



Innovation in Nutrition
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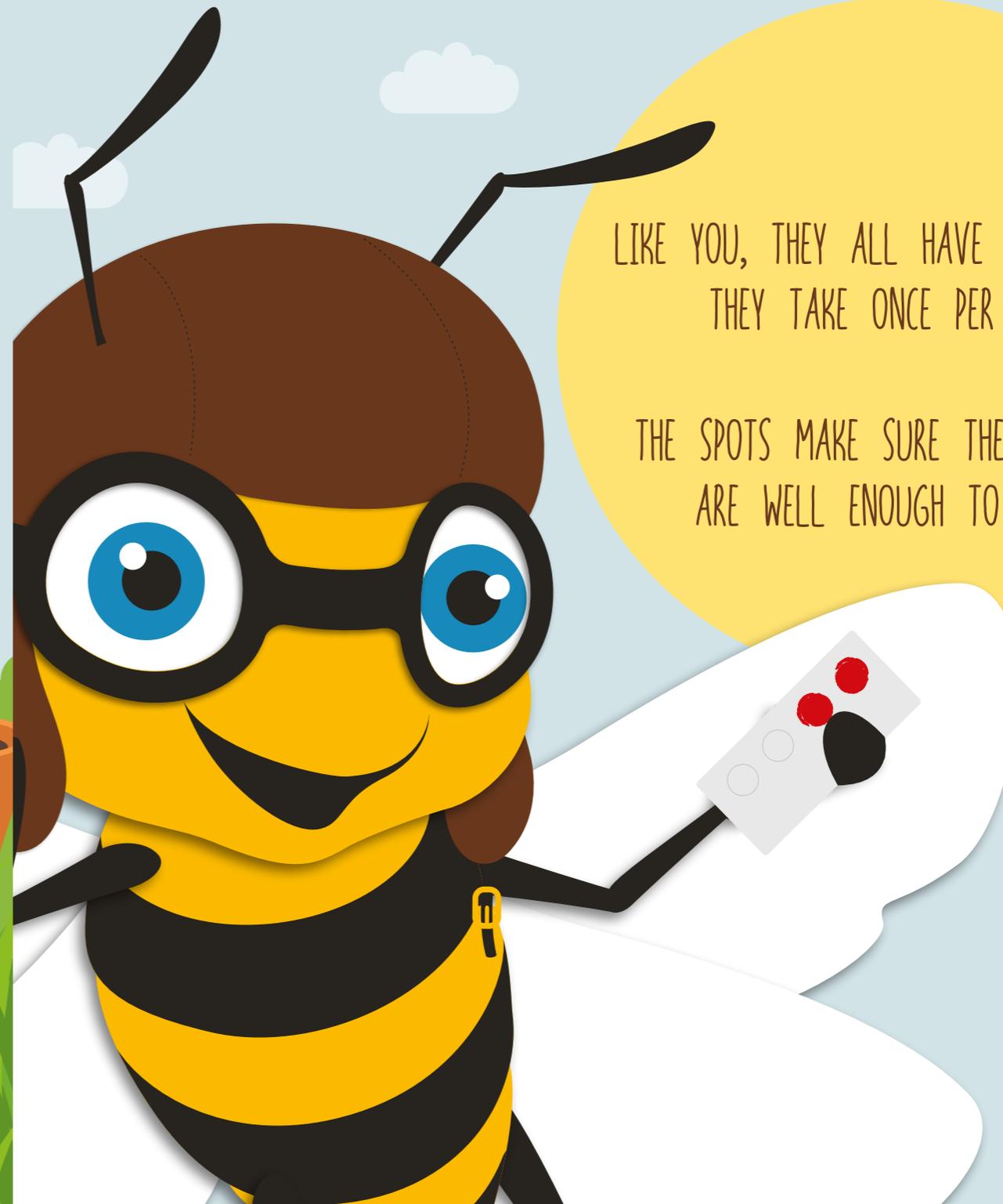
VitaFriends
EXPLORERS CLUB

MAGIC SPOTS



THE VITAMITES LOVE TO PLAY OUTSIDE,
THEY SKIP AND JUMP AND RUN.

THEY'RE HAPPY AND THEY'RE HEALTHY
AND THEY ALL HAVE LOADS OF FUN.



LIKE YOU, THEY ALL HAVE MAGIC SPOTS
THEY TAKE ONCE PER WEEK,

THE SPOTS MAKE SURE THE VITAMITES
ARE WELL ENOUGH TO SPEAK.

FLORA KEEPS HER MAGIC KIT
INSIDE A SPECIAL BOX.

SHE'S COVERED IT WITH FOXES,
BIRDS AND TWO TRICERATOPS.



IT'S TIME FOR SHELDON'S MAGIC SPOTS,
NOW WHERE'S HE PUT HIS KIT?

OH DEAR, HE LOOKS CONFUSED,
HE'LL HAVE TO LOOK FOR IT.



BEFORE YOU TAKE YOUR MAGIC SPOTS
MAKE SURE YOU WASH YOUR HANDS.

HERE'S LIZZY-BEE - SHE'S WASHING
HERS UNDER A WATERING CAN!



GIVE YOUR HANDS A WIGGLE,
WAVE YOUR FINGERS TO AND FRO.

YOU'LL SOON HAVE NICE WARM
FINGERS JUST LIKE BRAVE ANTONIO.



1...2...3...4...5...6...
7...8...9...10!

POINT YOUR FINGERS DOWNWARDS
TILL YOU'RE POINTING AT THE FLOOR.

THEN COUNT TO TEN LIKE LENNY WHILE
YOU POINT AT IT SOME MORE.

YOU'LL NEED TO PICK A FINGER NEXT,
WHICH FINGER WILL YOU USE?

EENY, MEENY, MINY, MOE –
SPROUT FINDS IT HARD TO CHOOSE!



FLORA TAKES A NICE DEEP BREATH,
SHE KNOWS THIS WILL BE QUICK.

RELAX AND BREATHE LIKE FLORA
AND YOU'LL BE DONE IN JUST A TICK.



NEXT, YOU TAKE A CARD AND DROP
YOUR MAGIC SPOTS ON IT.

LENNY'S DONE HIS TOO
(YOU'LL FIND A CARD INSIDE YOUR KIT).





COVER YOUR FINGER WITH COTTON WOOL AND GIVE A LITTLE SQUEEZE.

YOUR MAGIC SPOTS ARE NOW COMPLETE — JUST LOOK WHAT YOU'VE ACHIEVED!



POP IT IN AN ENVELOPE AS SOON AS IT IS DRY.

THEN POST IT IN A POST BOX, AND WAVE YOUR SPOT GOODBYE.



NOW YOU'VE DONE YOUR MAGIC SPOTS...

SPROUT THINKS YOU'VE EARNED A STICKER
AND ALL THE VITAMITES AGREE.

CHOOSE WHICHEVER ONE YOU WANT
AND SHOW IT OFF WITH GLEE.

