

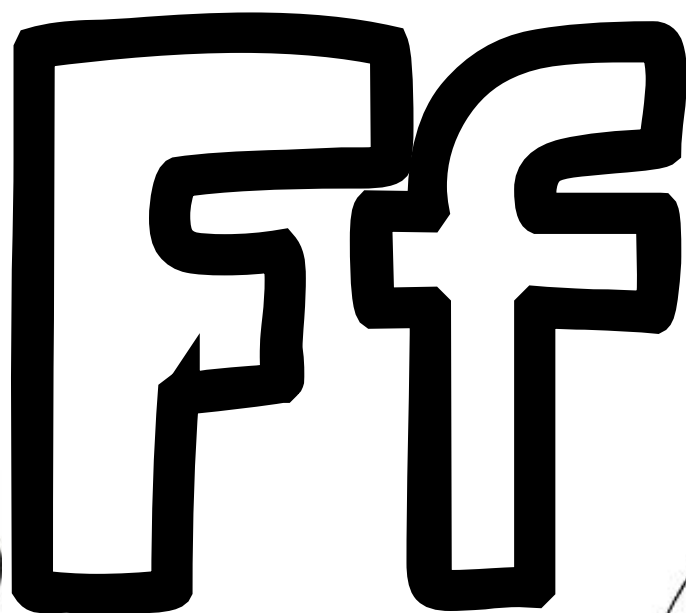
Using the letter



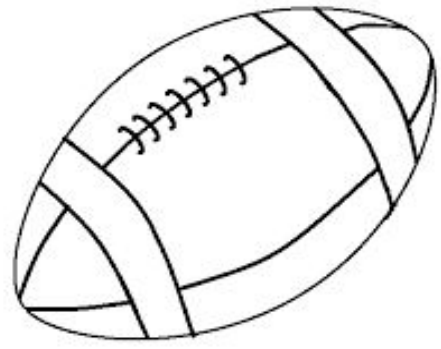
FROG



FIG

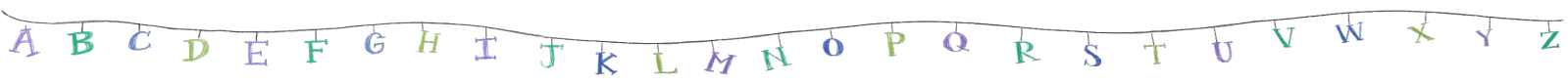


FACE MASK




FOOTBALL

to be more healthy



Ff



SMED uses the letter **F** to make his brain healthy by learning these words.

Trace and write these words 2 times.

for for _____

fall fall _____

Color in the **fall** leaves.



