

Dear Parent/Caregiver:

Your child is learning the importance of being healthy and making healthy choices. Please help your child complete one page of the At My Best™ class book. Once completed, return the book to school to share it with the class.



CLASS BOOK

Rae has come home with you to learn about making healthy choices! On one page in the book, write your name and record something that you and your family do to be healthy. You can be healthy in a number of ways: being active, eating healthy foods, playing with friends, getting rest, giving hugs and brushing teeth.

Read the activities in the book and try some of the ideas that other families developed.

Teacher:

Grade: