

EBCI TRIBAL OPTION

Eat Well. Play Well. Stay Well

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ACTIVITY BOOK

WELCOME TO YOUR WELLNESS ADVENTURE!



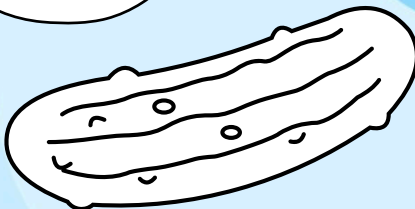
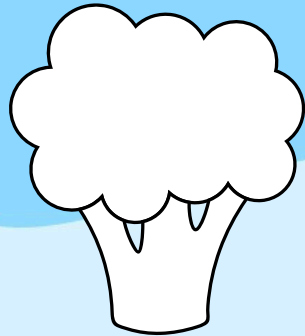
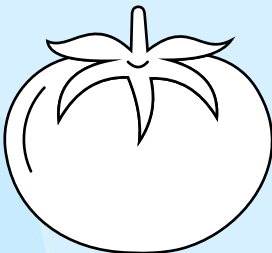
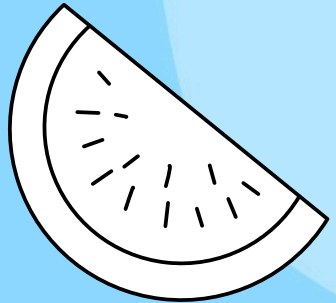
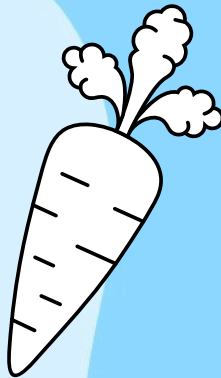
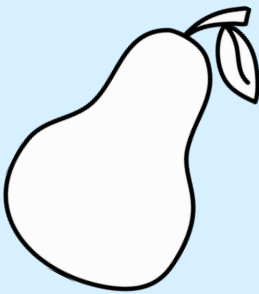
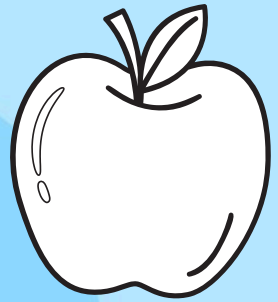
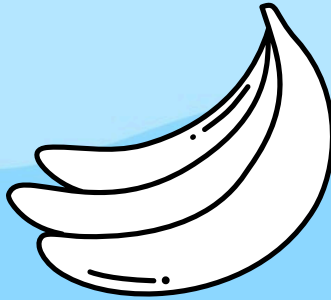
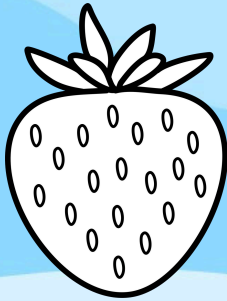
Hi!

Get ready to eat yummy foods, play fun games, and feel calm and strong.

This book is full of fun things to color, puzzles to solve, and tips to keep your body and brain happy!

COLOR THE FRUITS & VEGGIES

Do you know your fruits & Veggies?
Color the fruits **RED** and Vegetables **GREEN**!





FIND THE SUPER VEGGIES!

GYS
Wagiga
Squash

Saa
Tuya
Beans



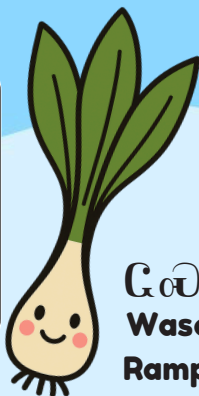
D	U	J	Z	K	J	S	G	E	C
S	D	K	A	N	N	H	W	F	R
S	Q	J	M	A	R	A	M	P	S
C	P	U	E	W	E	T	Y	S	T
O	V	B	A	Q	N	Z	P	N	P
R	F	F	I	S	A	O	C	V	V
N	T	Q	K	G	H	P	J	W	Z
W	I	K	P	H	C	S	B	G	L
L	G	H	D	J	O	N	S	R	T
D	R	K	C	F	S	Q	U	R	C



4M
Selu
Corn

Find the veggies hidden in the word search!

