



# “WISH YOU WOULD TRY” JAR

We wish you may, we wish you might, try something new with your family tonight! Get ready to branch out of your comfort zone while bringing new, healthy experiences into your home with our DIY “Wish You Would Try Jar” activity.

We’ve provided some fun and tasty prompts for you and your family to challenge each other with while giving you space to create your own. Simply cut out the “Wish You Would Try” prompts, attach to a popsicle stick, place in a jar, and take turns each day challenging each other to try something healthy and new.



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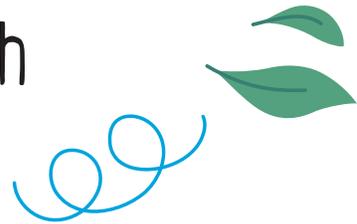
Wish you would... Try a new fruit!



Wish you would... Try a green veggie!



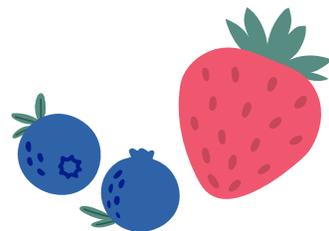
Wish you would... Take a big breath  
of fresh air!



Wish you would... Drink a glass of water!



Wish you would... Help me make a  
healthy snack!



Wish you would... Jump in place 10 times!



Wish you would... Eat a piece of fruit!



Wish you would... Eat your favorite veggie!



Wish you would... Draw a picture!



Wish you would... Stretch for 5 minutes!



Wish you would...



# Looking for More?



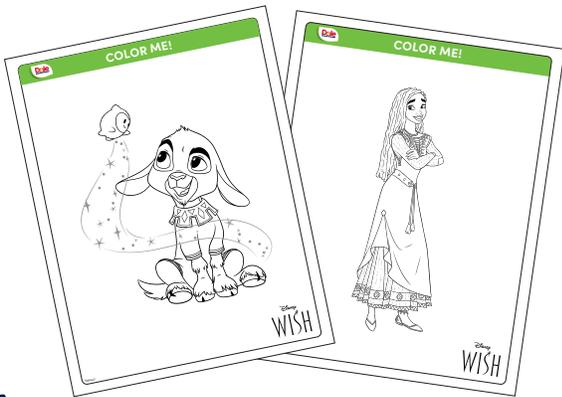
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[Dole.com/Disney](https://Dole.com/Disney)  
for these awesome  
downloads & more!



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follow us on social!)



## Character Coloring Pages

Download & color your  
favorite WISH characters!



## Peel & Play Banana Sticker Book & Enchanted Recipes

A DIY activity book to collect all of  
Dole's Limited-Edition WISH banana  
stickers, with an enchanting surprise!

