BE ACTIVE KIDS®

Let's Move with Blue and Friends!
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Hi Friends!
My name is Blue, the Caring Cub, and these are my friends; Dart, Glide, Leap, and Swing.
We meet every afternoon in the park to play fun, active games and eat a **healthy snack.**
Today, it looks like everyone is already playing one of my favorite games, chase!
Watch my friend Dart.

He enjoys catching the ball, but he never likes to give the ball back. We chase him around until he decides to drop the ball.
From all that running, our hearts are beating fast. We have worked our hearts. This is called cardiovascular activity.
Today, it looks like someone brought my favorite snack, yogurt. I see we even have fresh fruit to add and make it a parfait.

Fantastic!
What is Dart doing?

After snack, he dances and plays music to help stretch his muscles.

Dart loves dancing. It is a great way to stretch after running!
Let’s stretch with Dart!

Stretch your arms to the ceiling.
Reach your arms toward the walls.
Bend and reach for your toes.
Give yourself a big hug.
After a fun day at the park, Glide’s parents have invited us all over for dinner!

We pretend to fly through the air as we follow Glide to his house.
When we get to Glide’s house, we pick fresh vegetables, like carrots and broccoli from his garden to have for dinner.

We love to eat our veggies, especially when we see where they come from.
After dinner, we play with Leap’s favorite toy, a ball. First, we play catch!
Then we try to throw the ball into a laundry basket. It was a lot of fun!
We had a blast, but it is time for us to head home.

Dart, Swing, Leap and I start walking toward our houses.
As we are walking, Leap asks us to play “follow the leader.”

It is his favorite game!

We pretend to balance on a ball like Leap.
As we get closer to our houses,
Leap hops with excitement
with all the fun we have had playing
and spending time together.
I am sad that it is time to say goodbye, but I know tomorrow is another day of play!

My friends and I love being active and eating healthy food and they hope you do too!
I know I need my rest
so that I can be ready to play again tomorrow.
Time to wash up, brush my teeth,
and go to sleep!
Vegetables give our bodies what they need to grow.

Every color of the rainbow represents different nutrients our body needs.

We all need to eat at least 5 servings of fruit and vegetables each day.
Blue’s Berry Delicious Parfait

1 cup of Vanilla Yogurt
1 cup of berries (any)
1 cup of granola

In a tall cup, layer the three ingredients equally.
Then enjoy my favorite treat!
Be Active Kids is an award-winning, signature program of the Blue Cross and Blue Shield of North Carolina Foundation. This innovative, interactive health program for children ages birth to five is available to adults working in child care centers, child care homes, and schools across North Carolina. Its evidence-based and evidence-informed messages are carried out through five cuddly and adventurous characters including Blue the caring cub, Glide the bird, Swing the monkey, Leap the rabbit and Dart the dog. Using these characters as their guides, children can engage in playful experiences, interact with a story, explore their natural surroundings, and much more.

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