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