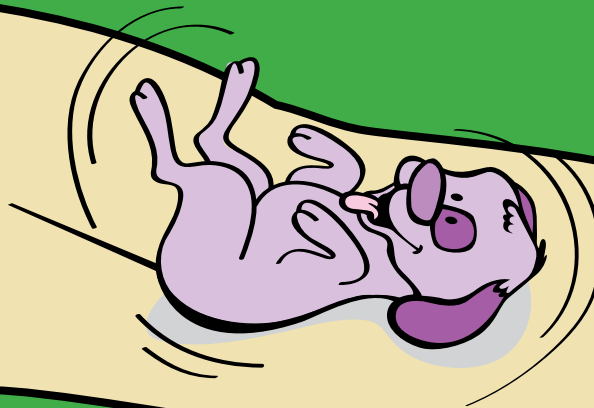
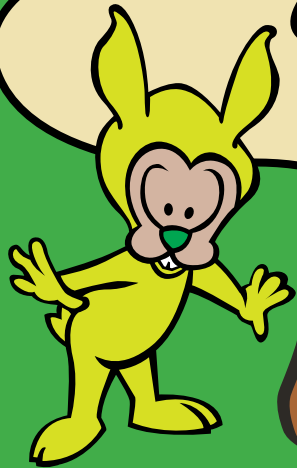
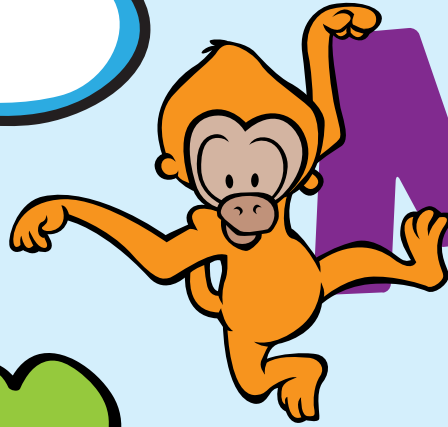


BE ACTIVE KIDS®

Let's Move

with Blue
and Friends!



Written by: Evie Houtz

Layout: Jennifer Kanakos

**Special thanks to all those who
helped bring this book to life:**

Lisa Butterworth
Sandy Johnson
Caroline Sweezy

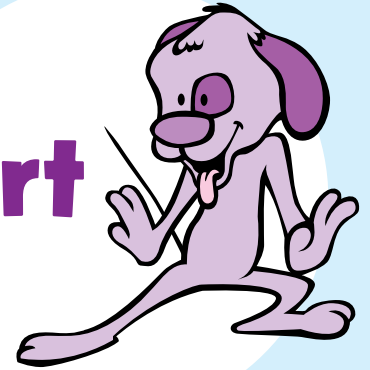
Aisha Jenkins
Meg Sargent
Rich Rairigh



Hi Friends!
My name is Blue,
the Caring Cub,
and these are
my friends;
Dart, Glide, Leap,
and Swing.



