Eagle Adventure Jump Rope Game - Together we can prevent diabetes!

Jump into a Healthy Body

(Repeat as a group or individual, round-robin fashion.)

My name is ____ and I am healthy and strong!

I am going to Miss Rabbit's garden and I am going to pick some <u>red</u> fruits!

(Ask individuals or group to name the red fruit or vegetable that they harvested in the garden activity.)

I eat <u>red</u> fruits and veggies to keep my <u>heart</u> healthy and strong! (Move on to another color option for fruits or vegetables.)

My name is ____ and I am healthy and strong!
I am going to play outside and make my heart beat fast!
(Ask individuals or group to name activities they like to do outside.)

My name is ____ and I am healthy and strong!
I want to be healthy all day long!
I eat vegetables to keep my body strong!
I keep my body moving to stay healthy and strong!



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