!

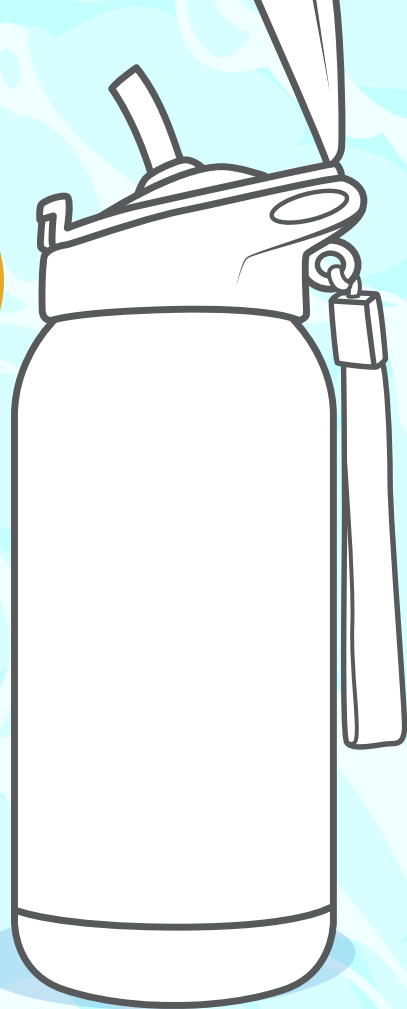
Water is better for you than sugary drinks. It's that simple!

Adding sliced fruit, berries and even some vegetables make water taste even better. What would you add to your bottle? Draw here.

Give yourself a sticker if you've filled your water bottle today!

Sticker Spot

PLACE YOUR
STICKER HERE



H₂O wow!

Every part of you is partly water. That's why water is the best thing to drink. Your body craves it!

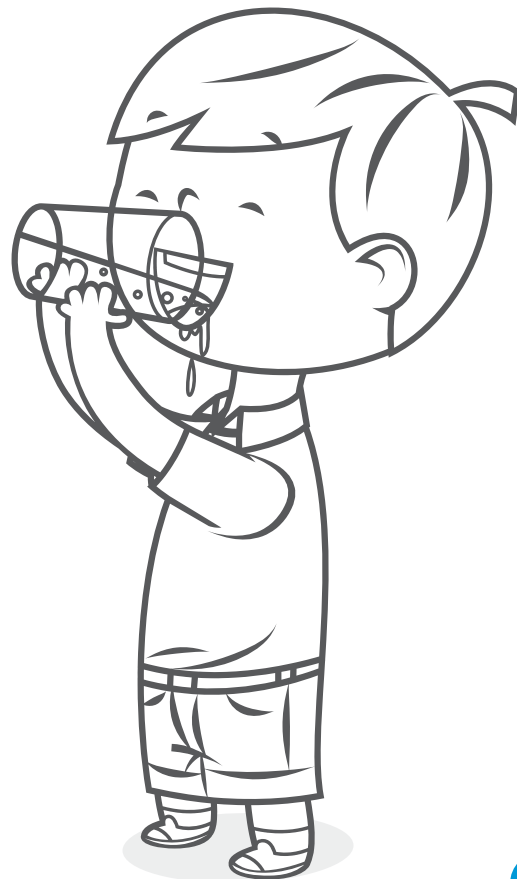
What percentage of your body is water?

- A. 25 – 30
- B. 50 – 60
- C. 10 – 15
- D. 90 – 100

Do you carry a water bottle and drink H₂O all day? Give yourself a sticker!

**Sticker
spot**

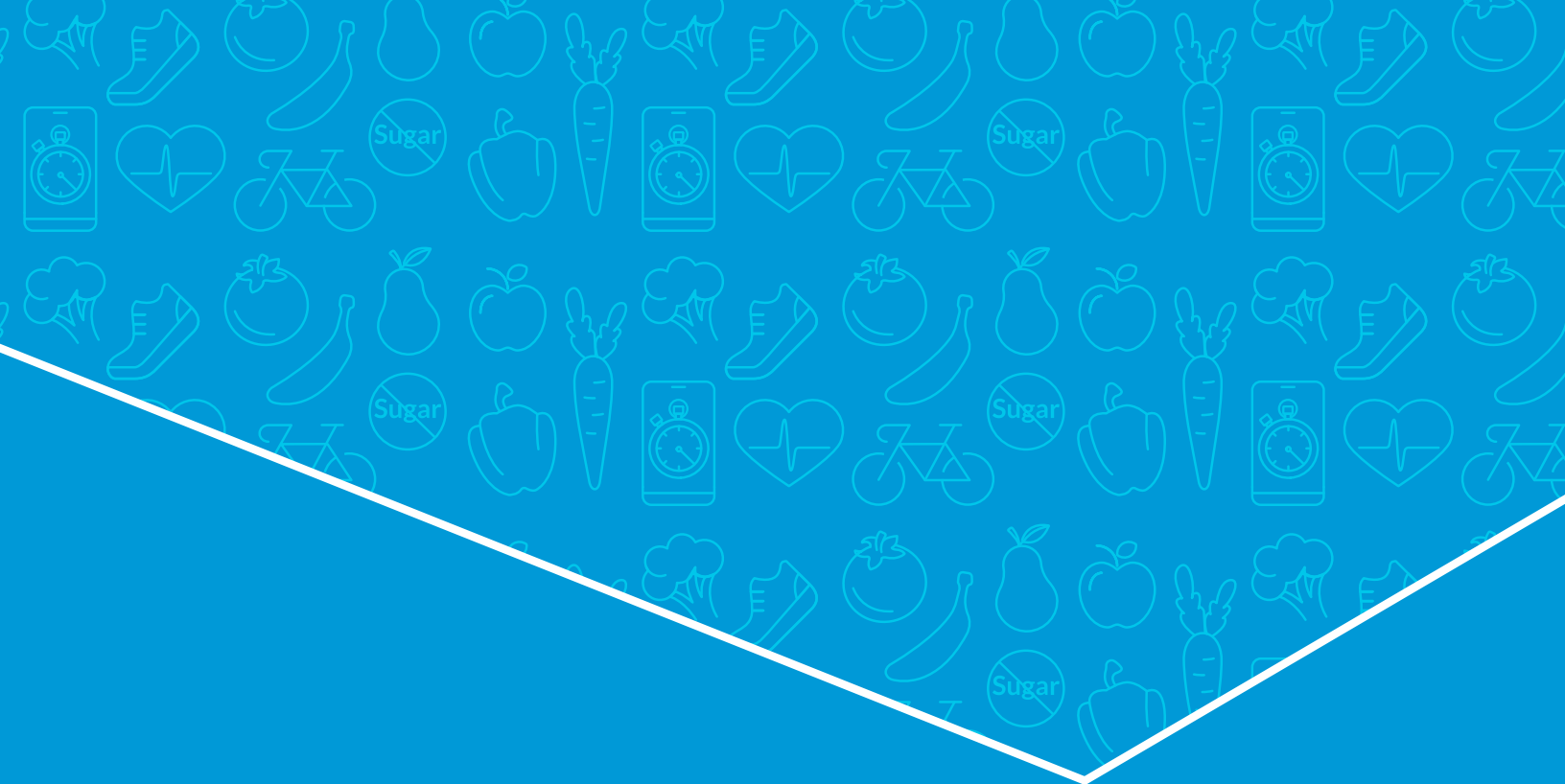
PLACE YOUR
STICKER HERE



What kind of rocks are never under water?

Dry ones!

Answer: B



geisinger.org/zing

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