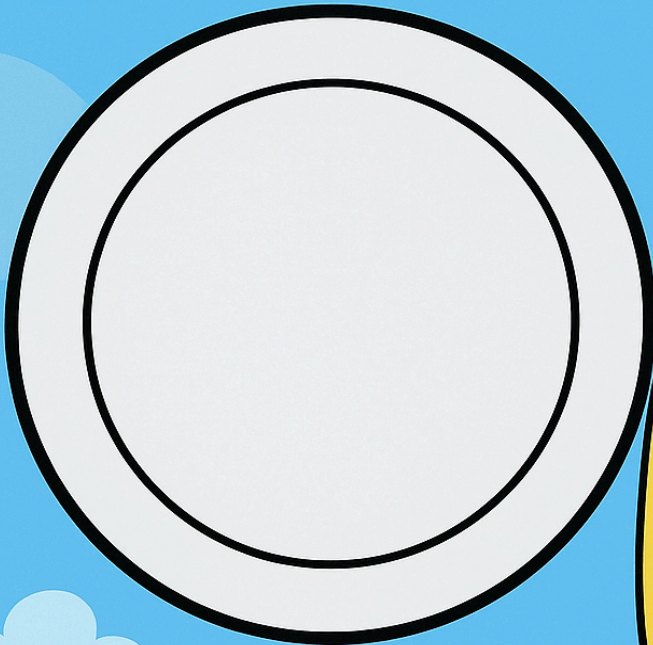
- Corn
- Beans
- Squash
- Ramps



Gaa
Wasdi
Ramps

DRAW YOUR HEALTHY PLATE

**What does a healthy plate look like to you?
Draw yours on the plate below!**



**Draw and
color a meal
with:**

- 1 fruit
- 1 vegetable
- 1 protein
- 1 grain

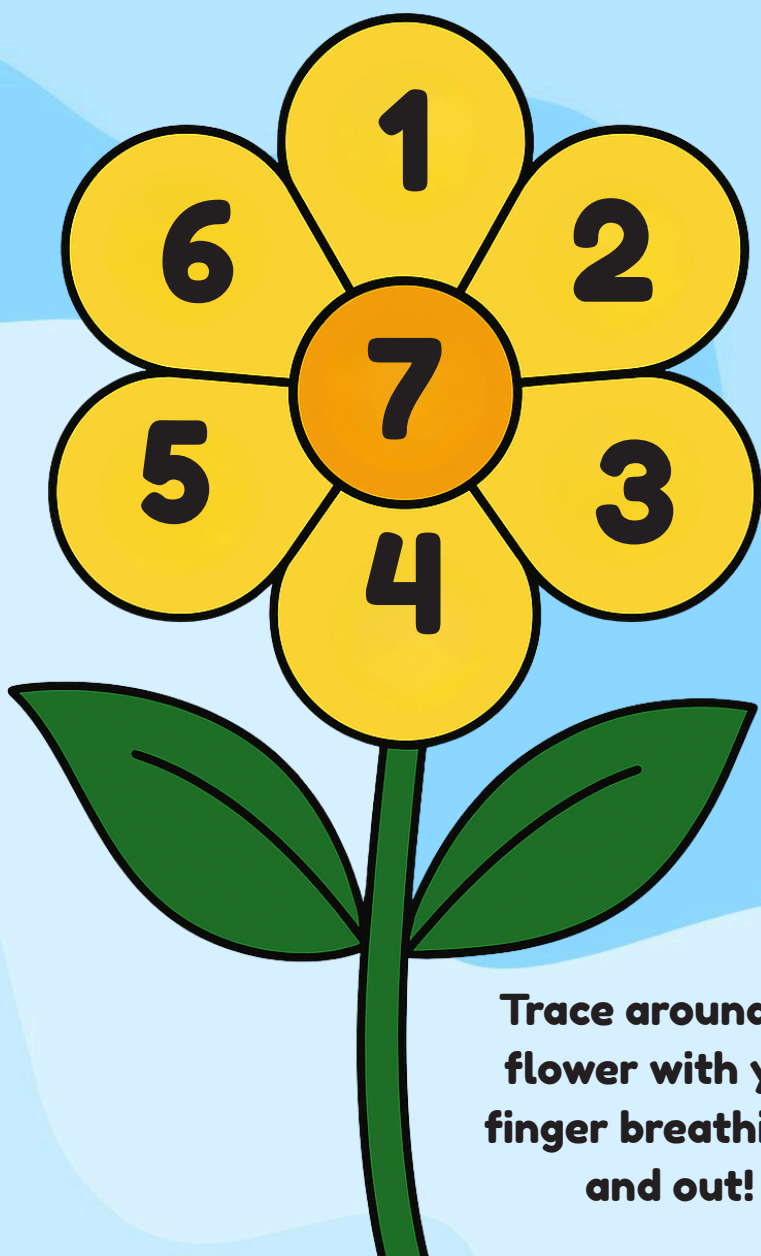


HELP THE BEAR GET TO THE PLAYGROUND!

Draw a line out of the maze to help get the bear to the playground!

