

GoYou! ★ Kids

**Your Totally Terrific & Super Fun
Guide to Feeling Strong & Amazing!**

Ages 4-7



Richard Ehrlich

GoYou! KIDS: Your Totally Terrific & Super Fun Guide to Feeling Strong and Amazing!

(Ages 4–7)

By Richard Ehrlich

Dedication

For every amazing kid who believes in their own strength, kindness, and sparkle.



Keep shining bright, Superstars! ✨

© Copyright

Copyright © 2025 Richard Ehrlich

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, or otherwise — without the prior written permission of the publisher, except for brief quotations used in reviews or scholarly works.

First Edition: April 2025

Written by Richard Ehrlich

For permissions, licensing, or inquiries, contact:

goyoufab@gmail.com



Disclaimer

This book is intended for educational and entertainment purposes only. It is not intended as medical advice. Always consult a qualified healthcare professional before beginning any new physical activity, exercise, or nutrition program with a child. Participation in the activities described in this book is voluntary and at the reader's own risk.

The author and publisher are not liable for any injury or damage arising from the use of this book or related material.

💖 Dear Grown-Up

This book was written for young children to read, enjoy, and interact with, but it's even better when a loving grown-up is nearby!

You can help by:

- Reading aloud if needed
- Encouraging their fun movements and activities
- Supporting mindful eating habits
- Reminding them to listen to their amazing bodies
- Celebrating every effort, not just "perfect" moments









Thank you for being their biggest cheerleader on their GoYou! adventure. Your support makes all the difference!

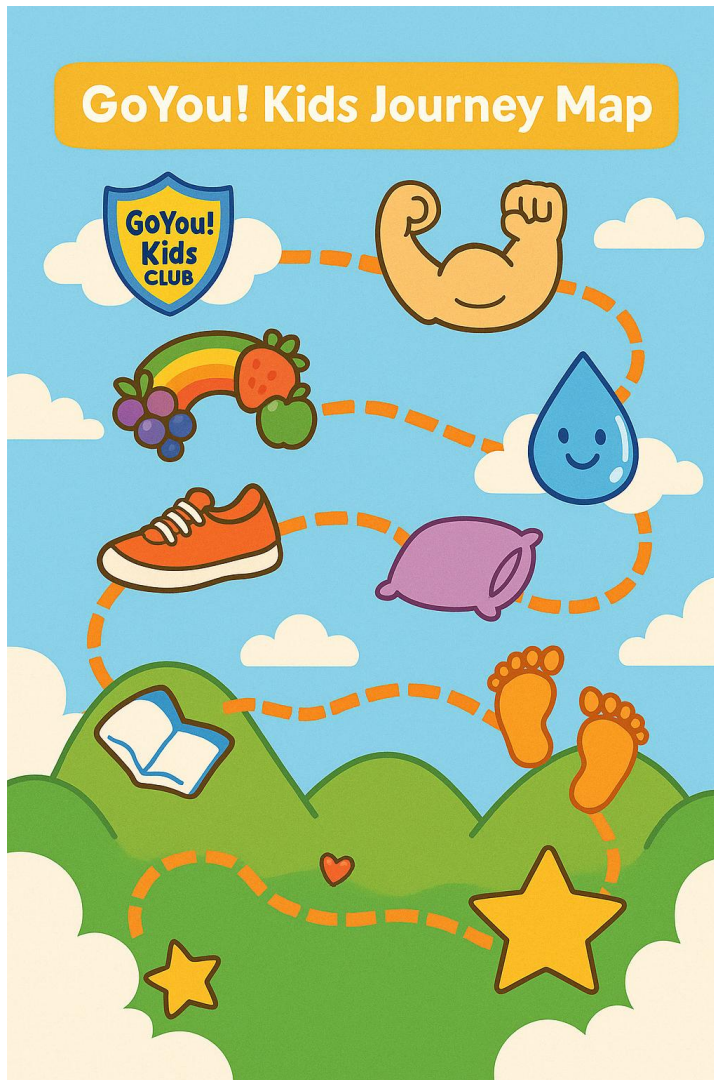


Now let's have some fabulous fun together! 💛 🎉

GoYou! Kids Journey Map

Welcome to your Totally Terrific Adventure! Here's a peek at your GoYou! path:

1.  Join the GoYou! Kids Club — You're part of an amazing team!
2.  Meet Your Super Muscles — Your body is full of secret superpowers!
3.  Fuel Up with Happy Foods — Eat colorful snacks that help you grow strong!
4.  Move It, Shake It, Love It! — Fun exercises to make you smile!
5.  Drink Your Magic Potion — Water gives you super energy!
6.  Rest Like a Superstar — Even heroes need cozy naps!
7.  Go on Walking Adventures — Stomp, wiggle, and discover!
8.  Celebrate the Amazing YOU! — You are strong, happy, and fabulous!



