







# Dedication

To my children,

I hope this book inspires you to become the best version of yourselves.

A healthy you is a better you, and my wish is for you to grow strong,  
confident, and full of self-love.

With all my love,

Mommy

Little Me, I Am Healthy

Little Me Series

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discover more exciting books as they release!

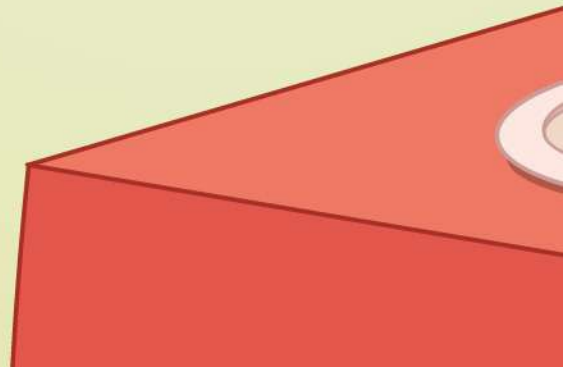
@goodkidsread





# I AM HEALTHY.

I eat fruits and veggies to keep me strong. Carrots help my eyes see clear, bananas help me play all day long. Eating my apples and berries, I feel so bright, ready to laugh and jump with delight!











# I AM HEALTHY.

Drinking water helps me feel my best, when I'm in the heat, to keep me upbeat, I drink my water! It keeps me strong, refreshed, and cool, water's the secret hydration rule!



# I AM HEALTHY.

I brush my teeth to keep them clean and bright. Scrubbing each morning and again at night. My smile shines with every scrub I do, fresh and sparkly, my teeth feel brand new!















# I AM HEALTHY.

I scrub away the germs with soap and bubbly cheer, washing my hands makes the dirt disappear. The bubbles pop, and I feel so clean, ready for adventures, fresh and gleam!





# I AM HEALTHY.

Wearing sunscreen keeps my skin safe and cool, protecting me from sunburn it's a golden rule. With my hat on top, I'm ready for fun, playing safely beneath the bright, warm sun!











# I AM HEALTHY.

I run, jump, and stretch - it's fun  
to do, it keeps my heart strong  
and my body too. Feeling happy as  
I laugh and play, moving my body  
makes my day!



# I AM HEALTHY.

I clean up my toys when I'm finished with play, putting things back in their place each day. A tidy space makes me feel so good, helping me live the way I should!







# I AM HEALTHY.

I snuggle in bed, warm and tight,  
dreaming sweet dreams all through  
the night. Sleep makes me strong,  
my body feels new, ready to play  
when the day breaks through!









# I AM HEALTHY.

I talk about my feelings when I'm happy or blue, sharing my thoughts helps me feel brand new. It's okay to cry, to laugh, or to rest, expressing my feelings makes me feel my best!



# I AM HEALTHY.

I brush my teeth and wash my hands, eat veggies, drink water, and make strong plans.

★ I clean my space and move each day, stretching, playing, feeling okay. I sleep well to rest my mind, talk about feelings, be gentle and kind. Trying my best, I feel so good, healthy habits help me live as I should.







# MY HEALTHY AFFIRMATIONS

Now it's your turn! Think about all the ways you take care of yourself, just like Ella.

Write your own healthy affirmations below. What do you do to stay strong, happy, and healthy? Fill in the blanks and make it your own!

● I am healthy. I \_\_\_\_\_

\_\_\_\_\_

● I am healthy because \_\_\_\_\_

\_\_\_\_\_

● I am healthy when I \_\_\_\_\_

\_\_\_\_\_

● I feel healthy and happy by \_\_\_\_\_

\_\_\_\_\_

● I take care of myself by \_\_\_\_\_

\_\_\_\_\_

