

# MASK<sup>®</sup>+

MOTHERS AWARENESS ON SCHOOL-AGE KIDS



**H**YDRATION.

**E**AT THE RAINBOW.

**A**CTIVE.

**L**IMIT SCREEN TIME.

**T**ALK. Watch your own words about body image.

**H**EALTHY FOOD CHOICES. Explain the difference between “sometimes” foods and “always” foods.