Let's start your journey to feeling GoYou! Strong and Amazing!



★ Welcome to the GoYou! Kids Club!

Hi there, Superstar! 🎉

Guess what? You are already amazing! Yes, YOU!
You have a strong body, a smart brain, and a heart full of kindness.

And now, you're joining the **GoYou! Kids Club** —
a team of kids who move their bodies, eat yummy colorful foods, and celebrate how awesome they are every day.



Are you ready for a fun adventure?

Let's say it together: "**GoMe! GoYou!**" 🌟



★ Meet the GoYou! Super Squad!

You are never alone on your GoYou! journey!
Meet the amazing GoYou! Super Squad — your new friends who help you feel strong, happy, and amazing every day:

- 🦁 **Brave Benny** – Helps you try new things, even when they feel a little scary.
 - **Activity: Benny’s Big Brave Challenge**
Invite kids to pick one small thing they’re a bit scared to try (a new food, speaking up in class, learning a cartwheel) and draw or write about it.



- ❤️ **Kind Kiki** – Reminds you that being kind to yourself and others makes you SUPER strong.

- **Activity: Kiki's Kindness Chain**

Give each child a strip of paper to write or draw one kind act they did or witnessed. Loop it into a circle and link them all into a colorful paper chain that grows every time someone “spreads kindness.”



- 🌈 **Colorful Coco** – Shows you how colorful foods make your body shine bright!

- **Activity: Coco's Rainbow Plate Game**

Challenge kids to eat (or imagine eating) at least five different colors of fruits and veggies in one meal. They can color-code a printable plate diagram and check off each color as they go.



- 💪 **Strong Sam** – Helps you discover your hidden muscle powers!

- **Activity: Sam's Secret Muscle Mission**

Create a “super-strength map” with five mini-workouts (e.g., 5 push-ups, 10

squats, 20-sec plank). Kids follow the map and earn a “Power Stamp” for each completed station.



-  **Happy Harper** – Makes sure you remember to smile and celebrate every step!
 - **Activity: Harper’s Celebration Sparkle**
At the end of the day (or week), kids share one thing they’re proud of—big or small—and toss a handful of glitter confetti into a jar. Over time, the jar fills with “happy sparks.”




You’re part of the squad now! 




Hero Activities: Move Like a SuperKid!

Your body is AMAZING and built for fun moves!


Try these Hero Moves anytime you want to feel strong and happy:

-  **Star Stretch** — Stretch your arms and legs out wide like a BIG star!



-  **Happy Hops** — Hop like a joyful bunny! How high can you go?



-  **Bear Crawls** — Walk on your hands and feet like a super strong bear!



- 🦘 **Kangaroo Jumps** — Jump forward with both feet and land softly.



- 🐒 **Monkey Swing Arms** — Swing your arms in big circles and laugh like a monkey!










🎉 ***Every move you make grows your SuperKid powers!***

Happy Food Adventures: Rainbow Power!

Colorful foods give you colorful strength! 

Try eating foods from every color of the rainbow:

-  Red: Strawberries, tomatoes, apples
-  Orange: Carrots, sweet potatoes, oranges
-  Yellow: Corn, bananas, bell peppers
-  Green: Broccoli, spinach, green apples
-  Blue: Blueberries, purple grapes
-  Purple: Eggplant, purple cabbage

 ***Each color has a secret superpower to make you strong, fast, and smart!***



Happy Food Adventures: Rainbow Power!

Colorful foods give you colorful strength! 🌈

Try eating foods from every color of the rainbow. Each color has a secret superpower inside you!



Rainbow Plate Challenge

- **Goal:** Taste one food from each rainbow color this week.
- **How to Play:** Print or draw a rainbow-shaped plate, then stick or color in a picture of one new fruit or veggie for each hue.

♥ Red Foods — Heart Helper

Examples: Strawberries, tomatoes, red apples, watermelon

- **Secret Superpower:** Boosts your heart strength and helps you run faster!
- **Activity: Red Treasure Hunt**
Hide small red fruit or veggie toys (or real cherry tomatoes) around the room. Search and gather them into a basket!
- **Snack Idea:** Apple slices dipped in yogurt and sprinkled with cinnamon.



❤️ Orange Foods — Eye Defender

Examples: Carrots, sweet potatoes, oranges, mango

- **Secret Superpower:** Keeps your eyes sharp and makes night-time reading easier!
- **Activity: Carrot Tunnel Crawl**
Pretend your living room is a carrot patch. Crawl under a 'vine' (string) without touching it to find a hidden orange toy.
- **Snack Idea:** Mashed sweet potato swirls with a sprinkle of nutmeg.



