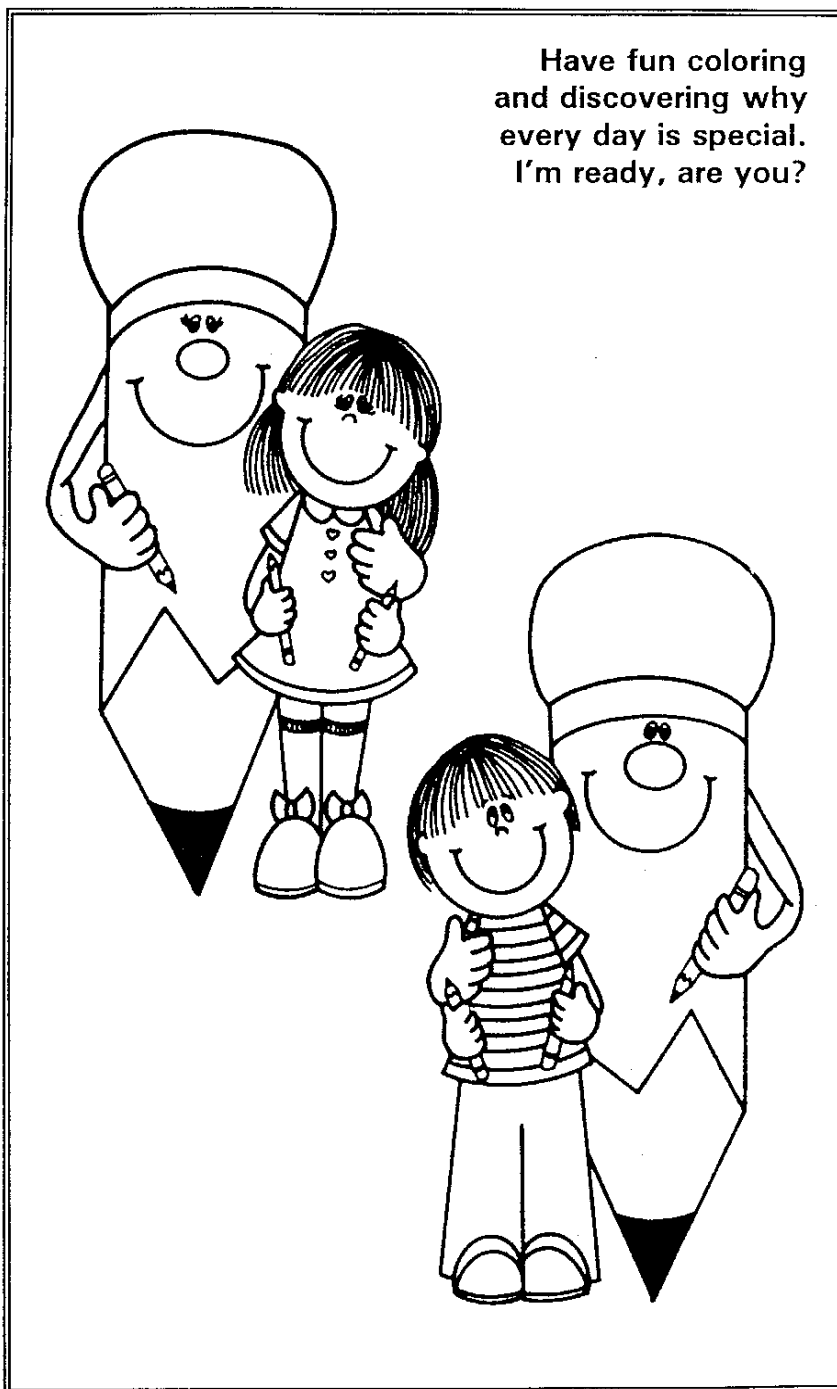


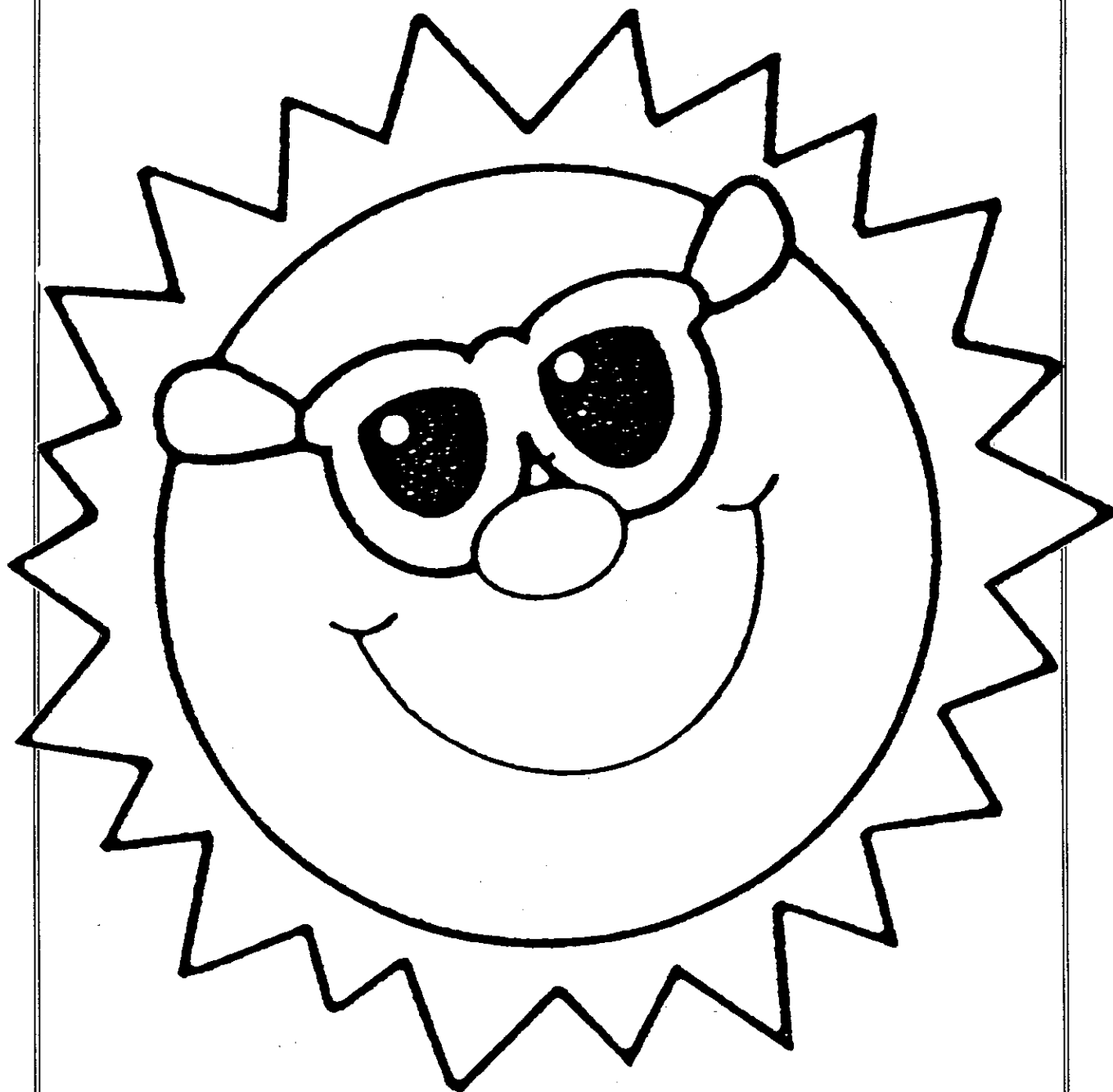
EVERY DAY IS

S P E C I A L

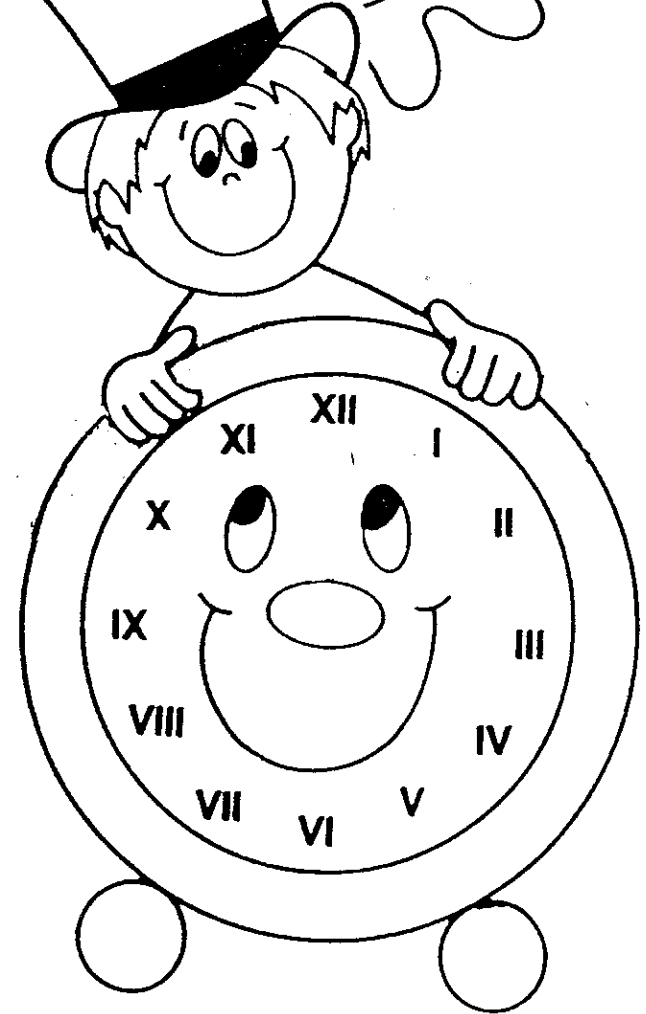
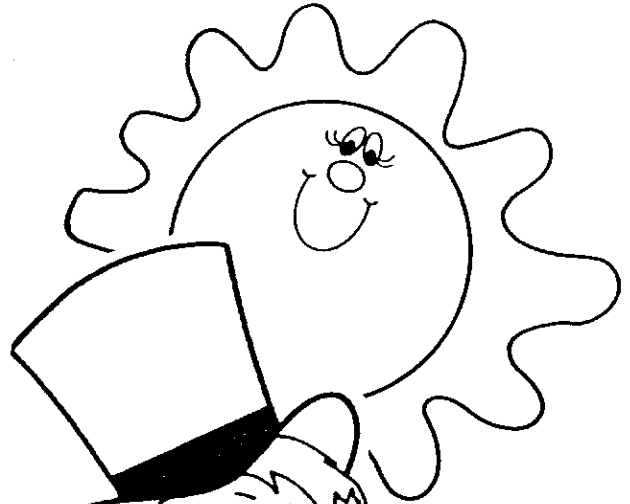
Have fun coloring
and discovering why
every day is special.
I'm ready, are you?



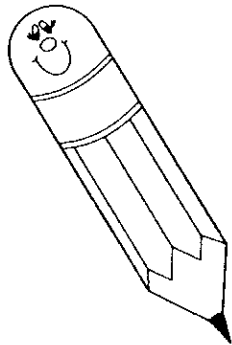
The sun shines through my window and wakes me up.



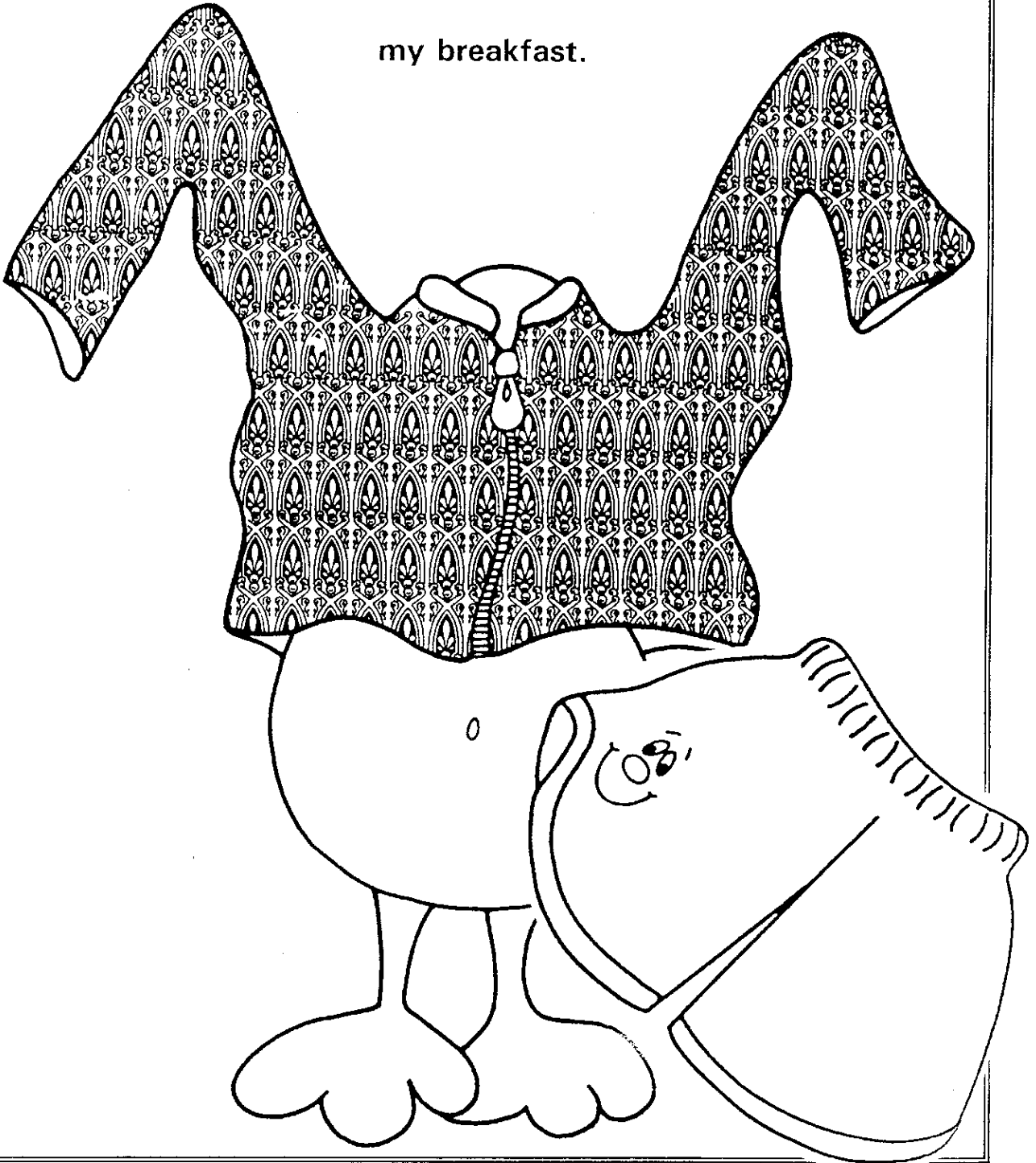
"Time to get up sleepyhead."



