



Disney
Junior



My name is _____

I'm _____
years old.

So Much You Can Do... To Take Care of YOU!



Wash Your Hands



Brush Your Teeth



Get Rest



Move Your Body



Eat Healthy Foods



Drink Water



Disney
Junior

SING ALONG! Time for your check-up! Time for your check-up!
I'm gonna check your ears • Check your eyes
Find out how much you've grown • Time for your check-up!
I'm gonna listen to your heartbeat • Fix you up ready to go
Time for your check-up! It's okay if you giggle • This will only tickle a little
Time for your check-up! Time for your check-up!


Draw Your Toy





Move Your Body & Sing Along!



 **Stretch and flex**
Stretch and flex
Let's get better
Stretch it out together now



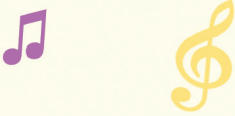
Get ready for action 
Reach up high
Take it to the sky and down
To get ready for action



If your knees are wobbly
Head's a little bobbably
A bit of stretching's all you need
Ready steady GO!

Let's rock it
We'll be unstoppable
And ready for action

I'm ready for action
Are you ready for action?
We're ready for action.



We Have A Diagnosis!

Today you learned there is so much you can do to take care of you!

Trace the dotted lines to help Doc match each problem with the best way to take care of it!



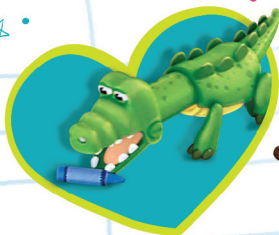
Dirty Hands



Tired and Cranky



Hot and Thirsty



Hungry



A bowl of fruit



Bed



Soap



A cup of water





**START
HERE**

Help Doc Find Her Friends!



STUFFY
HALLIE
LAMBIE
FINISH!



CHILLY



THE DOC MOBILE

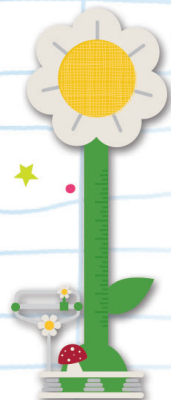


Your Toy's Check-Up Check List

Dr. _____

Child's Name _____

Toy's Name _____



MEASURE

Use the **scale** and **growth chart** to measure the toy's height and weight.



LOOK

Use the **otoscope** to peek into the toy's eyes and ears.



LISTEN

Use the **stethoscope** to listen to the toy's heartbeat.



TAP

Use the **reflex hammer** to test the toy's reflexes.



CHECK

Use the **pressure cuff** to check the toy's pressure.

Great Job!





Certificate of Achievement

GREAT JOB!

Dr. _____

Write Child's Name Here

Doc McStuffins gives her toys check-ups so
they can stay happy and healthy. Today
you gave your toy a check-up!

Write Toy's Name Here



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The Doc Mobile
is ready
to go!

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ON DISNEY CHANNEL

New friends and new episodes!
Friday Mornings at 10am/9c Starting Sept. 6

DisneyJunior.com/Doc

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