

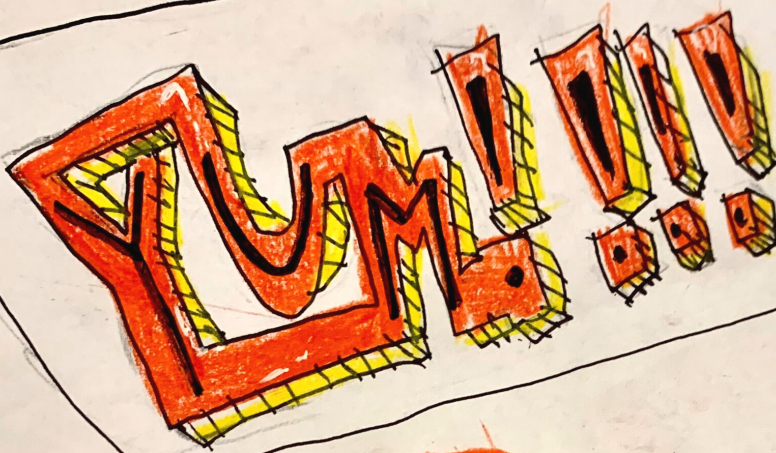
FEELING HAPPY

By Keegan Kim

Let's go on a walk
Let's go have a talk
Let's eat our veggies, drink water, and sleep
Let's eat grains and fruit
(if you're still awake!)
Then let's try counting sheep

Let's go on a jog
Let's get our brains out of a fog
Let's play sports and move around
Let's jump to get off the ground

Let's get off our screens
Let's start healthy routines
And let's not forget to smile, laugh, and tell a joke or two
We'll all feel happy and just like new



About the Author/Artist

Keegan Kim is 9 years old. When he grows up, he hopes to be an author and illustrator. He loves to write descriptive stories and draw on paper - whether it's realistic animals, sports figures, or robots. He also likes to make pottery, create movie props and vending machines out of cardboard. Outside of his artwork, Keegan plays soccer and kickball, and reads too many books to list. Most importantly, Keegan loves a good stuffed taco and feeling happy.

