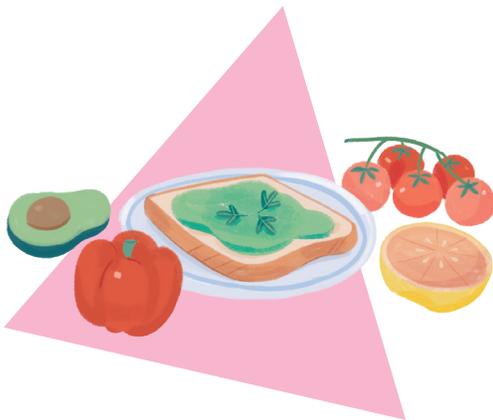




Calling all **STRONG MAMAS** and their little ones! You make the ultimate training team. And what better way to show off your strength, creativity, and power than with an exciting, energetic storytime. The activities included in this kit help mom (or dad or caregiver or friend!) and little ones practice counting, matching, and coloring. There are even exercises to get the endorphins flowing!

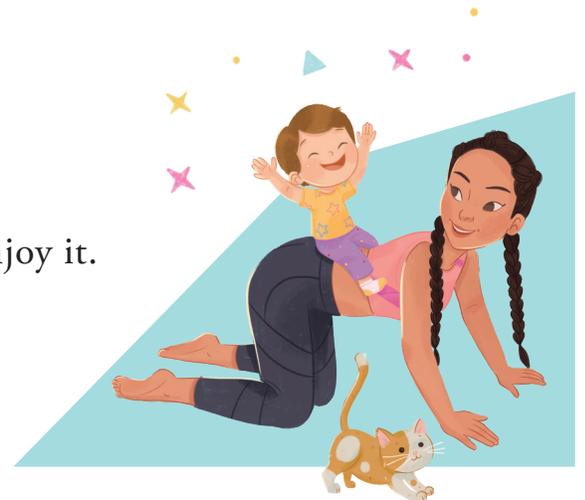
LOOKING FOR MORE SUGGESTIONS?

MUSIC – Upbeat, playful music raises spirits and gets everyone in the mood to have a great time. What's your favorite song? Share it!



FUEL – Food is fuel! What are your favorite healthy snacks?

FUN – Have fun! The most important part of life is to enjoy it. Get ready to read, dance, jump around and laugh!





Can you identify all the fun food? Draw a line connecting the picture to the word.