Swing



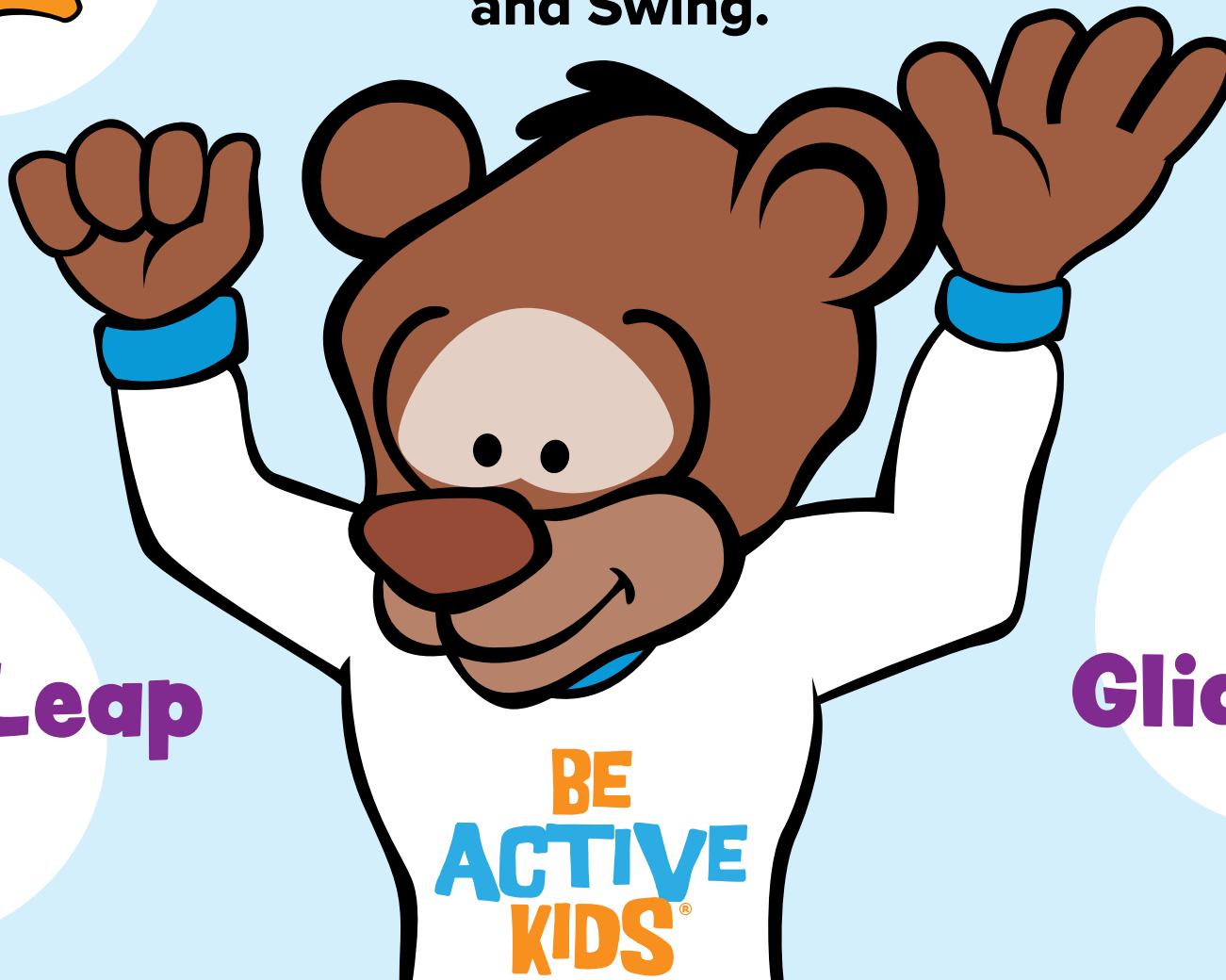
Dart



Leap

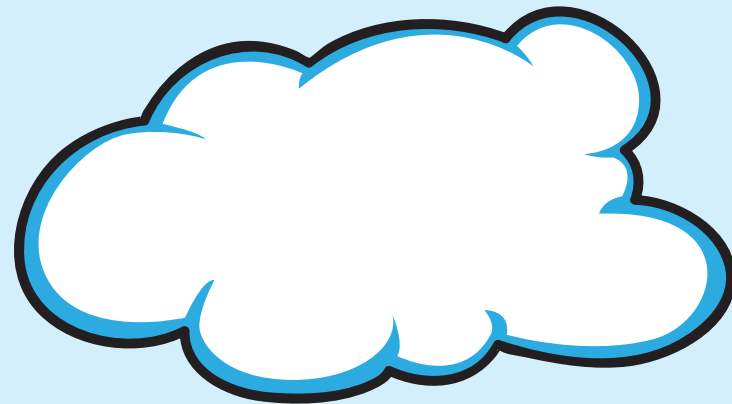


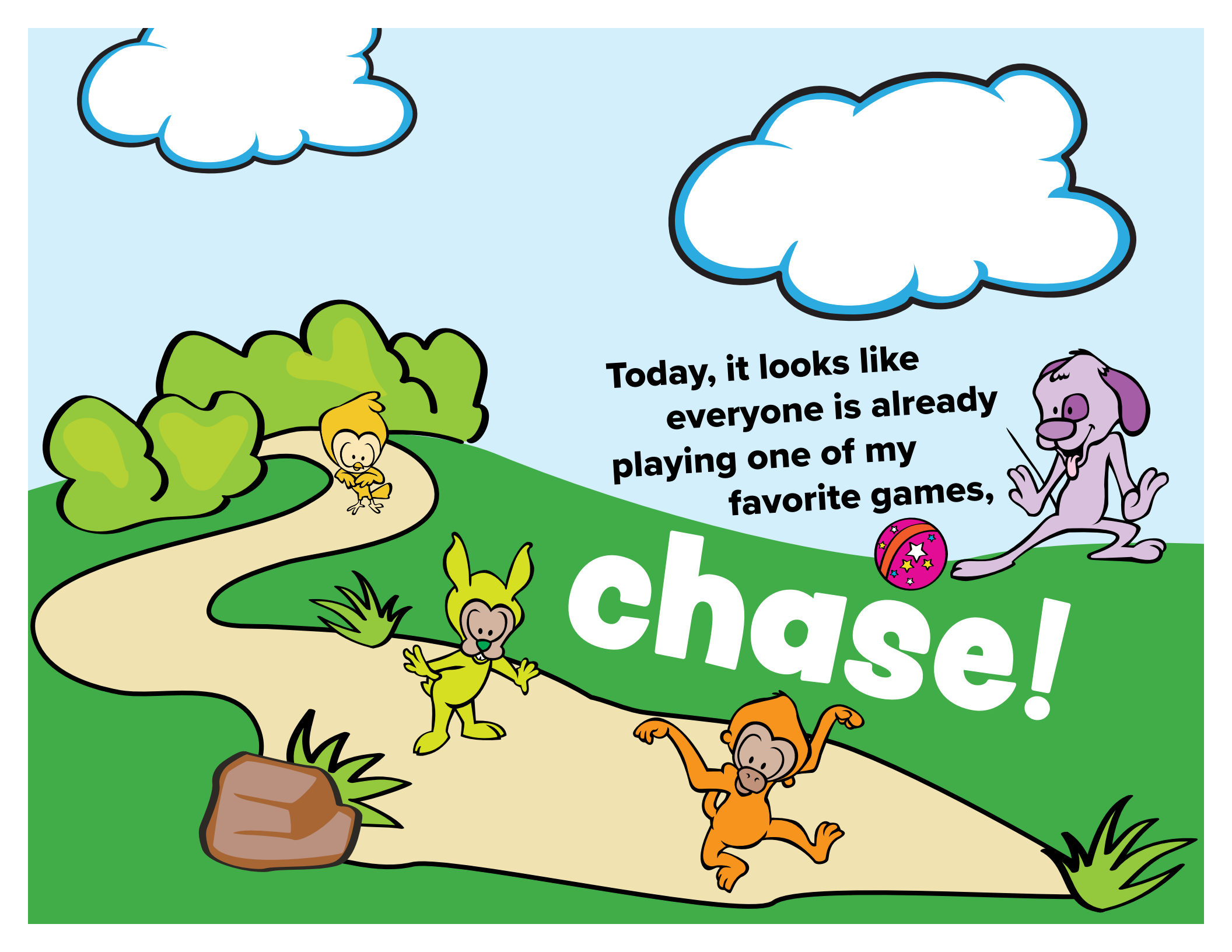
Glide



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We meet every afternoon in the park
to play fun, active games and eat a
healthy snack.



