**Thumbs Up! Game**

Show children how to curl in all of their fingers while letting their thumbs stick up. Then tell them to place their hands in their laps as you do the same. Recite two lines of the finger play at a time, using your thumbs as directed. Repeat the lines several times with children as they learn the finger play.

- Thumbs up for healthy hearts every single day.  
- Thumbs up for healthy hearts while we eat and play.  
- Thumbs up for healthy hearts. That’s what we want to say!

**Thumbs Up! Game (Spanish)**

¡Viva!

Show children how to curl in all of their fingers while letting their thumbs stick up. Cierren las manos y dejen el dedo pulgar hacia arriba. Then tell them to place their hands in their laps as you do the same. Pongan las manos sobre las piernas, como lo hago yo. Recite two lines of the finger play at a time, using your thumbs as directed. Repeat the lines several times with children as they learn the finger play. Vamos a recitar una rima. Escuchen lo que digo y después repitan conmigo.

- ¡Que viven los corazones sanos hora tras hora, día tras día! (Right thumb up, then back down)
- ¡Que viven los corazones sanos al jugar y comer con alegría! (Left thumb up, then back down)
- ¡Que viven los corazones sanos! ¡Esa es la gran idea tuya y mía! (Both thumbs up)

- Thumbs up for healthy hearts every single day.
- Thumbs up for healthy hearts while we eat and play.
- Thumbs up for healthy hearts. That’s what we want to say!