Ff

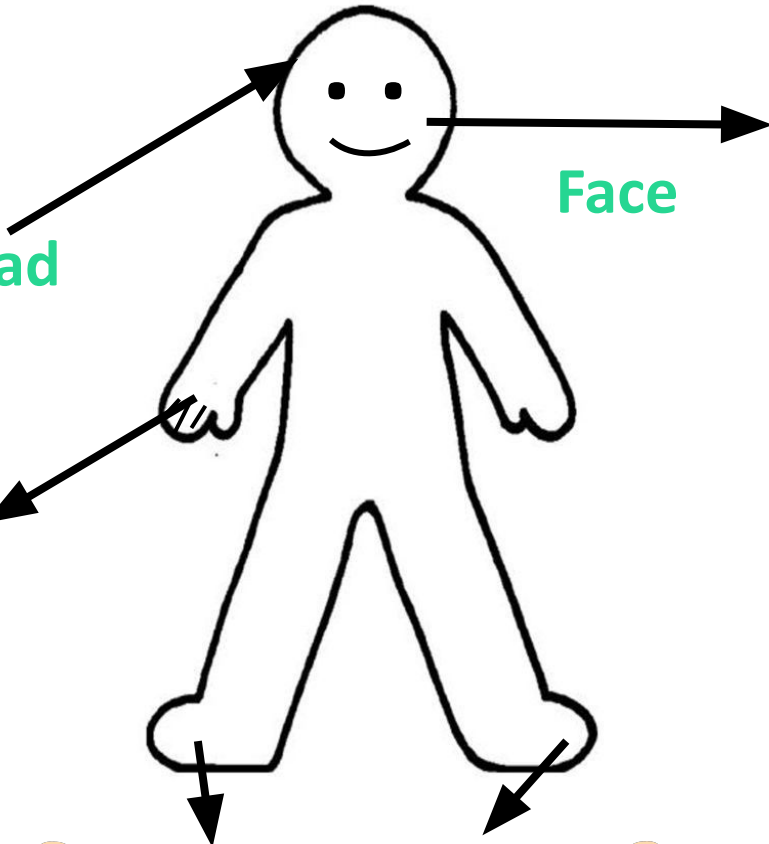


SMED uses the letter **F** to make his brain healthy.

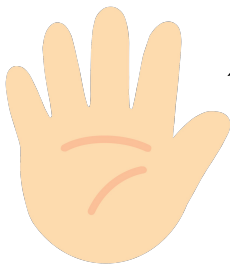
The letter **F** is the **first** letter of many parts of your body.



Forehead



Face



Fingers




Feet

Circle the body part you think is most important.

Ff

BERRY
uses the letter **F** to be healthy by eating **figs**.



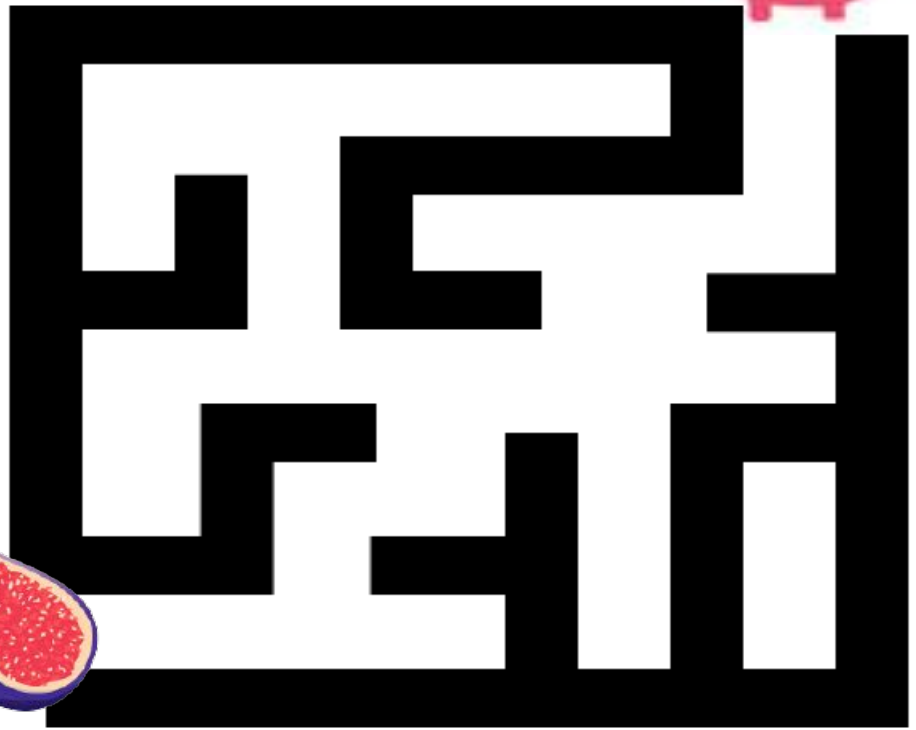
Did you know?
Fig trees grew when dinosaurs were alive.



Figs



Help the dino **find** the **fig**.



Ff

Spoon

has some fun recipes that start with the letter F.



Fresh fruit Parfait

INGREDIENTS:

- 1 cup mixed chopped fruits



- 1 tablespoon of walnuts or nuts of your choice



- 1 cup plain greek yogurt



- 1 tsp cinnamon



INSTRUCTIONS:

- 1) Wash your hands with soap and warm water before prepping.