CARROTS/ZANAHORIAS



TOMATOES/TOMATES



WATERMELON/SANDÍA



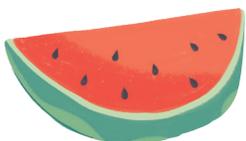
BROCCOLI/BRÓCOLI



STRAWBERRY/FRESA



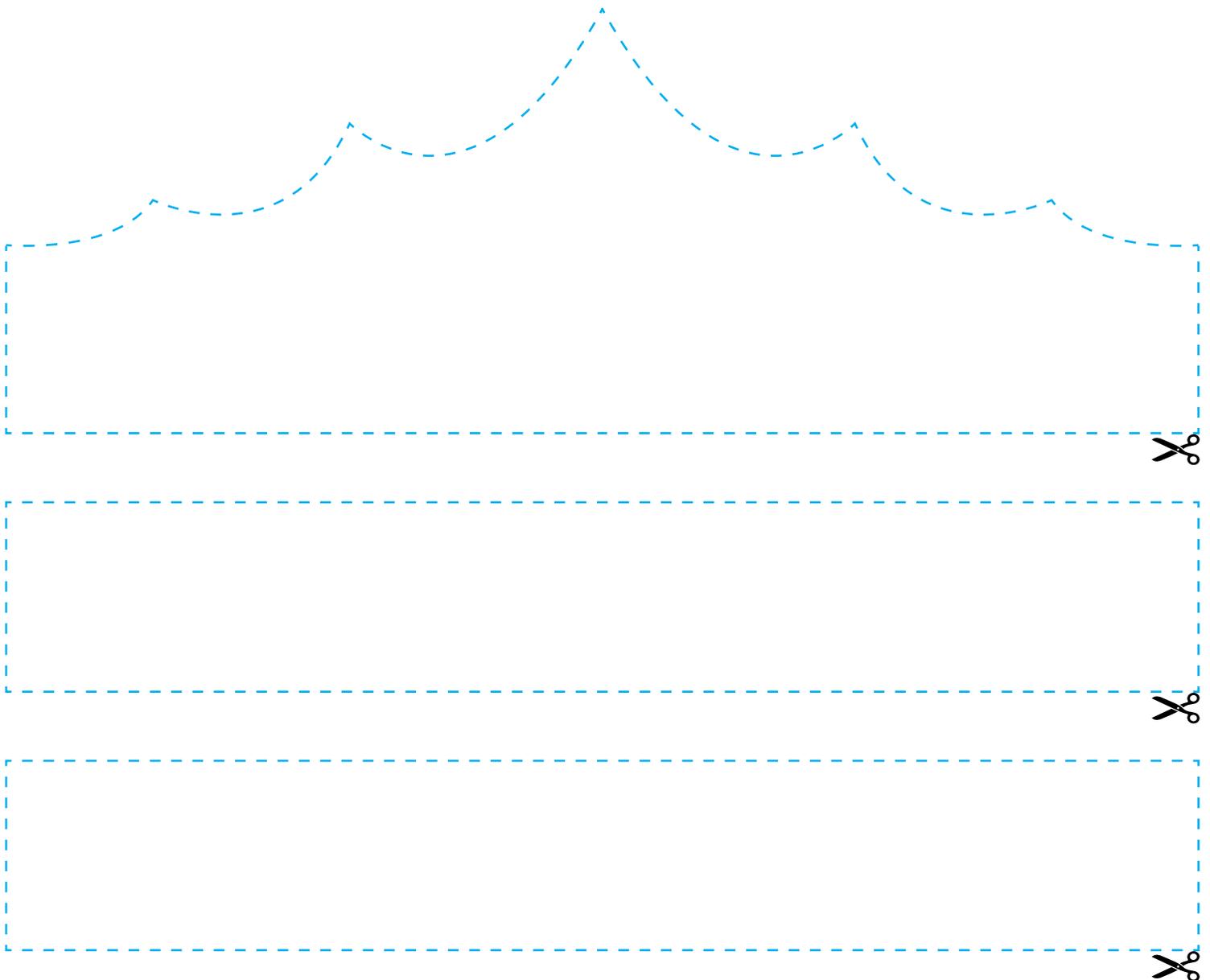
AVOCADO/PALTA



BANANA/BANANO



Chin up, crown on! Always look ahead and go after what you want. Color the crown and bands below, and cut along the dotted lines or ask an adult for help. Tape the ends of the crown with the ends of the rectangular bands and rock it like royalty!

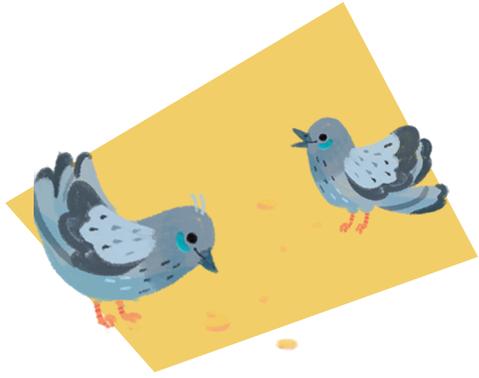




How many different things can you count below?



ONE CAT



TWO BIRDS



THREE CHILDREN



FIVE SNEAKERS



FOUR BOTTLES



Every day is a good day for a dance party! Whether you're a strong mama, a tough toddler, or an active abuelo, we know the power in moving our bodies and clearing our heads. Try the moves below with your little ones.

SUPER SQUATS

Hold your baby close to your chest. Keep your feet slightly wider than hip distance apart, heels firmly planted on the ground, keep your back flat and squat down. Count to two and stand back up! See if you can do ten reps. As your baby grows, so will your strength! (We bet you'll both get some giggles out of it too.)

TUMMY TIME

While your baby works on their muscles, work on yours! Place your baby on their tummy and lay down on the floor on your tummy too, with your arms and legs extended. Now lift up your arms like the superman or superwoman you are! This will help strengthen muscles all along your back, core, and legs.

BICYCLE BABIES

Now it's time to flip on your back for some bicycles! Place your hands behind your head, keep your left leg straight and bend your right knee towards your chest. As your right knee comes up try and touch your left elbow to your right knee, keeping your lower back on the ground the entire time. Repeat on the opposite side. Then it's baby's turn! With your baby on their back gently hold their feet and pedal them back and forth. This gets their muscles and movement going and they'll be having their own little dance party in no time.

DANCE PARTY

Put on your favorite tunes and jump around. Leave all your worries and to-do lists and insecurities behind and **DANCE IT OUT!**

All strong mamas and babies should consult their doctors before doing any physical activity. These exercises are meant to encourage fun and should not be taken as professional instruction or advice.

