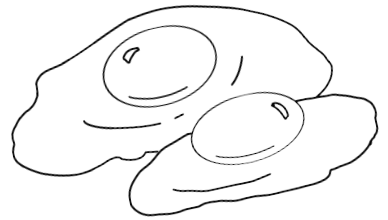


# Using the letter

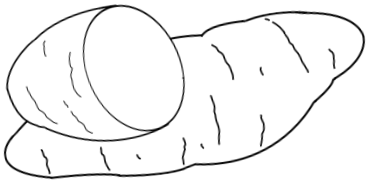


YO-YO

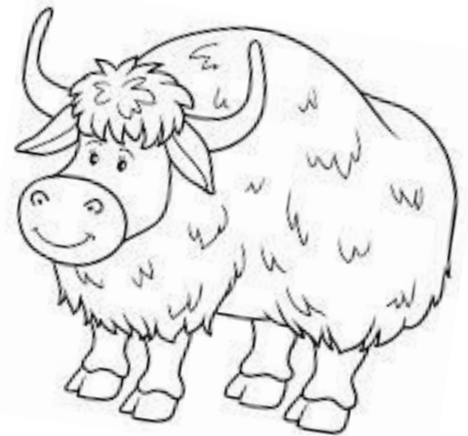


YOLK

# Yy



YAMS



YAK

# to be more healthy

Yy



SMED

uses the letter **Y** to  
make his brain healthy  
by learning words that  
start with "Y".

Trace and write these words 2 times each.

You You

\_\_\_\_\_

\_\_\_\_\_

Yes Yes

\_\_\_\_\_

\_\_\_\_\_

Color in the word **yes**.

YES

Yy



BERRY

uses the letter  
Y to be healthy  
by eating  
yellow fruits.

Circle your favorite yellow fruit!



Lemon



Banana



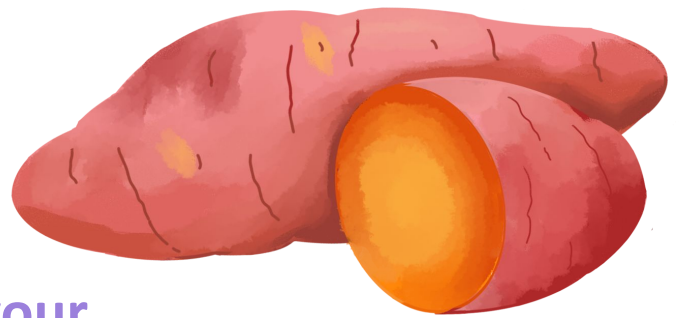
Pineapple

Yy



**BROC**

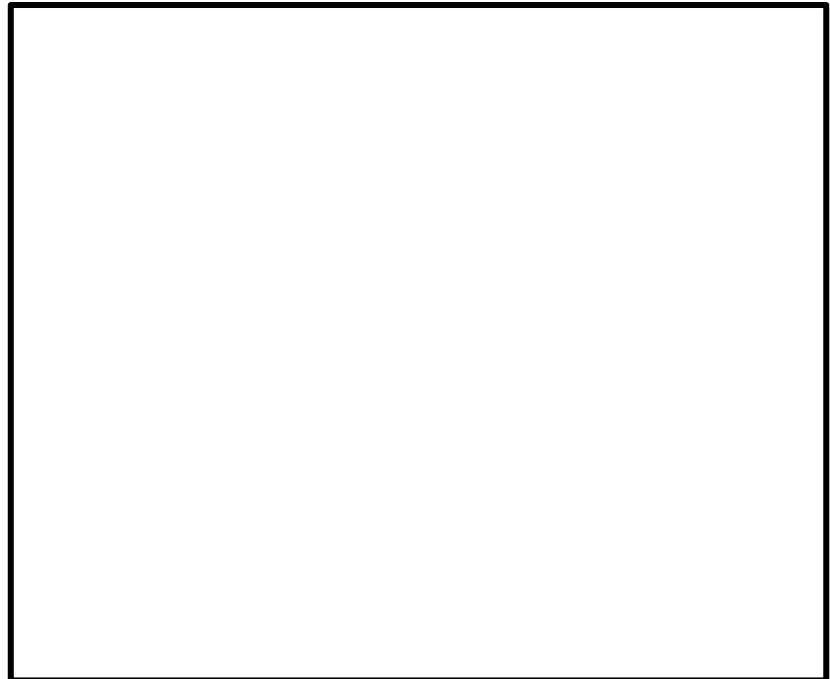
uses the letter **Y**  
to be healthy by  
eating **yams**.