- 2) Add fruits together in a large bowl and add nuts



- 3) Top with yogurt and mix all together



- 4) Sprinkle with cinnamon



- 5) Serve & enjoy!



Ff




AGUA
uses the letter **F**
to be healthy by
swimming with
fins in the water!


Fins help you have fun in the water.



Circle where your **fins**
fit:
My **fins** fit my ...



or



Ff



Frogs have bodies that grow and change, just like our bodies.



Eggs



Tadpole



Adult frog



Name this frog.

Ff



Sport uses the letter **F** to be healthy by doing **fun** activities with **friends**.



Going **fishing**

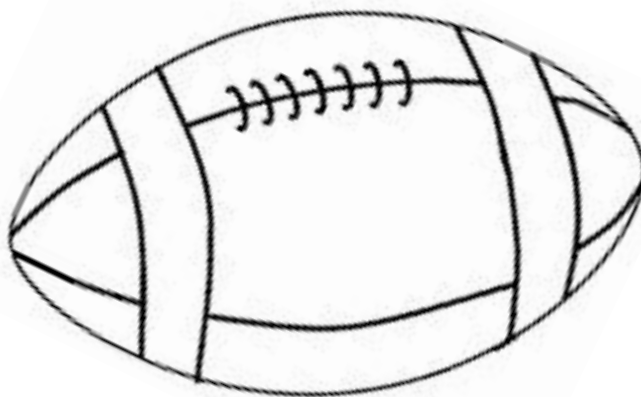


Building a **fort**

Let's do **five frog** jumps with **Sport** !



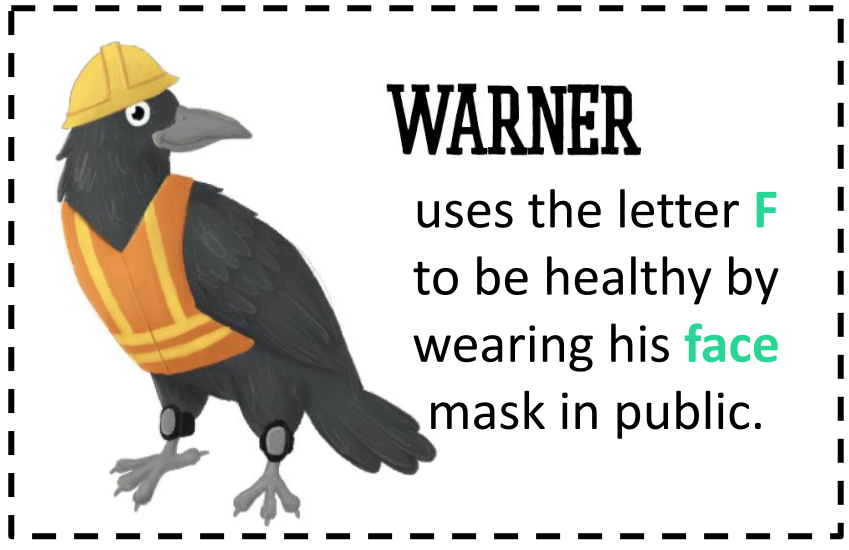
Color in the **football**.



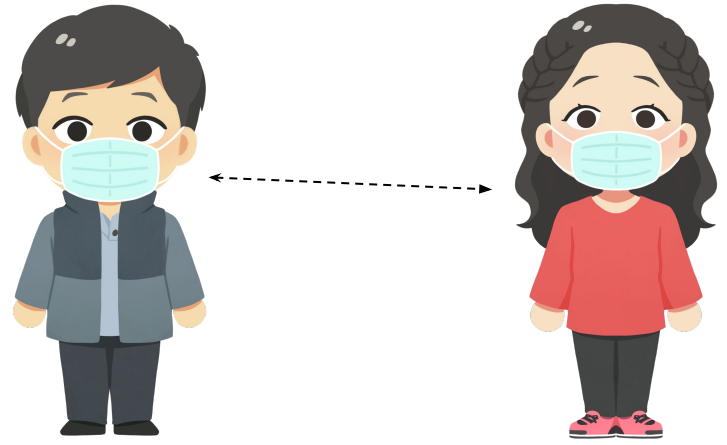
Fly

- Flap arms at your sides up and down to mimic a bird flying or try balancing on one leg with your arms extended moving side to side as if you are a plane in the air