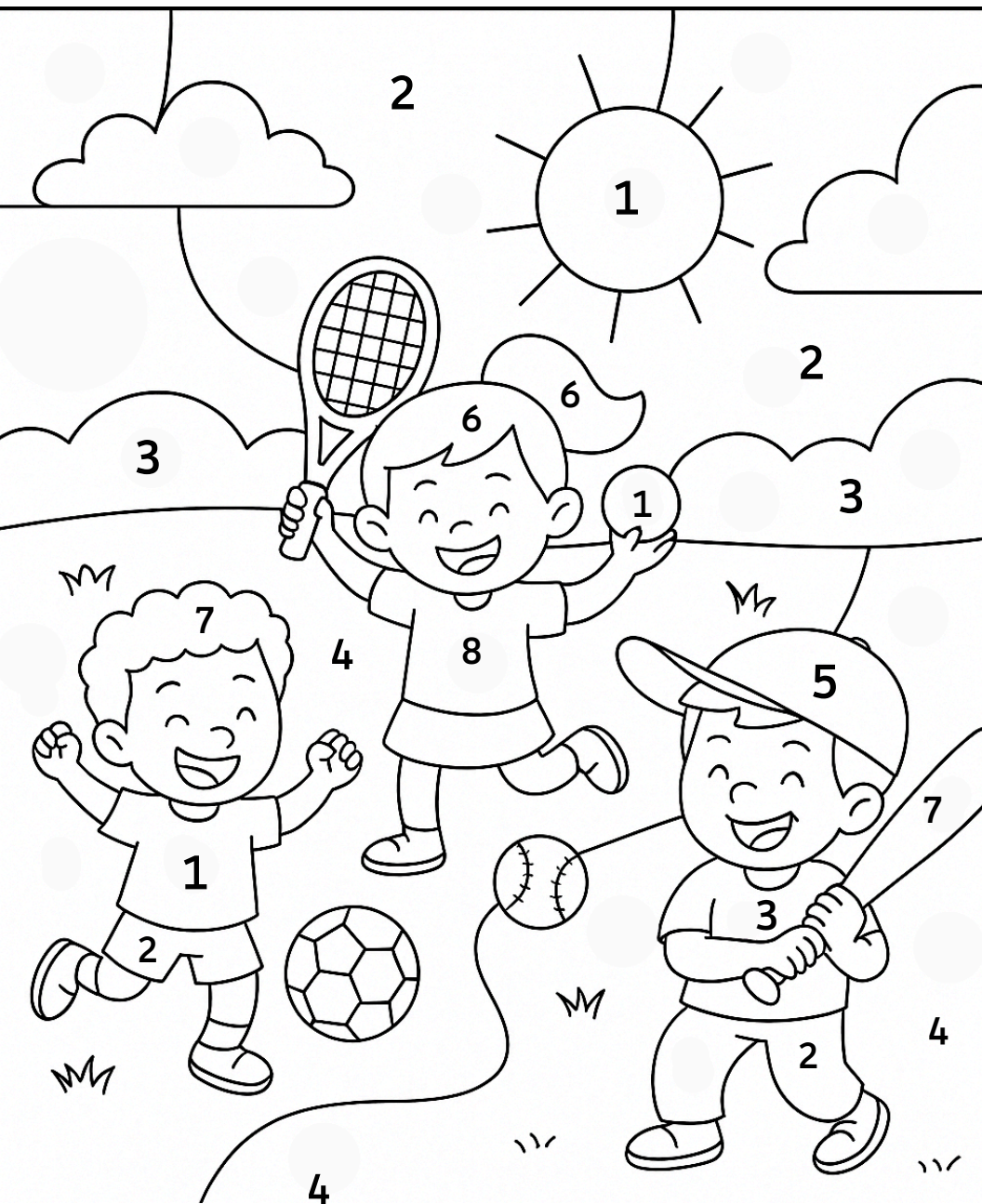


BREATHE IN... BREATHE OUT



**Trace around the
flower with your
finger breathing in
and out!**

COLOR BY NUMBER



BE CALM LIKE THE ANIMALS

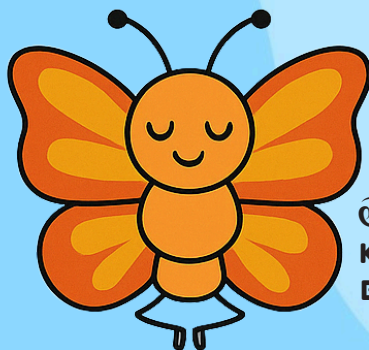
Mimic these poses to practice mindfulness when feeling overwhelmed!

D@
Awi
Deer



Tree Pose
like a Deer

Butterfly Pose
like a Butterfly



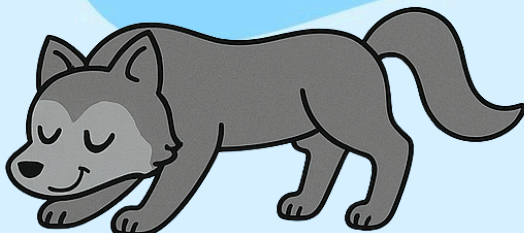
