



Hello Parents!

Welcome to Unit 1 of Healthy Me, Healthy We

Healthy Me, Healthy We is a new program to help us Play Smart, Eat Smart, and Rest the Tech! Unit 1 is about having active fun as a family and reaching for healthy beverages when thirsty. The home activities link to the healthy habits your child is learning in class. Try them out at home and see how these activities can set up your child for a lifetime of wellbeing!

How Do I Get Started?



Sign the Healthy We Promise at home as a family. This is your chance to take a “just try it” approach to a healthy lifestyle.

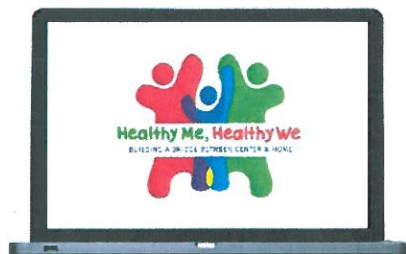
Watch for Our Turn Cards. Your child’s teacher will show you where in the classroom to pick them up. The Our Turn Card lets you know that it’s your turn to do a home activity.

Do the Home Activity together. Find the activity in the back of your Healthy We Family Guide.

Track your success! Use the Tracker in your Family Guide to see how many activities you and your child can do!

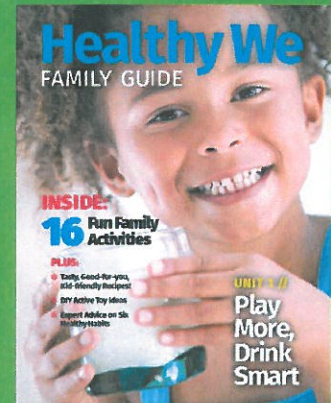
Get extra resources at **HealthyWe.org!**

Register with this password: **HealthyWeUNC**



Remember to...

✓ Pick up your Unit 1 Healthy We Family Guide from your child’s teacher.



✓ Enjoy fun activities at home as a family!



✓ Track your progress with your child!