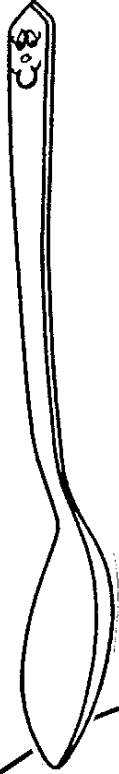
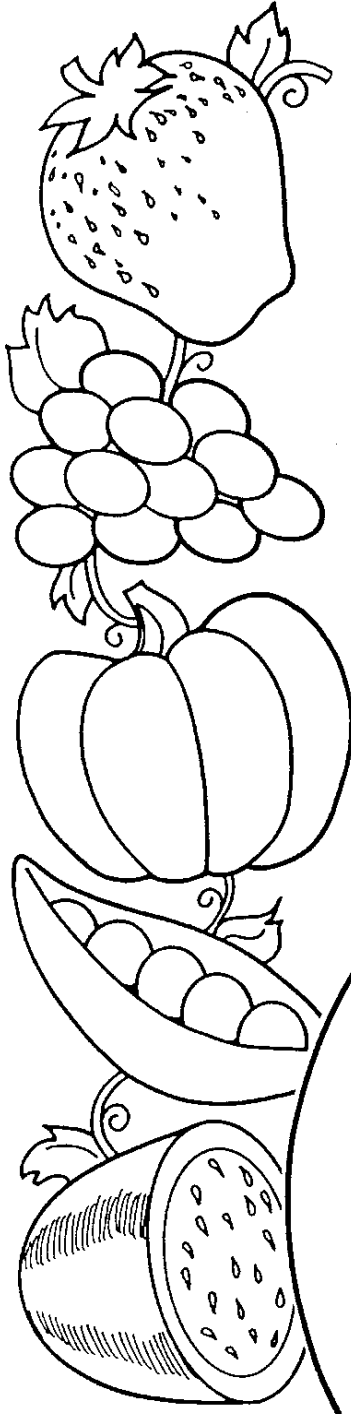
Excuse me for yawning, but I just got up. What time do you wake up? Can you draw that time on this clock?



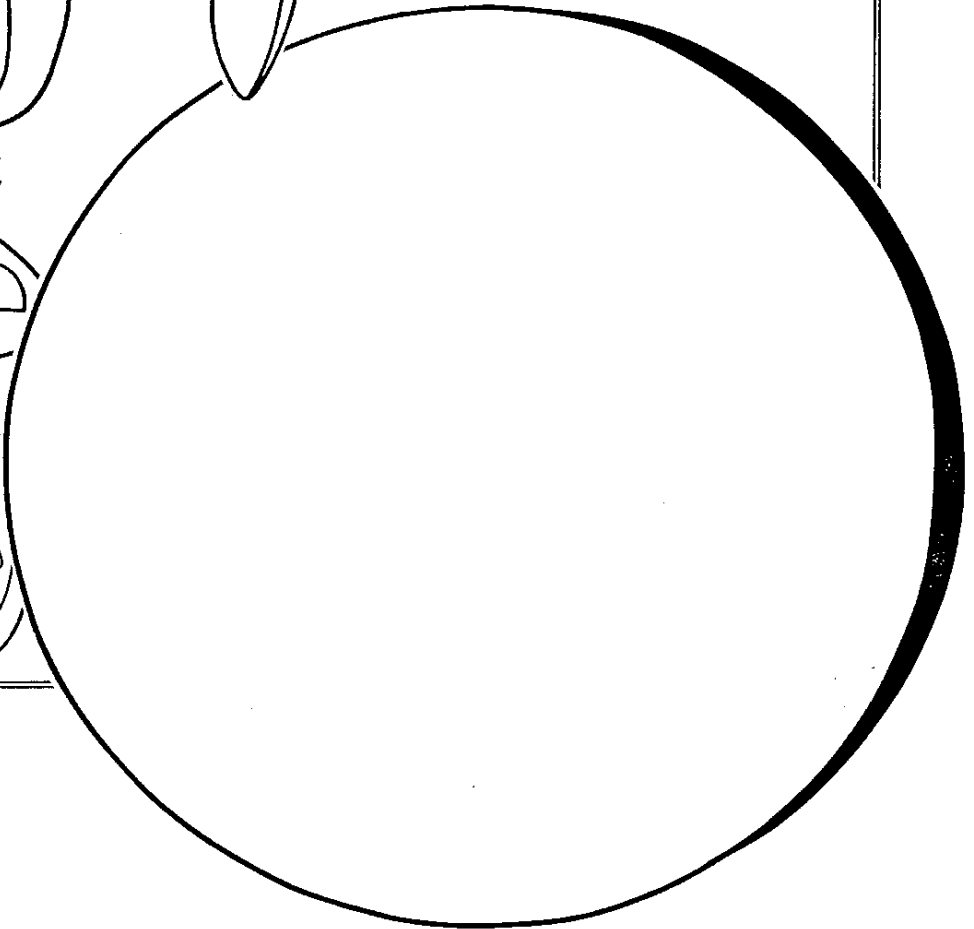
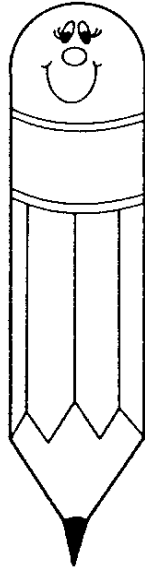
I wash my face, comb my hair and get dressed before I eat
my breakfast.