Ff

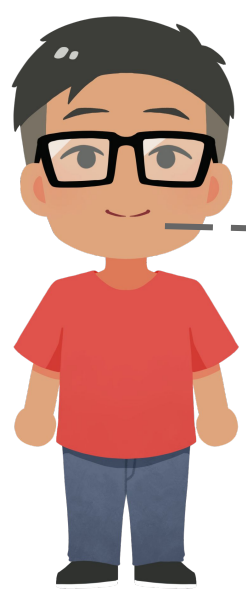


Warner says to always wear your **face** mask when you are outside. Germs do not spread as easily if your **face** mask is on.

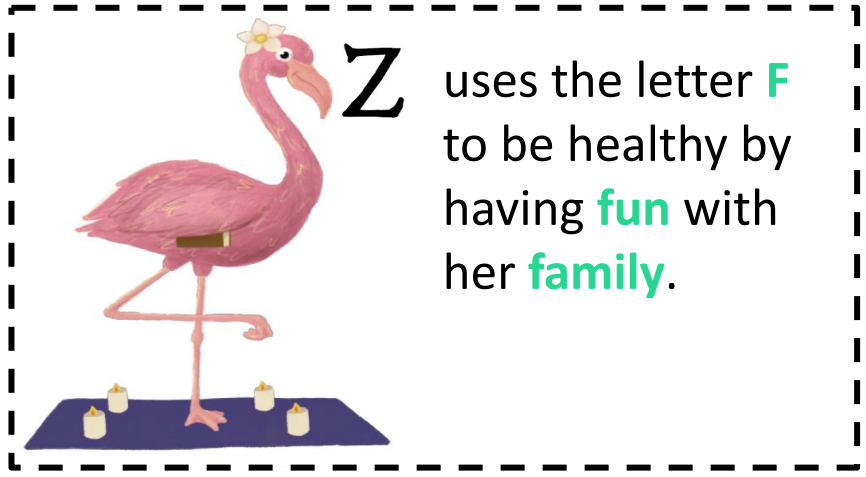


Germs can make you, your **friends**, or your **family** sick.

Where does the **face** mask go? Draw a line.



Ff



Draw how you have fun with your family!

Ff



Pathy
uses the letter **F**
to be healthy by
writing what she's
feeling.



