



LAUGH



SWING



RUN



PLAY



TWIST



SMILE



COOK



DANCE



JUMP

WHAT'S YOUR CHILD'S
VERB.?

www.VERBparents.com



SING



HELP



SWIM




HIT



PASS



CLIMB



CREATE

Every child should have a favorite action, a favorite VERB that keeps them happy and healthy. You can help them find a VERB... or two or three! And then help them do it! They'll have fun and keep active. What's your child's VERB?



CDC