

# Healthy Adventures Animal

For breakfast, try this unbearably healthy

## Teddy Toast



MAKES  
2 bears

### INGREDIENTS



1 banana



Raisins



Peanut butter

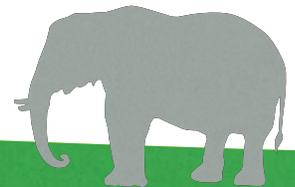
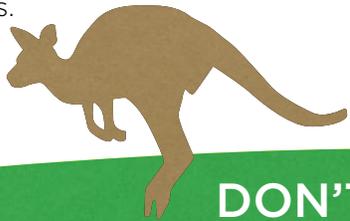


2 slices of  
whole wheat bread

### INSTRUCTIONS

*Loosen up by giving yourself a big bear hug!*

1. Ready to cook? Simply make some toast.
2. While the bread is toasting, cut up the banana into 1/2-inch discs.
3. Spread peanut butter on the toast, then top with the bananas to form the ears and snout.
4. Use the raisins for the eyes and nose, then enjoy!



## DON'T FORGET TO GET 60!

After you nom on your breakfast, do some "oms" with 60 minutes of animal yoga!

Pick an animal, then mimic that animal with a yoga pose.

For inspiration, use our Animal Yoga Dice on the next page!

Get your paws on more healthy adventures at



## ANIMAL YOGA DICE

A quiet, relaxing way get 60 minutes of physical activity? Stretch your imagination with some animal yoga. Simply print and cut out the dice templates on the next pages. Then, fold them accordingly (you can tape them too for more sturdiness).

1. Roll the animal dice first to see which pose your kids must do.
2. Then, roll the second dice to see how long they'll need to hold it.

To make the activity a little wilder, have your kids quietly mimic the sounds of their animal while they hold their poses.



Lie on your tummy with legs stretched out behind you. Place your palms beside your shoulders on the ground. Gently lift your head, chest, and shoulders off the ground. Look up to the ceiling and then straight ahead.



Start out with hands and feet on all fours. Lift your hips into the air, straighten your legs, and make an upside-down V shape. Wag your tail, bark, lift one leg or the other.



Sit with your spine straight and your legs out in front of you. Then bend your knees and bring feet together, allowing your knees to fall out to either side. Grab your ankles and gently drop your knees towards the ground to open up your hips and groin. Open your chest and sit up tall.



From all-fours, come back to resting on your heels. Gently bring your forehead to rest on the ground in front of your knees and lay your chest on your thighs. Slowly bring your arms to rest back alongside your body.



Start by standing with your legs a little wider than hip distance. Turn your feet out to the side. Lower your bottom down to the floor, while bending your knees.



Stand tall and then hold onto one knee, while focusing straight ahead. Try to have them balance in this pose before switching sides.

For more healthy adventures, tiptoe over to

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ANIMAL YOGA DICE