Happy



Sad

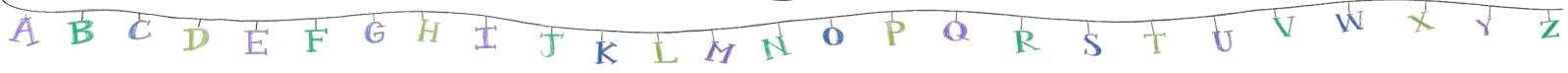
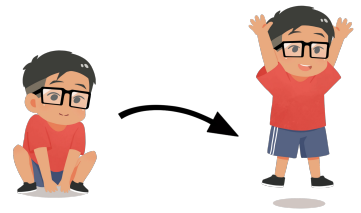
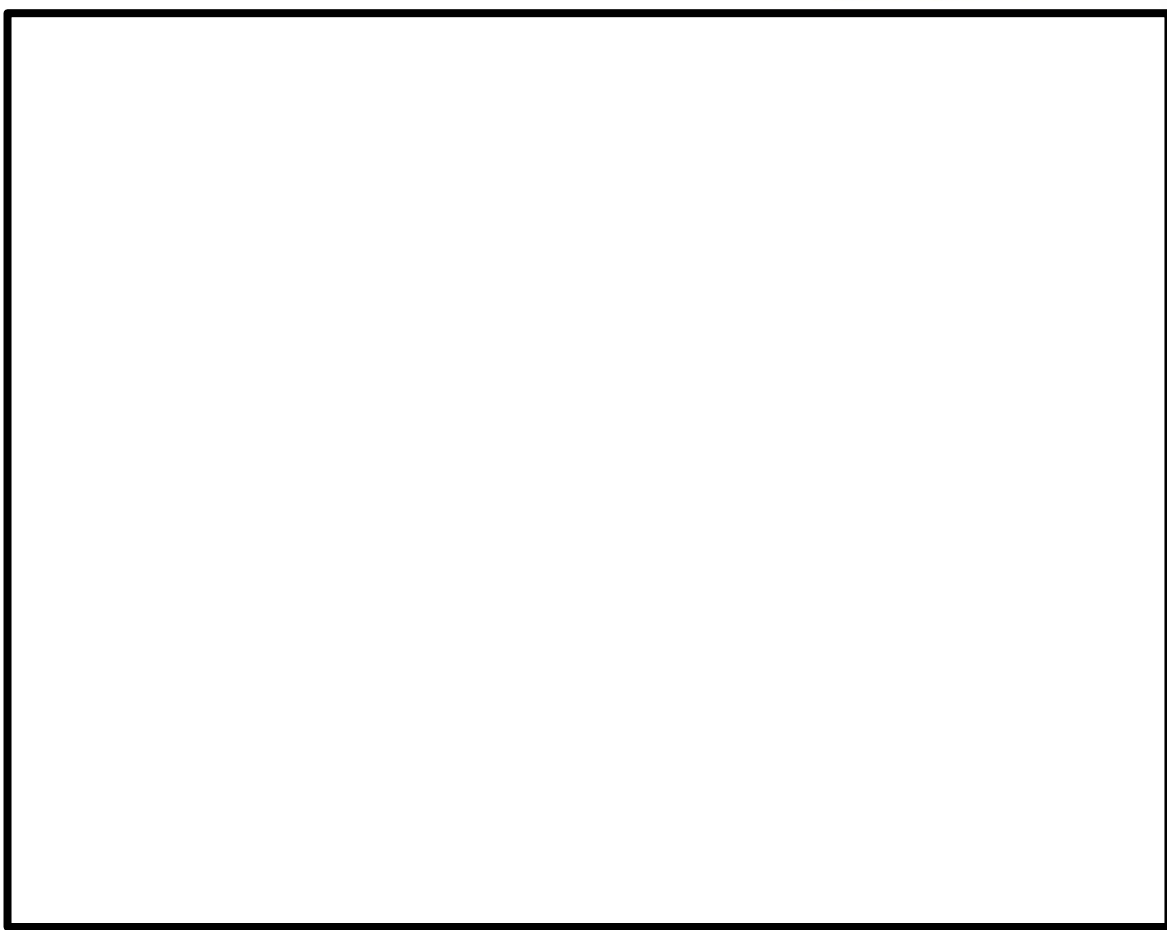
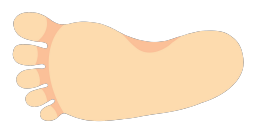


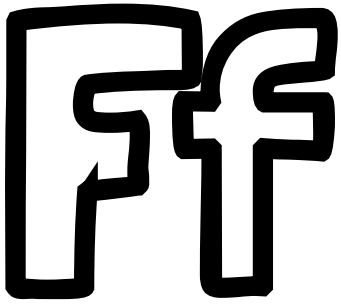
Scared

What are you **feeling** today?

Can you draw a picture of how you can use the letter **F** to be more healthy?

Ff





Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2N Identify a variety of healthy snacks
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities
- 7.1N Select nutritious snacks
- 1.1S Identify safety rules for the home, the school, and the community
- 7.1S Follow rules for safe play and safety routines
- 1.1M Identify a variety of emotions
- 1.1.G Explain that living things grow and mature.
- 1.5.G Name body parts and their functions.

