# I am a Choosy Champion

## **Healthy Teeth = Healthy Body**

## Snack on F.A.V.'s

My Heart Says Thanks!



#### **Healthy Message Bracelets**

Make your very own craft stick Choosy bracelets! This engaging activity is great for preschoolers and the free template provides an excellent opportunity to decorate with healthy messages. Add Choosy to your discussion by asking questions like, "When Choosy wants a healthy snack he chooses a fruit or vegetable. What's your favorite healthy snack?"

Materials: Printable template, large craft sticks, container, water, jar, scissors, glue, any preferred decorations

Estimated Time: 4 hours



#### Step 1

Print and cut template. Set aside. The FREE template is available to download at choosykids.com.



## Step 2

Soak the craft stick in a container of warm water for 15 minutes. (The longer the craft stick soaks the easier it is to bend).



## Step 3

Bend the craft stick around the top of a jar. Be careful not to break the craft stick. Let dry for 3 hours. (The longer the craft stick stays in the jar the tighter the bend will be).



## Step 4

Glue your Choosy healthy message to the craft stick. Cut off any extra paper.



## Step 5

Decorate.

