

# Buddy's Healthy Habits

Brought to you by South Dakota Public Broadcasting.



**SDPB**

South Dakota  
Public Broadcasting

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KIDS

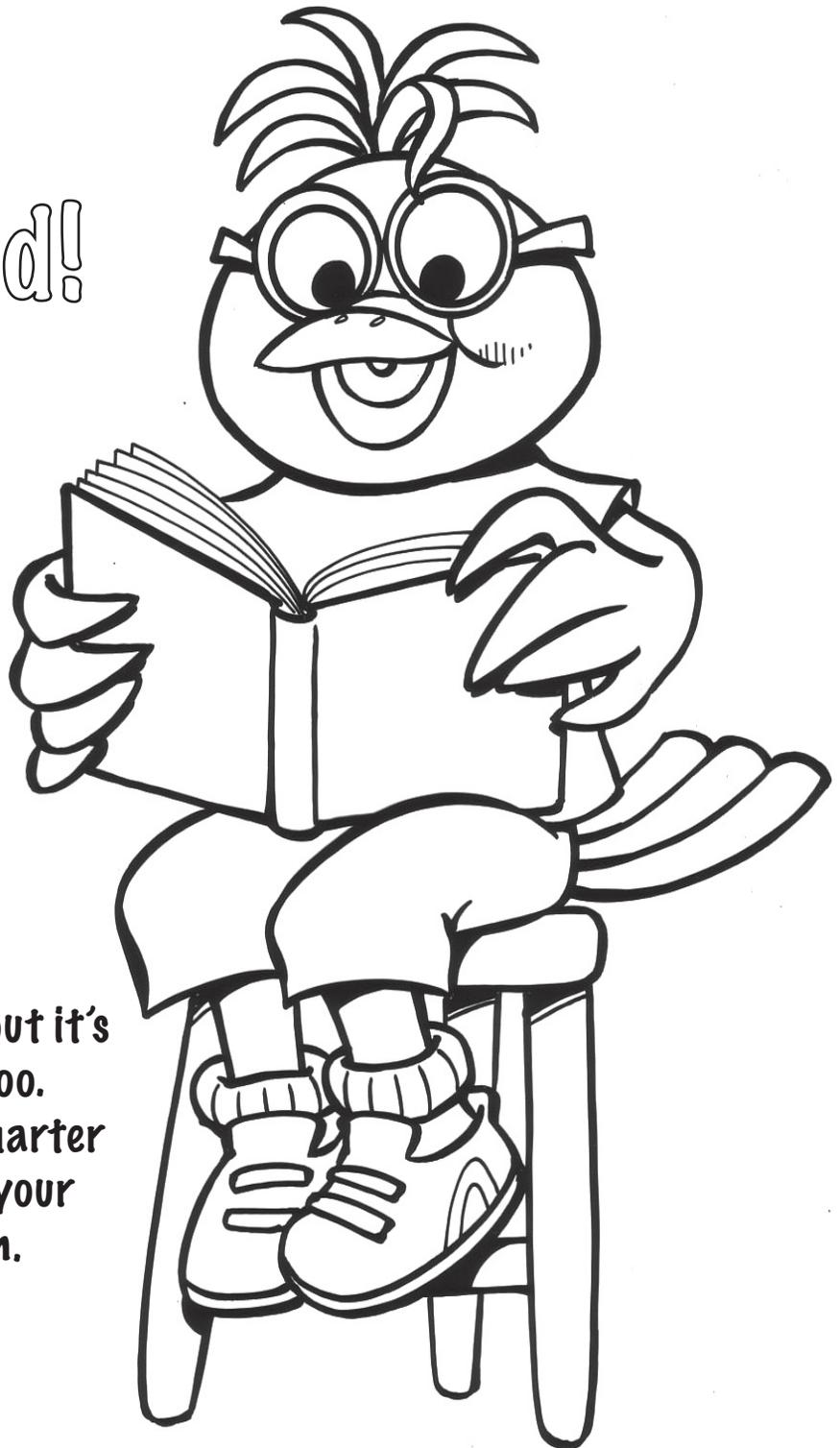
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For more fun -- healthy games and  
activities, log on to [www.pbskids.org](http://www.pbskids.org).

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Read!



Reading is fun, but it's  
important, too.  
It makes you smarter  
and exercises your  
imagination.

Be Safe



Riding my bike is lots of fun.  
Be careful and wear your helmet.