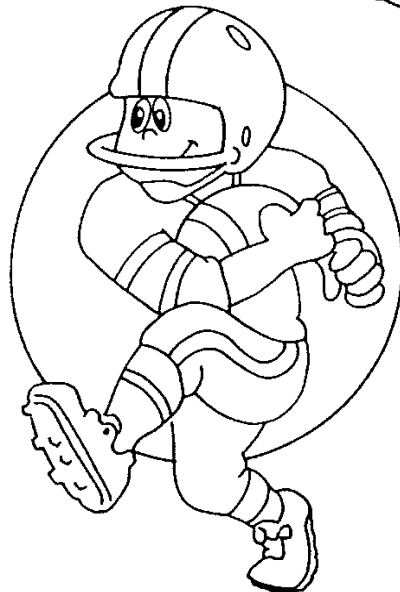
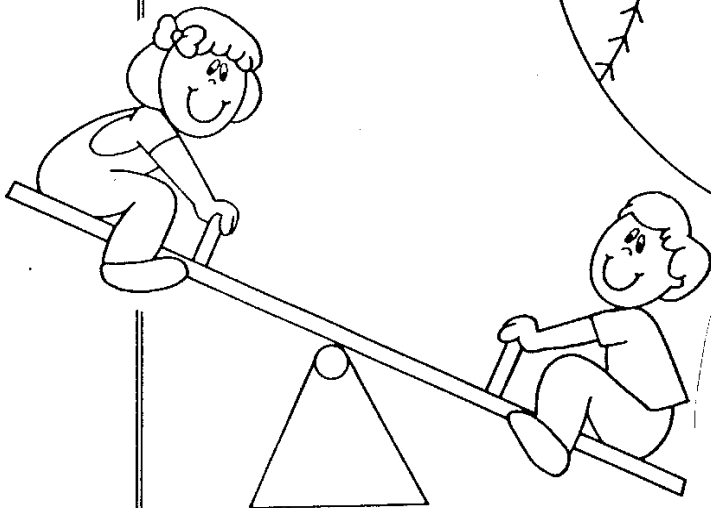
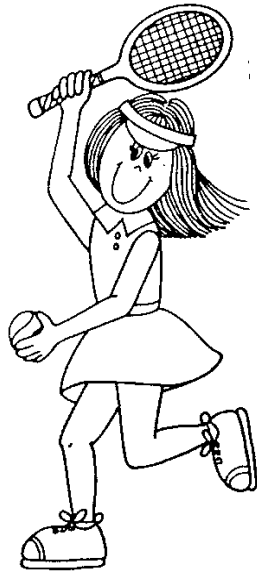
Now, a kid needs lots of energy to play all day.
So, I ALWAYS have a good breakfast.