**Yams** help **you** grow and make **your**  
bones strong!

**Yam**

**Draw and color**  
**your yam.**

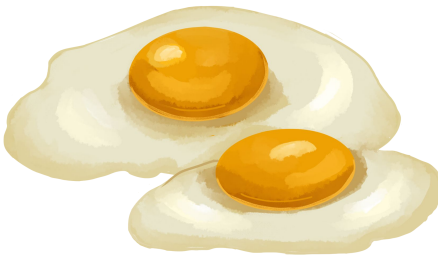


Yy

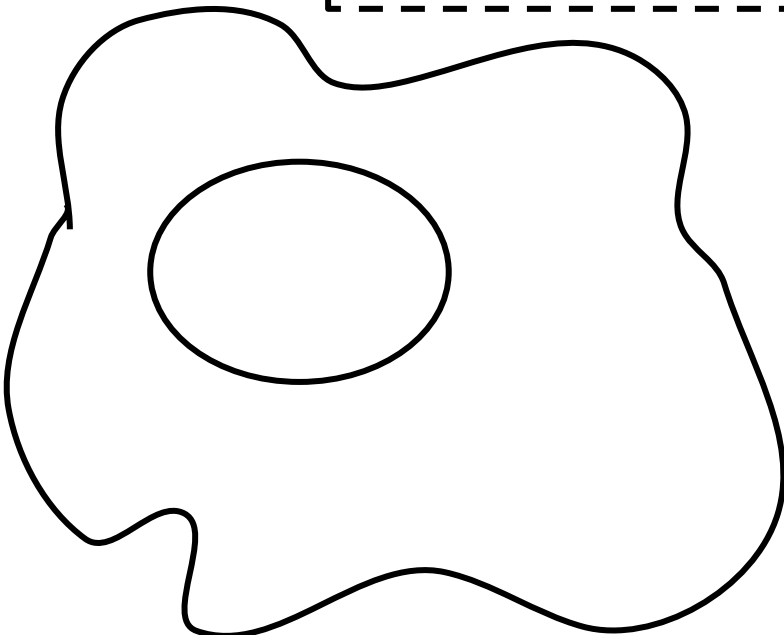
**Spoon** uses the  
letter **Y** to eat  
egg **yolks**!



Egg **yolks** give scrambled eggs a **yellow**  
color, because **yolks** are usually **yellow**!



Color in the egg and **yolk**.



Yy



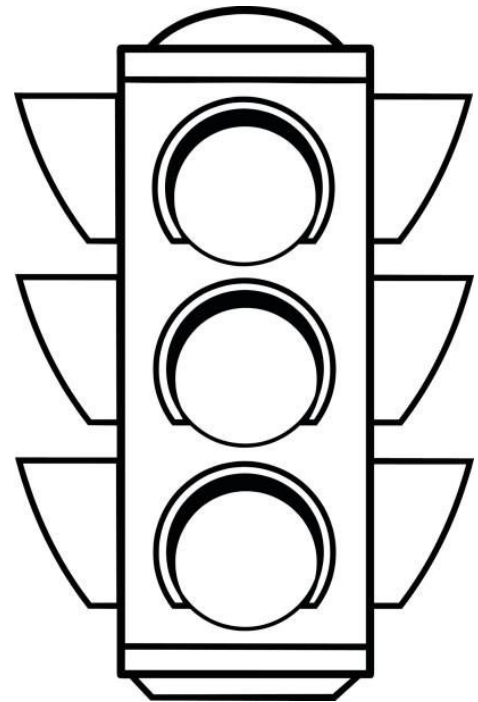
**WARNER**

uses the letter **Y** to be healthy by knowing street safety.