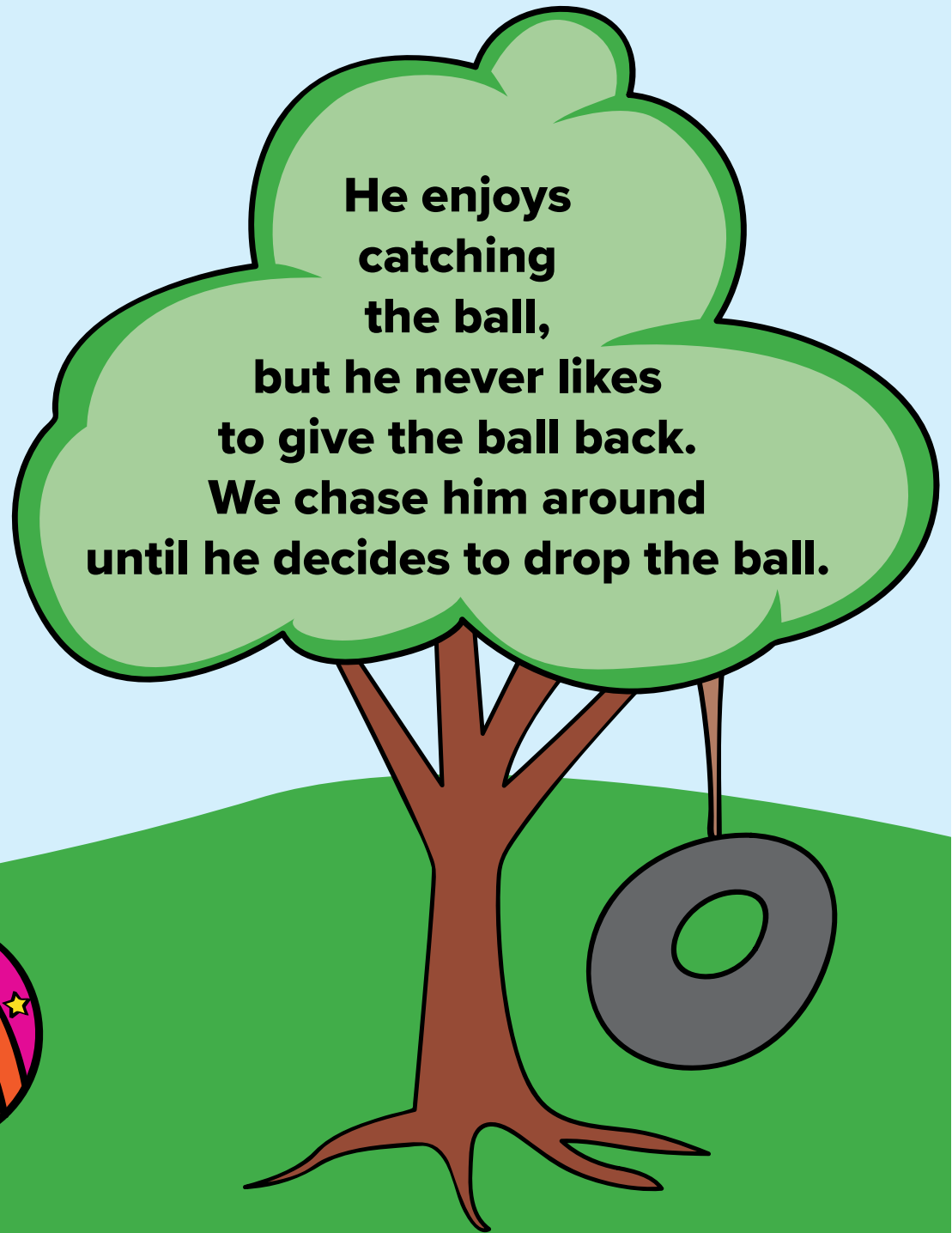
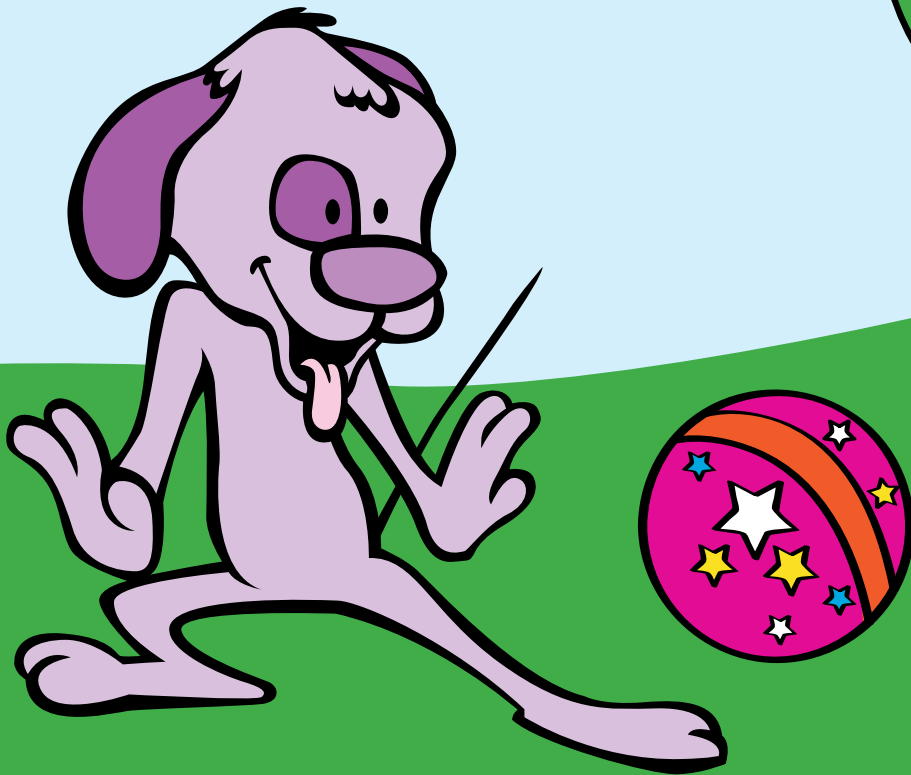