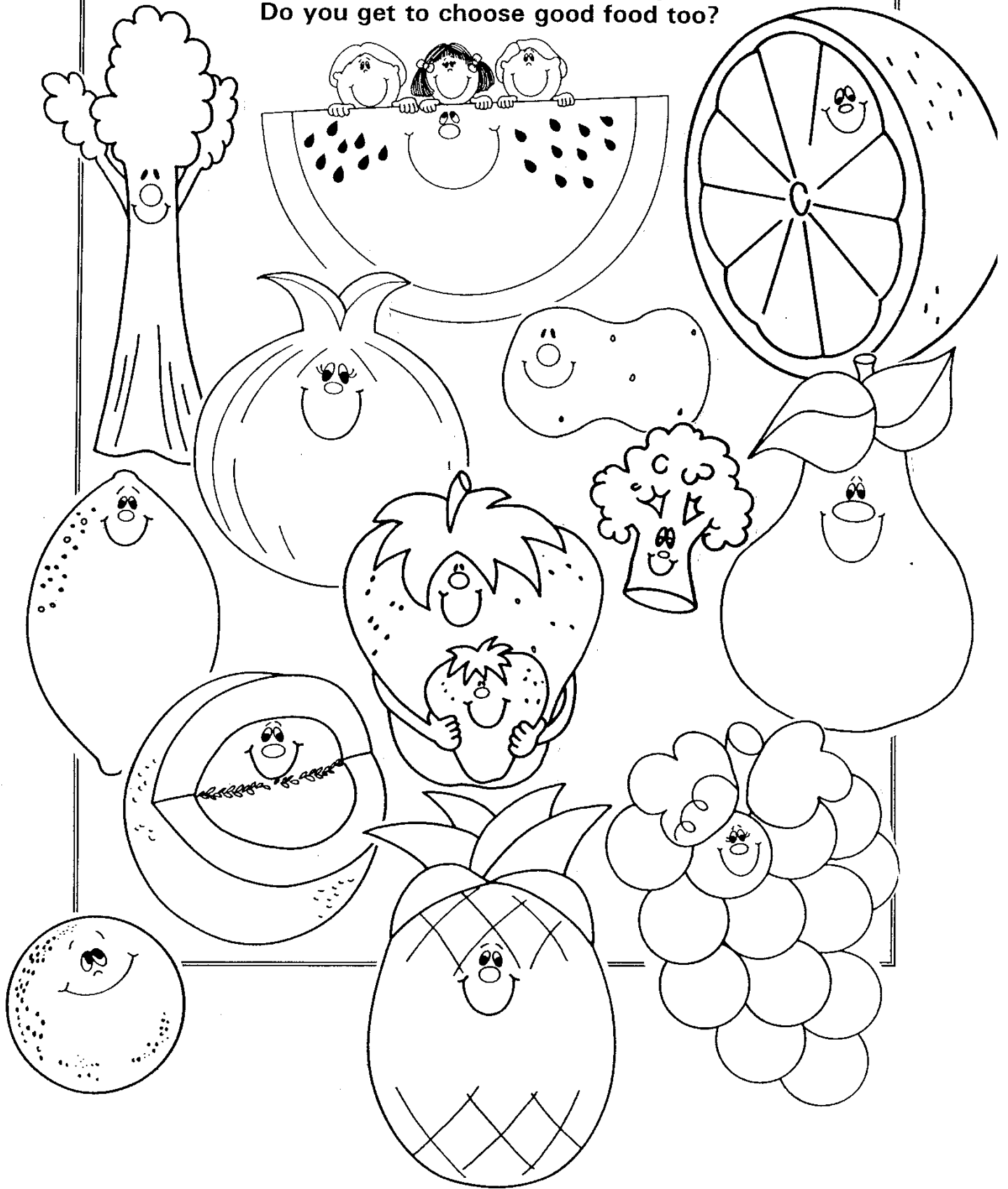
Look! This plate is empty.
Fill it up with your
FAVORITE
breakfast food.



Sometimes my days are busy. I like to do a lot of things.
What do you like to do?

