

THE ACE SHOW



Name: _____

Grade/Class: _____

EPISODE 8: EXCELLENT EVERY DAY

Hey, kids! We've learned a lot about smart habits, like eating healthy, staying hydrated, getting enough sleep, and staying active. Now let's **KEEP GOING** throughout the break, so we can come back healthy and happy!

What's your favorite new, healthy habit you tried this year?

Example: Drinking an extra glass of water a day keeps me hydrated!

What is an adventurous new food you could try over break?

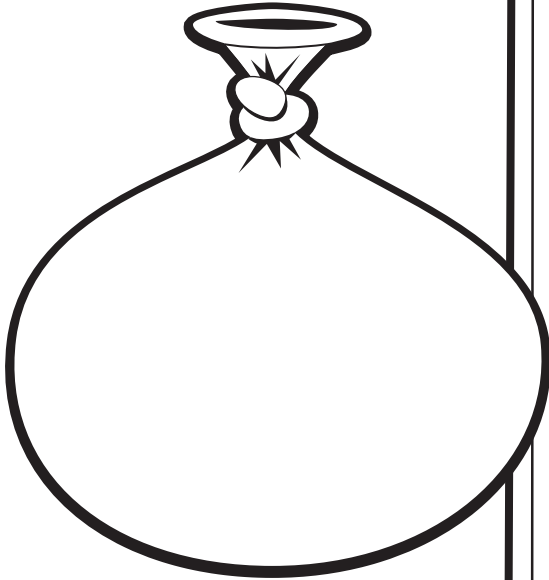
Example: Red, orange, yellow and green bell peppers are great with hummus!

Name ONE healthy habit you are going to work extra hard on?

Example: I'm going to be active for AT LEAST one hour every day over break.

MINDFUL MOMENT

Ace showed us how to make a stress ball. Design your own here!

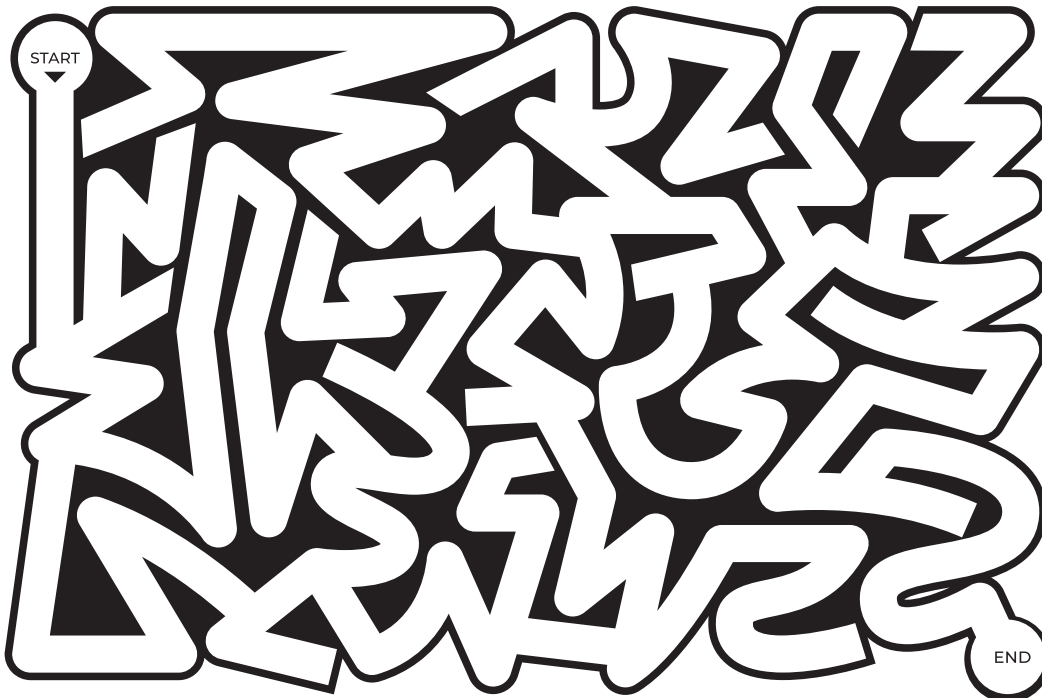


Trying **NEW** nutritious foods is a great way to build healthy habits! Is there a food **you** want to try? Draw and color it here!



Ace is practicing healthy habits by staying **ACTIVE!** Help Ace break a sweat as he makes his way through this twisty, winding maze!

DID YOU KNOW?



- 30% of your body's weight is made up of skin and bones!
- Don't like a certain food? Give it 10 days and try again — that's the lifespan of a taste bud!
- The word "muscle" comes from the Latin for "little mouse." Ancient Romans thought flexing muscles moved like running mice!