Little Book: Nine Magical Little Steps

My Health in Colors



Water

Nutrition

Laughter

Exercise

Massage

Breathing

Sleep

Colors

Acupressure

1. Water 2. Nutrition 3. Laughter 4. Exercise 5. Massage 6. Breathing 7. Sleep 8. Colors 9. Acupressure

Introduction — Nine Magical Little Steps

Hello… it’s me, your Bebé Escritora!

In this little book, I keep nine magical steps to help little ones grow up happy.

Come along with Peter on every magical page, with a little health secret to discover.



With water I get clean, splashing all around, a little sip now and then— my body needs it, too!



I’ll eat my little fruits, with vegetables beside them, and my happy little tummy will feel better from within.



Laughter lights me up, makes me strong and light;
every giggle is a gift, every smile says, “I love you!”



I stretch my little arms, I jump with both my feet;
every game brings joy, every step’s a happy beat.



With gentle little massages, my body rests and sighs. They’re loving, tender caresses that hug my soul in quiet.



I breathe softly and slowly, like the breeze I blow; I close my little eyes, and settle in the clouds below.



Now I close my little eyes and drift off to rest;
lovely dreams come softly and watch over me.



I play with all my colors, drawing the whole wide world; every line becomes a dream, every shade says, “I love you.”



With my little fingertips, I touch tiny sparks of joy; my body wakes up gently, and my spirit finds its harmony.



Thank you for joining me! I hope you'll come back soon to discover more healthy little ideas. See you again!