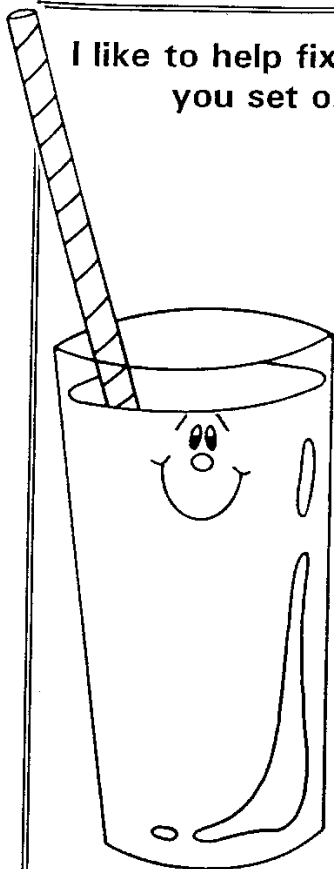
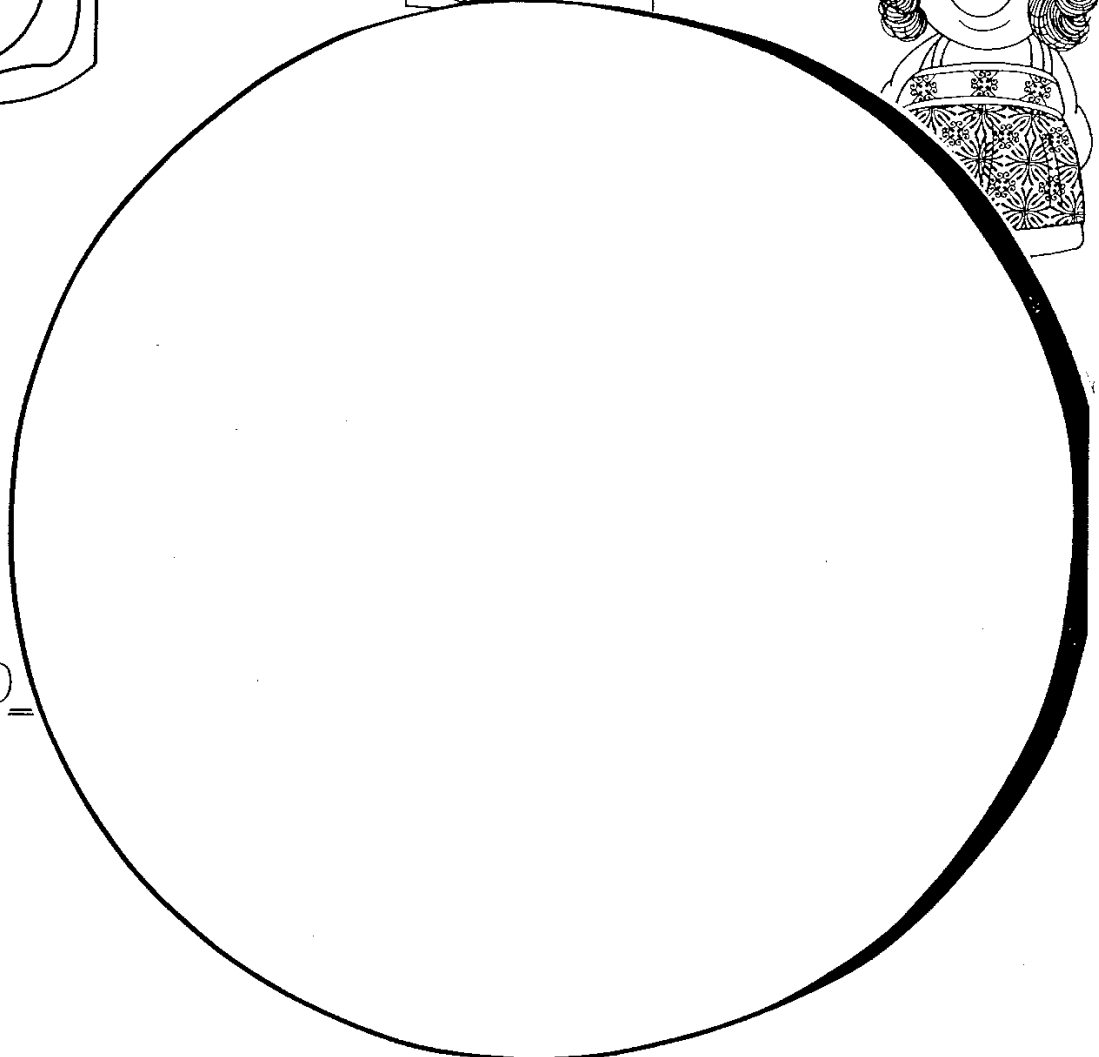
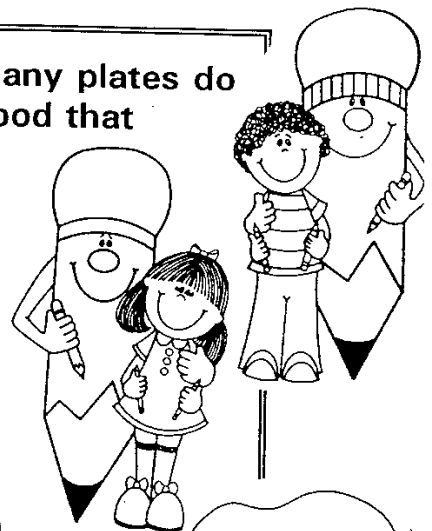


Sometimes I help my mom or dad shop at the grocery store.
We buy many different foods that are good for us.
Do you get to choose good food too?