# Wash Your Hands



**I always wash my hands after I play and before I eat.  
Wash those germs away!**

# Brush Your Teeth



**I keep my teeth clean and healthy.  
So remember to brush, every morning  
and every night.**

# Eat Healthy

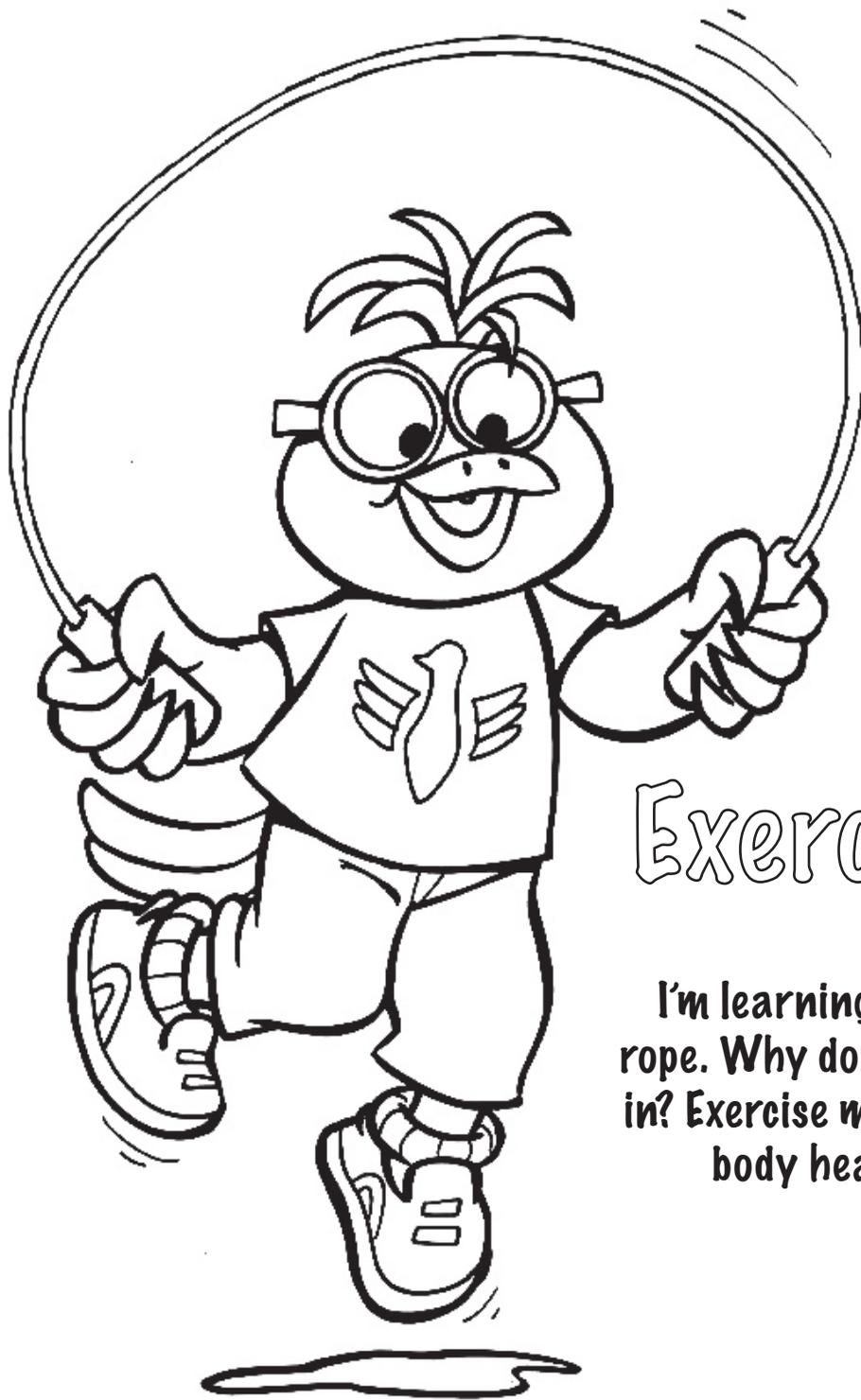


I know that I need to eat right to grow up strong! I eat lots of fruits and vegetables every day. They taste great, and they help me work, think, and play!

# Enjoy Music



**Rum pa tum- tum I can play my drum.  
March along and have some fun!**



# Exercise

I'm learning to jump rope. Why don't you join in? Exercise makes your body healthy!