o k r
Kamama
Buttefly



C l r
Tsvdatsi
Panther

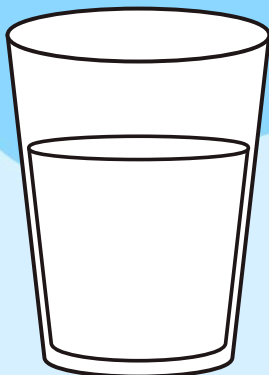
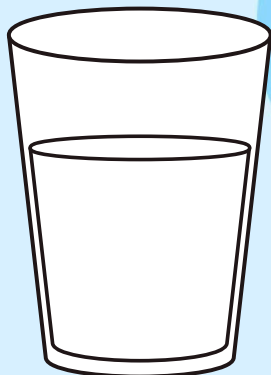
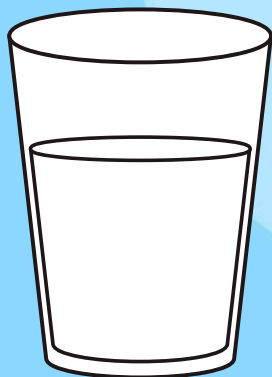
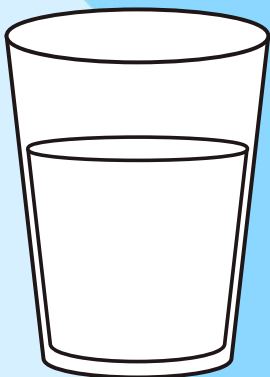
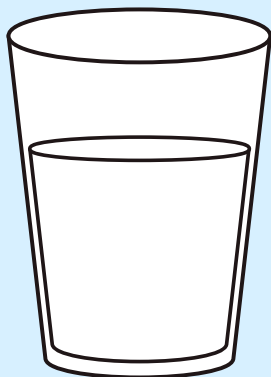
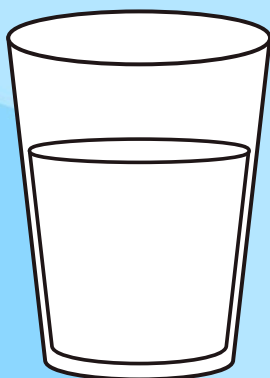
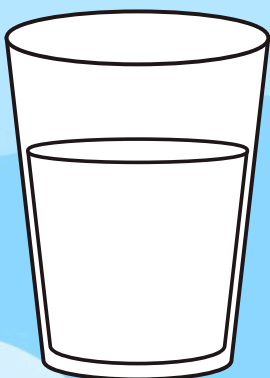
Cat-Cow Stretch
like a Panther
and Wolf