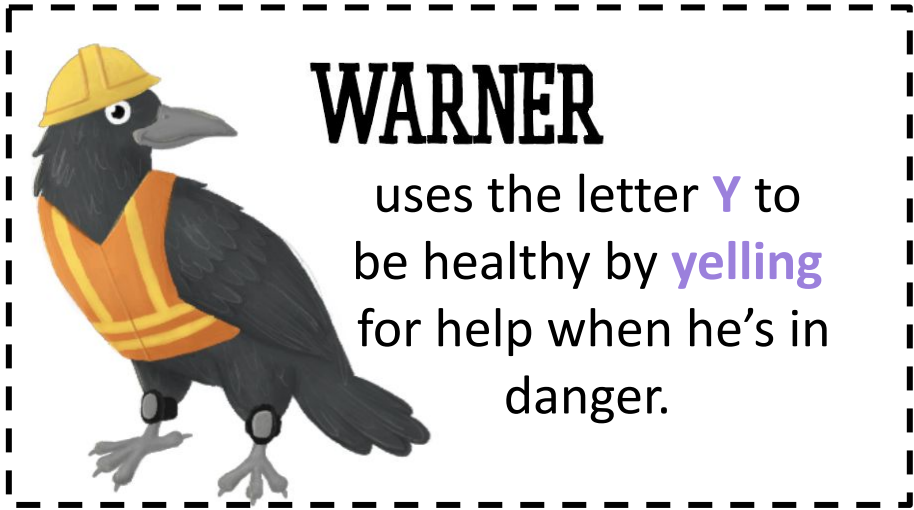
The **yellow** traffic light means to slow down and get ready to stop.

Remember: **yellow** lights or signs means "Go Slow!"

Color in the light that should be **yellow**.



Yy



# WARNER

uses the letter **Y** to be healthy by **yelling** for help when he's in danger.

HELP! SOMEONE PLEASE HELP ME!

If you **yell** for help, people will notice **you** and help.



Here are some things **you** can **yell** if **you're** in danger:

- Help me!
- I don't know this stranger, leave me alone!
- NO! Go away! I don't know **you**!

What else can **you yell** if **you** need help?

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

Yy



O uses the letter **Y**  
to be healthy by  
looking at **yaks**.

**Yaks** are a type of cow!

Color in the **yak**.





Yy



# Sport

uses the letter **Y** to be healthy by playing **yo-yo** and doing **yoga**!



Playing with a **yo-yo** is fun! **You** can learn cool new tricks and make friends with this hobby.

**Yoga** is a good way for **you** to relax.



**Circle the activity you would do!**



Yy



uses the letter **Y**  
to be healthy by  
doing **yoga** to  
center herself.

**Yoga** is a mindful activity.

**Yoga** can lower stress!

Can **you** try one of these **yoga** poses?



Yy



Pathy

uses the letter **Y** to be healthy by using **yarn** to knit when she has big feelings.

Pathy loves using the color **yellow** for her **yarn** because **yellow** is a happy color!



