MOVING and GROOVING

Stretch, bounce, move, groove! Your family is stronger when you keep moving together. Color the pictures, and say the ways Rosita stays active. How do you like to get moving with your family?
Color me CALM

Coloring is fun and relaxing for kids and grown-ups. Ask a family member to color this picture with you. There are lots of details—choose which section you’d each like to start with. Take your time and enjoy getting creative together.

You might try colored pencils or thin-tipped markers for the detailed areas (which are great for grown-ups), but crayons work too!
TEAMwork

A winning team works together. Big or small, your family is a team that stays strong when you cheer one another on! Try this family chant. Fill in your last name, and say the T.E.A.M cheer together.

Then try making your own chant. What qualities make your family special? Shout them to the world!

We are the ____________________ Family, and we are a T.E.A.M.!

T — we Talk together!
E — we Encourage one another!
A — we Appreciate one another!
M — we Motivate one another!

No matter the weather, we stick together!
Mealtime MOMENTS

Your family table is a place for good food—and good conversation. Sharing your day together lets everyone talk about their feelings.

Imagine you are sitting at the table. Color the picture together. When you get to each character, ask and answer the question.

- Are you worried about anything?
- What makes you feel happy?
- What’s your favorite word today?
- Did something make you feel grouchy today?
- Who did you play with today?
- What makes you feel happy?
You Can Count on Me

Rosita has so many people who care about and support her. Her mami and her friends Elmo and Abby are some of them. Color the picture and use your finger to show Rosita the path to the playground. Greet each friend you see along the way.

Who are the people that help you? Draw them along the path too!