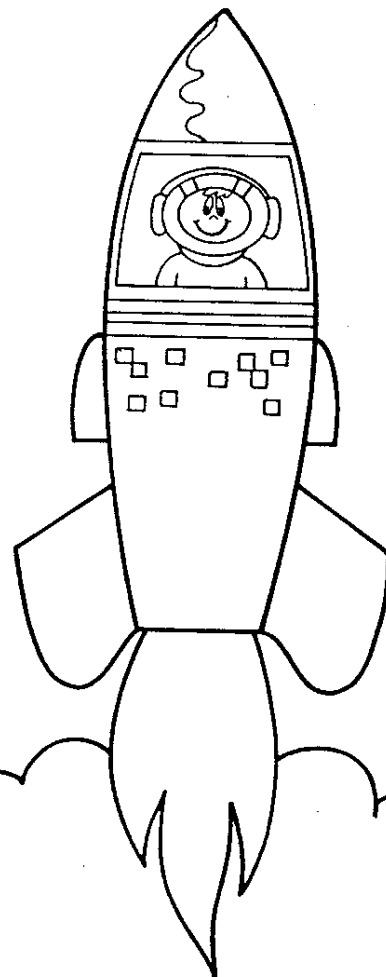
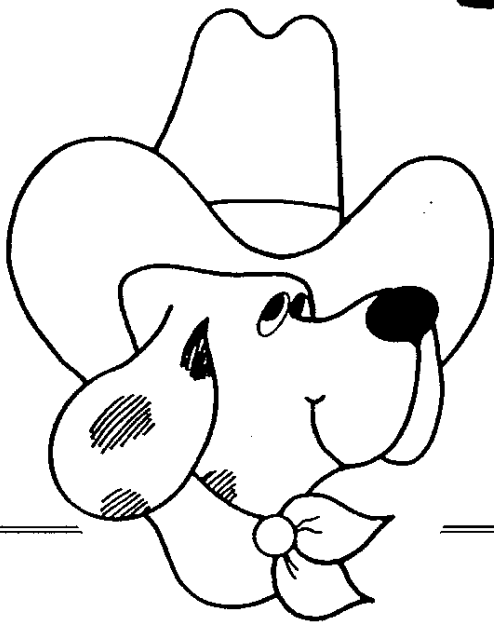
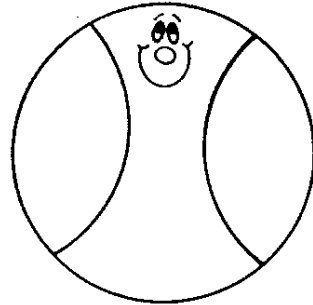
I like to help fix dinner and set the table. How many plates do you set on the table? Fill your plate with food that makes your body run well.

Recipes	
1. Green	Apple
2. Carrot	Broccoli
3. Spinach	Strawberries
4. Blueberries	Asparagus
5. Kale	Avocado
6. Sweet potatoes	Almonds
7. Chickpeas	Walnuts
8. Lentils	Flaxseeds
9. Quinoa	Chia seeds
10. Oats	Yogurt

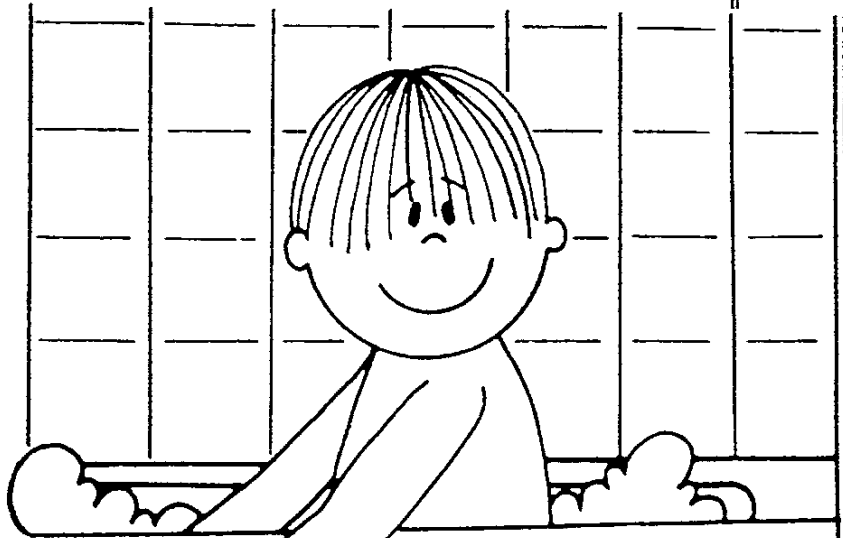


After dinner, I talk about all the things I did that day.
I like to show all the neat pictures I created
ALL BY MYSELF!

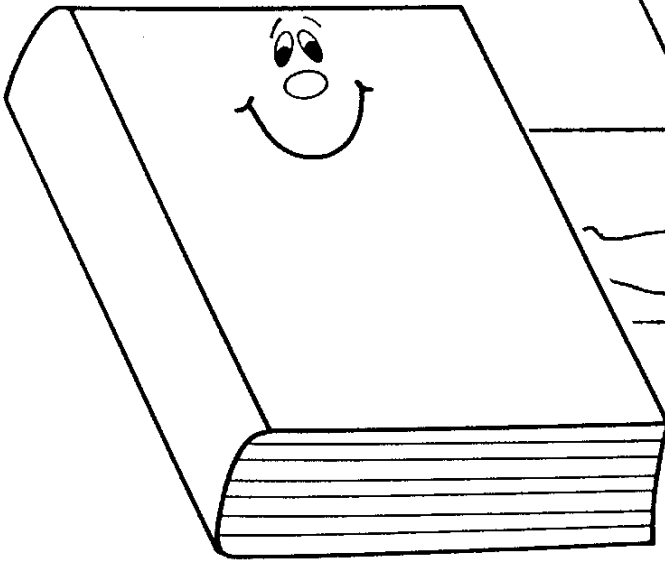
These are some pictures
I drew. Can you name
them?



After my bath, I like to read good stories in bed.
Good stories make me dream about all the things
I can do tomorrow!



Do you have a favorite
story? Is there a special
character you like best?



ESPECIALLY FOR YOU

Draw or color your favorite foods, books or things you like to do.