**Today, it looks like
everyone is already
playing one of my
favorite games,**

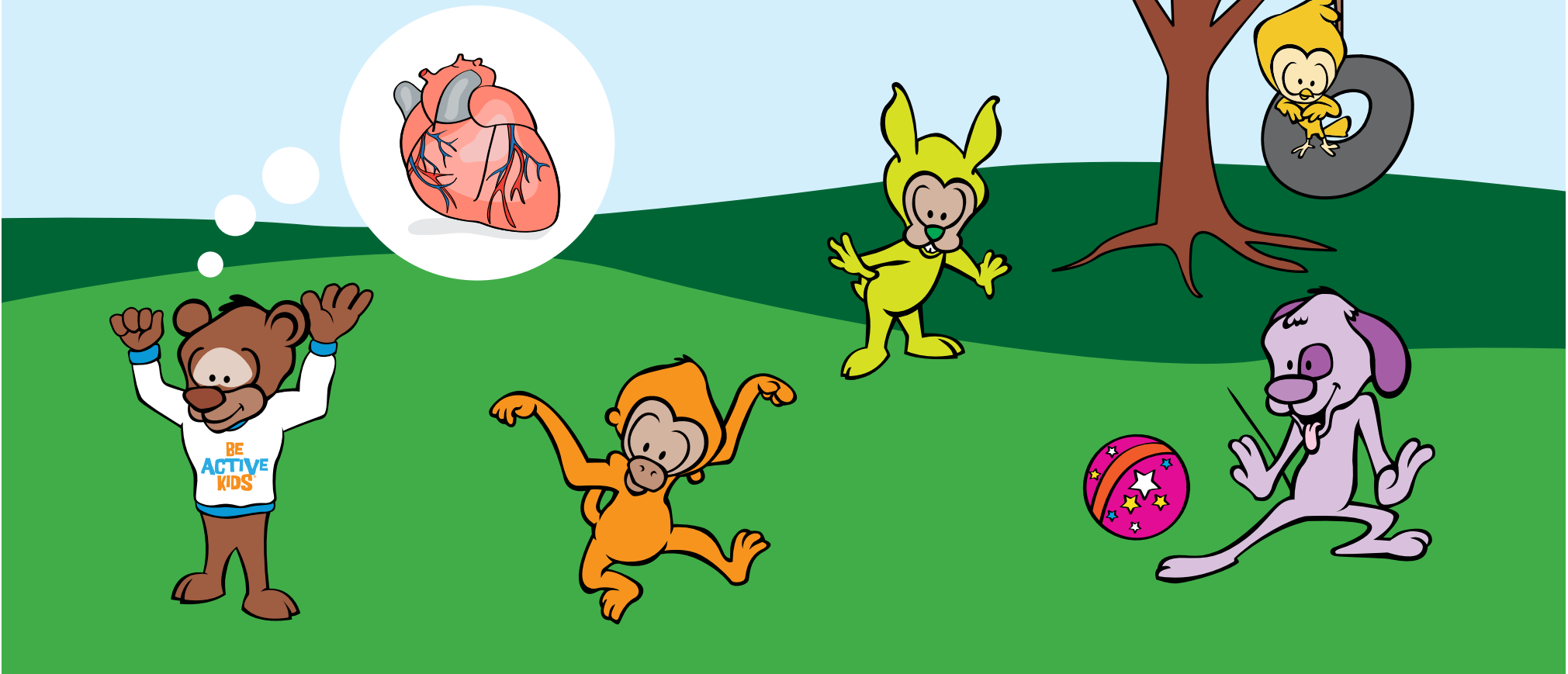
chase!