💛 Yellow Foods — Sunshine Brain

Examples: Corn, bananas, yellow bell peppers, pineapple

- **Secret Superpower:** Lights up your thinking and helps you focus in school!
- **Activity: Banana Balance Race**
Balance a banana on your head and walk to a finish line without dropping it.
- **Snack Idea:** Banana ‘sun slices’: banana rounds topped with a dot of peanut butter and a raisin in the center.



♥ Green Foods — Muscle Maker

Examples: Broccoli, spinach, green apples, kiwi

- **Secret Superpower:** Strengthens your muscles and keeps bones healthy!
- **Activity: Spinach Superhero Salad**
Chop or tear spinach leaves, add apple slices, drizzle a little dressing, then pretend you're gaining superhero strength with each bite.
- **Snack Idea:** Apple and cucumber skewers with hummus dip.



♥ Blue Foods — Memory Master

Examples: Blueberries, purple grapes, blackberries

- **Secret Superpower:** Powers up your memory and helps you remember fun facts!
- **Activity: Blueberry Bingo**
Draw a 3×3 bingo card with nine blue foods or objects. Roll a dice to pick numbers, then place a blueberry on each called square until you get B-I-N-G-O!
- **Snack Idea:** Frozen grapes on a stick—chill grapes overnight and enjoy as a cooling treat.



💜 Purple Foods — Brain Booster

Examples: Eggplant, purple cabbage, plums, purple carrots

- **Secret Superpower:** Builds a sharp mind and helps you solve puzzles faster!
- **Activity: Purple Puzzle Plate**
Draw five sections on paper, color each purple shade, and paste a picture of an eggplant, plum, cabbage, carrot, or other purple food in each.
- **Snack Idea:** Grilled eggplant rounds with a drizzle of olive oil and a pinch of salt.



Bonus Activity: Rainbow Smoothie Party

- **How:** Blend one fruit or veggie from each color (red strawberries, orange carrots, yellow banana, green spinach, blue berries, purple grapes) with yogurt or milk.
- **Fun Twist:** Pour into clear cups and layer colors to make a real rainbow in a glass!





Each rainbow bite you take makes your body and mind stronger—GoYou! style! 🥰

Water Magic Potion: Stay Supercharged!

Did you know you have your own magic potion?
It's called WATER!  

Every sip of water gives your muscles, brain, and heart superpowers.

- Drink water when you wake up 
- Drink water after moving your body 
- Drink water whenever you feel thirsty!





Water keeps you feeling GoYou! Strong and Fabulous!  

Rest Like a Superstar

Even superheroes need rest to recharge their powers!



Ways to rest like a superstar:

- Stretch out like a star in bed 
- Close your eyes and imagine flying over a rainbow 
- Snuggle into your favorite cozy blanket



Rest is part of being GoYou! strong and happy!



Walking Adventures: Move Your Way!

Walking is a magical adventure for your whole body and brain! 🌄

Try different walking styles:

- 🦖 **Dino Stomp** — Walk like a stomping dinosaur!



- 🧚 **Fairy Tiptoe** — Walk softly like a sparkly fairy.



- 🎺 **Parade March** — March proudly like you're leading a parade!




You can create a new adventure every time you move your feet! 🎉👟

Celebrate the Amazing YOU!

Every move you make, every smile you share, every kind word you say makes you stronger and happier!

You are already a superhero just by being YOU. 






Do a big GoYou! Celebration Pose:

- Stand tall!
- Lift your arms high!
- Shout proudly: "**GoMe! GoYou! Forever!**"  



Discussion Guide for Grown-Ups

After reading and playing with GoYou! Kids, try asking your SuperKid:

1.  What was your favorite GoYou! move or activity today?
2.  What colorful food would you like to try next?
3.  When did you feel super strong or super kind today?
4.  How does drinking your Magic Potion (water!) make you feel?
5.  What is one thing you are proud of about yourself?


Encourage your child to celebrate every answer proudly!

Every GoYou! moment matters!  

Final Words of Encouragement

"You are already a star.

Keep shining, keep moving, and always believe in your amazing self!"

GoMe! GoYou! Forever! 



GoYou! Champion Certificate



Congratulations, SuperKid! 

You have completed your Totally Terrific GoYou! Adventure by:

- Moving your amazing body
- Eating happy, colorful foods
- Drinking your Magic Potion (water!)
- Resting like a superstar
- Smiling and celebrating YOU!

You are now an official **GoYou! Champion!** 

Name: _____

Date: _____

Signed with Big Smiles and High-Fives,

Richard Ehrlich

Author

GoMe! GoYou! Forever! 



GoYou! Superstar Participation Certificate



Congratulations!



You showed your GoYou! spirit by trying a new move, snack, smile, or rest adventure today!

You are a true GoYou! Superstar — Strong, Happy, and Amazing!

Name: _____

Date: _____

Signed proudly,

Richard Ehrlich

Author

GoMe! GoYou! Forever!

