

NESTLÉ for  
HEALTHIER KIDS 



# Jolly Sally



**Sally** is a happy little girl  
with a **great big smile.**  
She can turn sad into happy for anyone  
that's just **Sally's style!**

She always  
**laughs and jokes**  
as she plays.  
Sally keeps people happy  
in so many ways.

Since she loves to put a smile on  
**everyone's face,**  
they call her **Jolly Sally**  
because she's always  
in such a **happy place.**





Sally is also a very **active girl**  
and loves every **single sport**.

**Football, running  
or tennis,**

she's happiest on a track,  
a field or a court.



She never misses her chance to play,  
because sport gives her more  
**energy and a healthy boost,**  
every single day.

But when **Ramadan started**  
Sally worried how she would **stay fit**.  
How could she get out  
during the day to do her **sporty bit?**

She couldn't sit around  
and just watch TV - **no, no way!**  
Sally just wanted to get out to  
**jump, run or just play.**

**She wondered, and wondered  
what could she do?**

And how could she help  
the rest of the family stay fit too?

***I've got it,***  
she thought.  
***I'll be the one to help  
our family exercise.***

***And when Ramadan ends,  
health and fitness  
will be our prize.***





**On the first day,  
as Sally's whole family  
came back home,  
they all rested.**

**Omar, Yara, aunt Nawal,  
Mom, Dad, Granny  
and Granddad.**



**But Sally just wanted to get active  
and her patience was really tested.  
Sally travelled far away with her imagination,  
trying to find ideas for all the family to be active!**

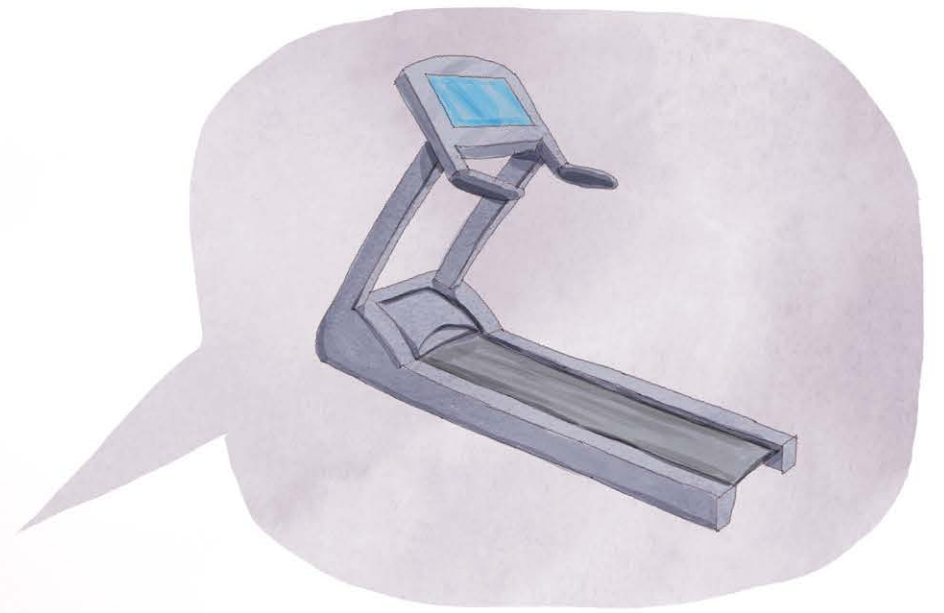
***They could all play football  
she thought!***

***Mom and Dad in **defence**,  
granny and granddad in the **midfield**.***

***Omar and Yara could be on **attack**,  
and aunt Nawal in **goal at the back**.***







**Sally snapped out of her dream!**  
And came up with a great idea  
for the family to stay fit!  
**“Dad let’s move the treadmill  
to the living room  
and we can all take turns to have a run.”**

Omar and Yara yelled,  
**“That sounds like brilliant fun!”**

They were all so excited to start,  
their faces all aglow  
but Mom and granny shook their heads

**“No No No.”**



**Mom said,  
“Forget it Sally  
the living room isn’t a gym.  
It’s important to stay active  
but the treadmill just wouldn’t fit in.”**

**Sally so wanted to exercise  
with Yara and Omar every day  
but realized that  
she’d really have to find another way.**





**“Mom, what about a yoga session  
on the big mat?  
It’s fun and will keep us  
moving and relaxed.  
What do you think about that?”**

Sally’s ideas were creative for sure.  
Mom, granny and aunt Nawal  
loved the idea of **yoga on the floor.**

They promised Sally they would do it every day  
especially if she was the trainer  
and showed them the right way..  
But Dad and granddad were not excited by Sally’s idea.

Granddad said:  
**“My darling I can’t physically do all  
those yoga moves,  
I am too old.”**





## ***What can I do?***

**Sally wondered because exercise is important  
during Ramadan and beyond,  
Just how could she get the family  
moving together and to bond?**

**After hours of thinking,  
Sally felt she could finally make a contribution with a  
musical and oh-so-fun solution!**





**“How about  
playing musical  
chairs?”**  
she excitedly asked,



**“We’ll start the music and move  
from chair to chair, but while you are moving  
you must be aware. When the music stops,  
you need to grab a seat.  
Whoever misses out on a chair  
stays on their feet.”**

**“Until we have only one winner!  
who will be served  
first at our Iftar dinner.”**

**“All the others will help Mom  
clear the table and wash the dishes -  
that’s something she always wishes.”**



**“A wonderful idea Sally.”**

the family all agreed!

So many games of Musical Chairs were played  
as they all tried to take the lead!

Sally was so happy and excited  
so granny hugged her tight:

**“My little star, I’m so proud of you,  
what you’re doing is so right.”**

**“Exercise is a blessing  
and you’ve showed us there’s a way...**

**to keep happy,  
healthy and fit  
every single day.”**







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# RAMADAN DAYTIME stories



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