**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.**

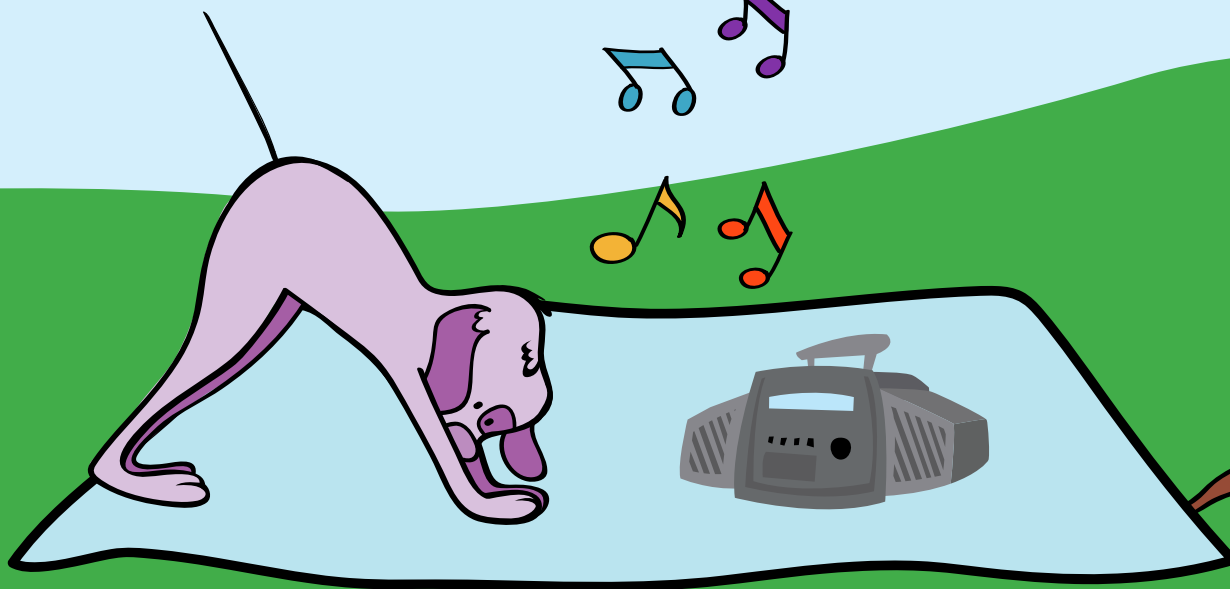
Fantastic!



