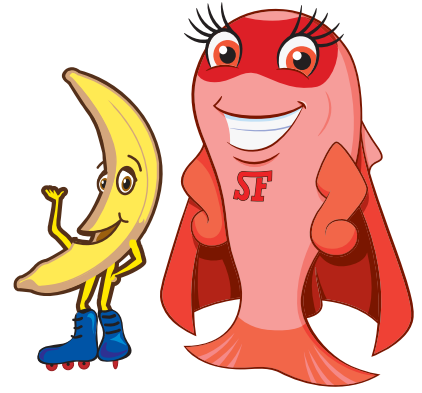


SMILE!



Hey, kids! Do you know when you smile, it makes you feel good? Try it....your will feel happy and healthy! You may even make new friends and help them to feel happy and eat healthier!

Try these other ways to feel happy:

- Make a funny face like Jasper!
- Tap your toes and clap your hands!
- Imagine doing well on your school test!
- Raise your arms and shout hooray!
- Shake your hands and spin around!
- Dance and sing your favorite ditty!
- Jump rope and clap your hands!
- Wiggle your body and shake it up and down with your favorite music!
- Hug yourself and turn all the way around!
- Eat healthy food and it will make you smile!
- **Pretend you are a superhero and make someone else smile!**