# Be a Good Friend

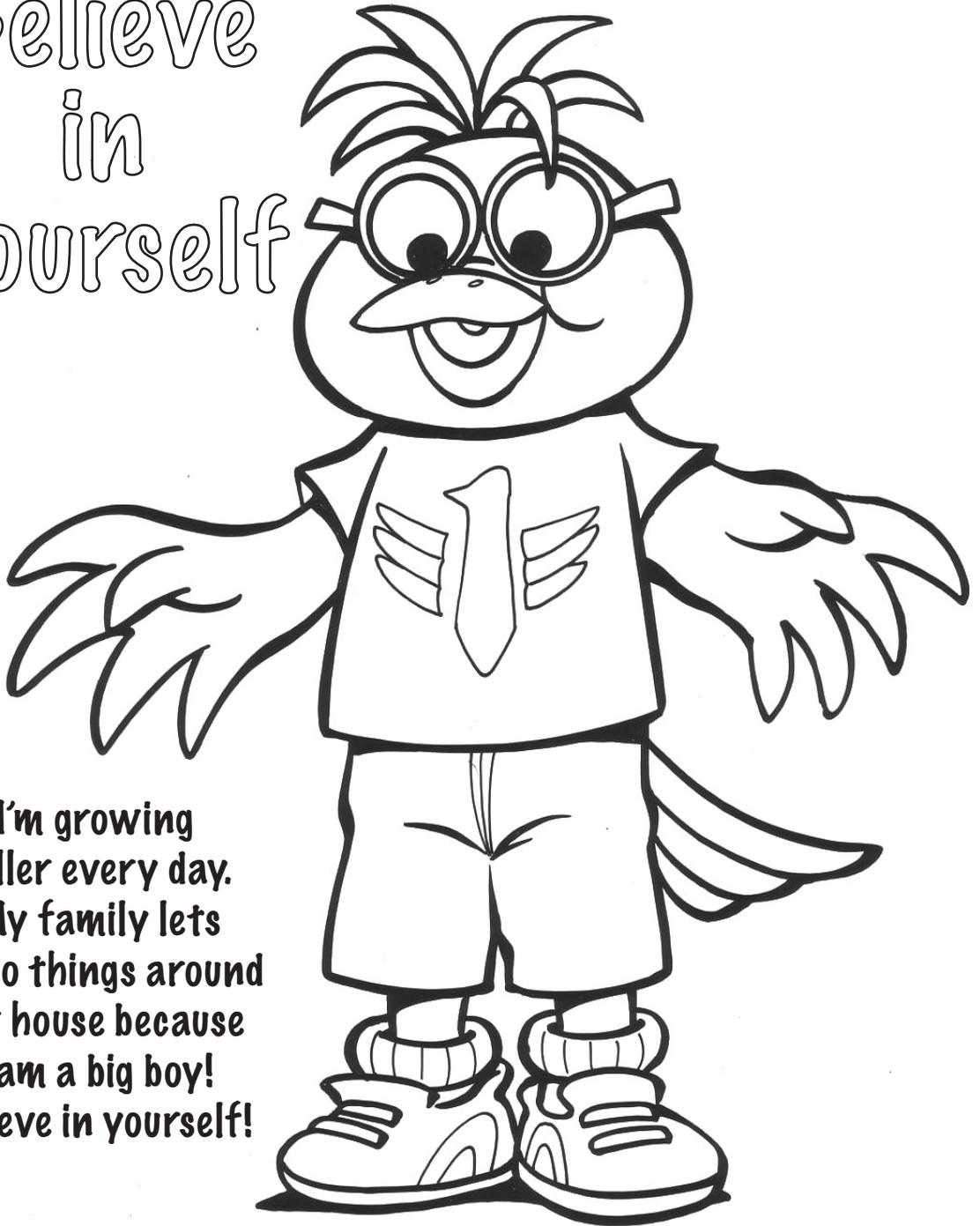


Everything is more fun with a friend! How do you show a friend you care? Share, take turns, and respect everyone's things. Treat people the way you want to be treated.  
When friends share, everyone has more fun!



**What shall I draw today? Using your imagination  
can take you to all sorts of places. Have fun!**

# Believe in Yourself



**I'm growing  
taller every day.  
My family lets  
me do things around  
our house because  
I am a big boy!  
Believe in yourself!**

# Watch Quality Television



**Watching TV is fun, but don't be a couch potato! After your favorite show is over, turn off the TV and play with your friends and family or read a good book. For information on SDPB Television programs, log on to [SDPB.org](http://SDPB.org).**