The content of the Bright Futures Activity Book is based on
Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents.
Published by the National Center for Education in Maternal and Child Health, Arlington, VA. 1999.
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There's no one else like me!
My name is ________________________.
I am _______________ years old.
My eyes are ____________________.
My hair is _____________________.
I am _____ feet and _____ inches tall.
Your family is special!
Draw a picture of your family and take it to your doctor’s office.
Wearing a bike helmet is the right thing to do, but there are 5 things wrong with this picture. Can you find 3 of them?
I like it when ______________ reads to me.
My favorite book is ____________________.
The best part is ________________________
____________________________________.

Libraries have lots of different kinds of books.
Show this page to the librarian the next time you go to the library.
Healthy foods keep you going and growing. Name and draw your favorite healthy snacks.
Help the girl fill her cart.
Color the things she can use to get clean and stay healthy.
Take a walk in the park with your family.
What do you like to do in the park?
Get to know your community.
Who do you see in your neighborhood?
Which words go together?

Wash  Feed  Make  Pick up  Set
Bed  Table  Toys  Dishes  Pets

Did you do your chores today?
Clean teeth are happy teeth!
How many times a day do you brush your teeth?
Color this page and take it to your dentist.
Use your imagination and draw a make-believe animal.
Where does it live? What does it do?
Tell someone in your family all about it.
Circle the things you would choose for a healthy lunch.
Make a list of things you can do all by yourself.

______________________________________
______________________________________
______________________________________
______________________________________
______________________________________

Take it to your school.
Your teacher will be so proud of you!
Bright Futures

What are the safety rules for crossing the street?

Stop
Look
Listen
Look again
Do you know what to do in an emergency? Talk about it with your family. Fill in this page and put it near your phone.

My Phone Number ____________________
My Address ________________________
____________________________________
Police _________________________
Fire _________________________
Poison Control ______________
Doctor ______________________
Dentist ______________________
Neighbors ___________________