G @
Waya
Wolfe



DID YOU DRINK YOUR WATER TODAY?

Color in the glasses of water every time you finish ONE cup!



D 6
Ama
Water

D 6 V J
Atsisdodi
Cup

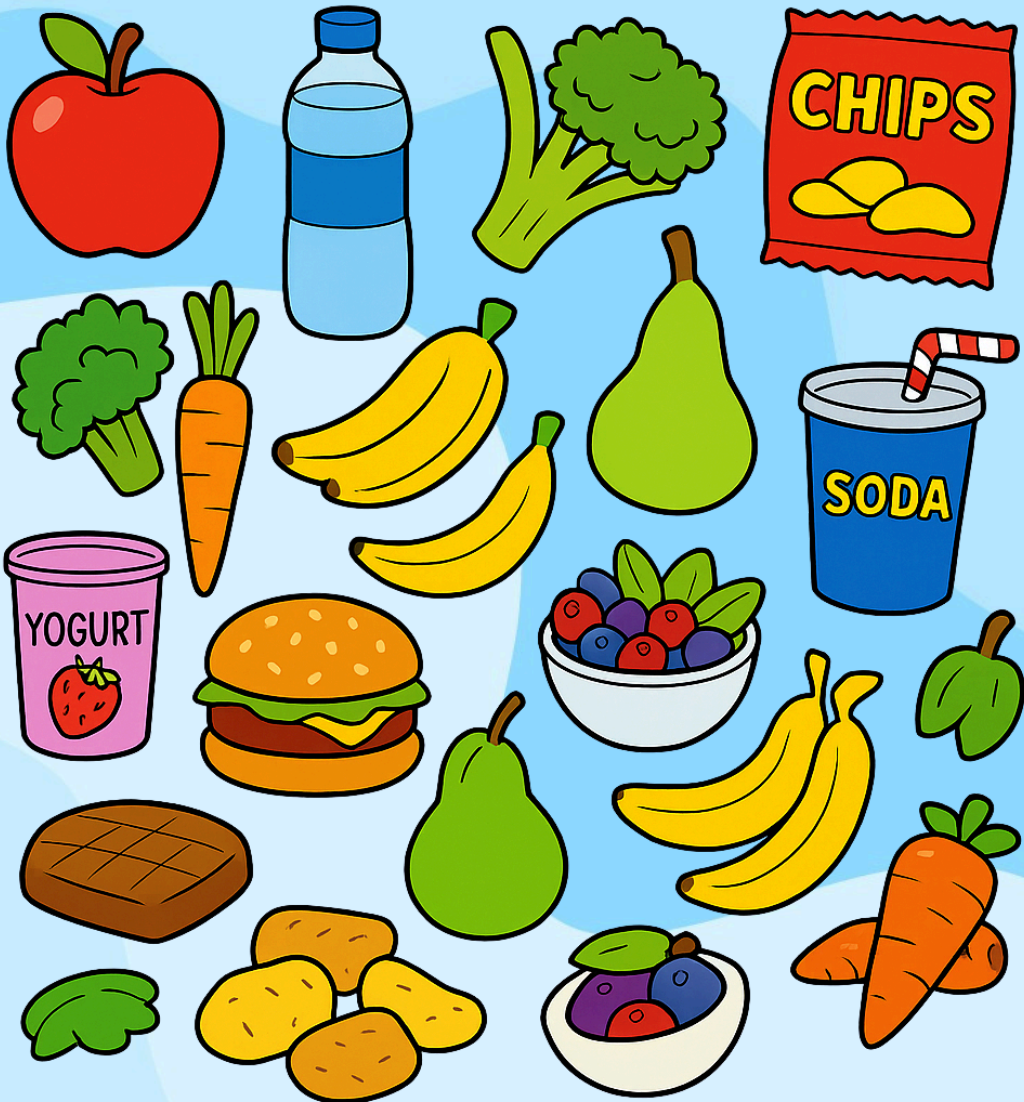
BREATHE AND COLOR

Practice V.ā (tohi) and take three breaths before you start coloring!

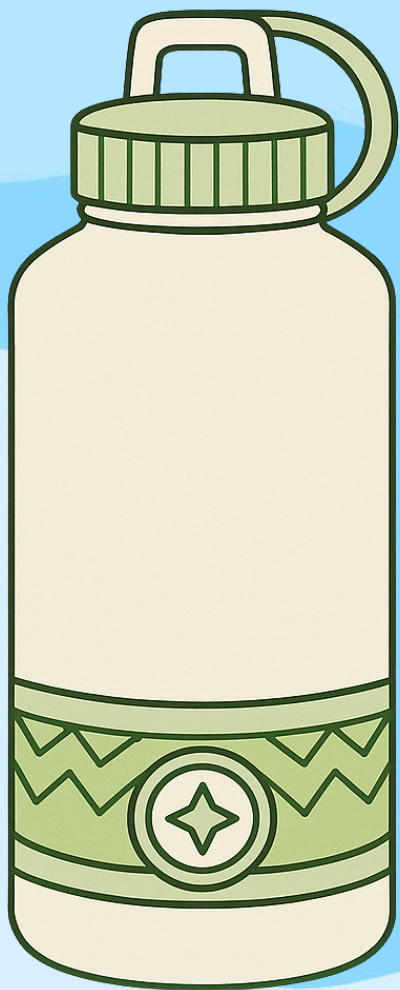


HEALTHY OR NOT??

**Circle the snacks that help you
stay strong & healthy!**



DECORATE YOUR WATER BOTTLE!



**Color, design, or add your favorite
quotes to your water bottle!**

WHERE DO YOU FEEL CALM?

**Draw a place where you feel
safe and happy! It could be your
home, your school, or the
playground!**



MY WELLNESS PLEDGE



I promise to eat more

move my body by

and take time to

**Because I want to
Eat Well, Play Well, Stay Well!**





EBCI TRIBAL OPTION

"As a Tribal Organization, Cherokee Indian Hospital Authority (CIHA) is committed to improving the health of the American Indian/Alaskan Native population by eliminating barriers to care and developing trusting relationships with our patients," said Casey Cooper, Chief Executive Officer, CIHA. "With the support of the North Carolina Department of Health & Human Services, we will reduce health disparities while exercising our tribal sovereignty and self-determination."

EBCI Tribal Option, like all of CIHA, is founded on principles such as U wa shv u da nv te lv ("the one who gives from their heart") and Di qwa ste li I yu n(i) s di ("like my own family to me"). By leveraging the strength of the Tribal community and regional partners, eligible Tribal members can maximize their Medicaid health benefits—all within a fully integrated health system that's culturally sensitive and provides the highest levels of care.



Visit EBCITRIBALOPTION.COM to learn more