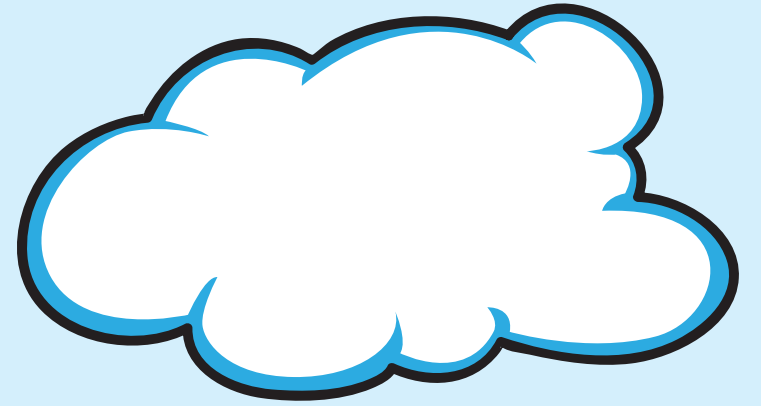
What is Dart doing?

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.

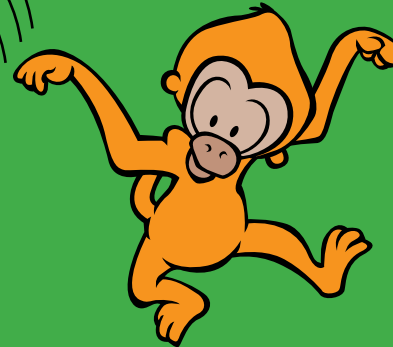
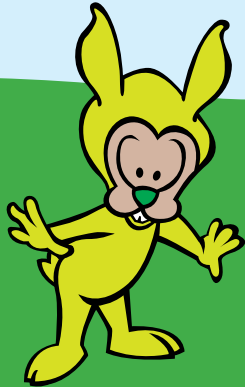
**We love to eat
our veggies,**

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!



**BE
ACTIVE
KIDS**

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!



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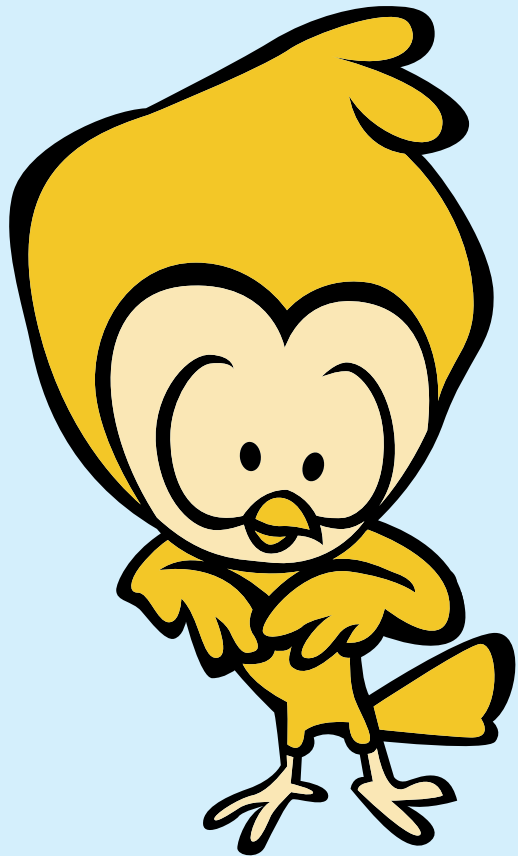
I know I need my rest

so that I can be ready to play again tomorrow.

Time to wash up, brush my teeth,

and go to sleep!

Glide's Guide for Eating Healthy



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®

Be Active Kids is an award-winning program. 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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