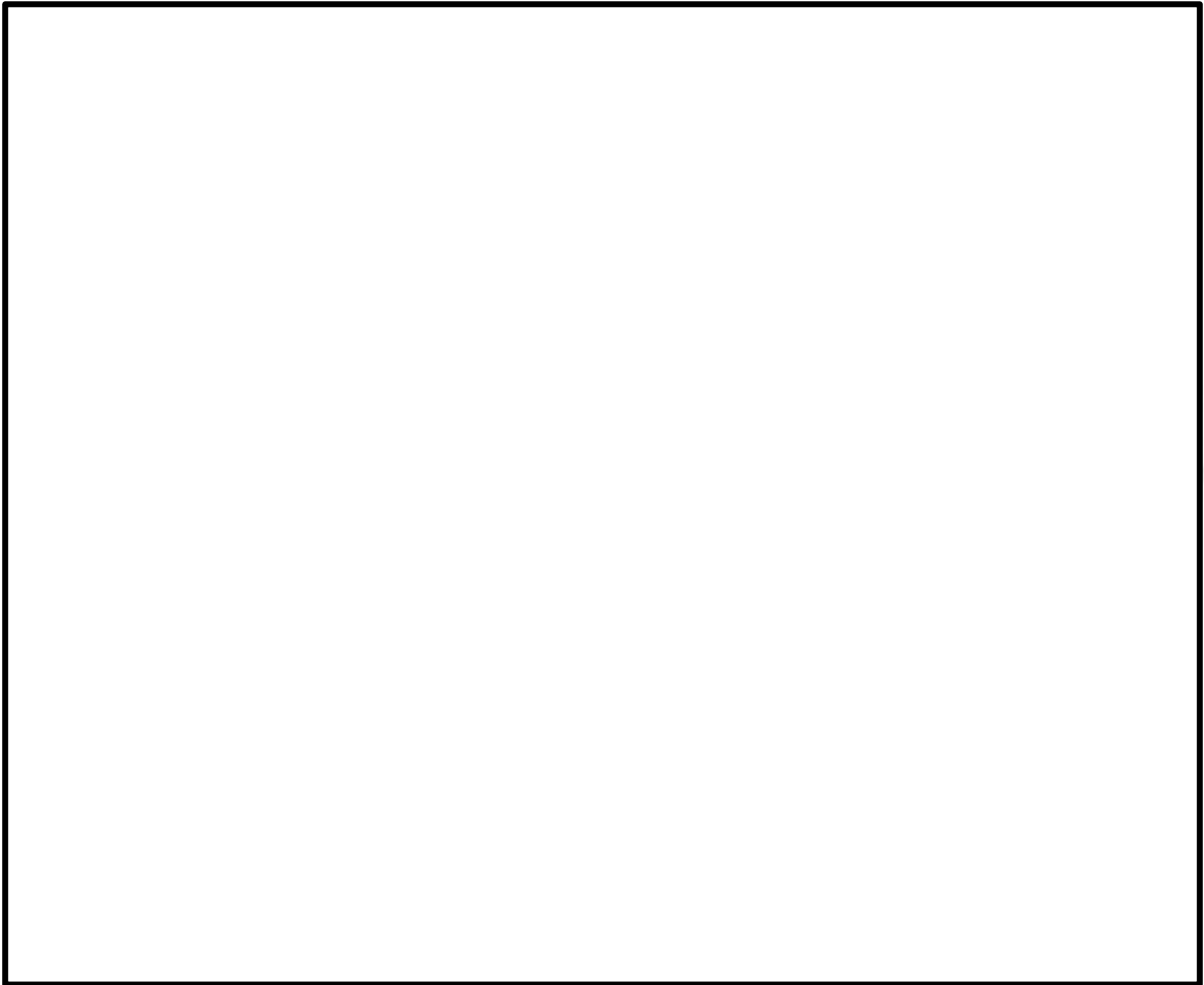
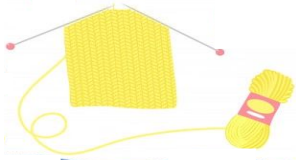
**You** can knit lots of things with **yarn**, like socks, beanies, sweaters, blankets, and scarves!



What **you** would knit with **yarn**?

# Yy

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





## 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
- 1.3N Describe the benefits of being physically active.
- 7.1N Select nutritious snacks
- 1.1S Identify safety rules for the home, the school, and the community
- 1.2S Identify emergency situations.
- 1.8S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.