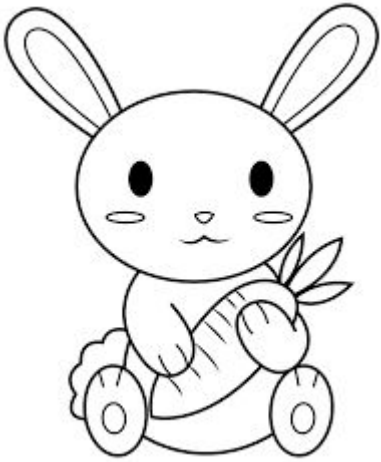


Using the letter

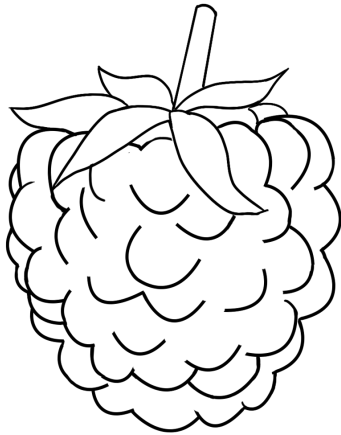


RABBIT

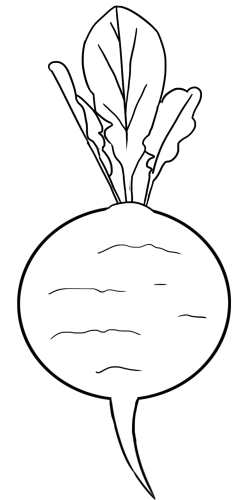


RAIN COAT

Rr



RASPBERRY



RADISH

to be more healthy

Rr



SMED

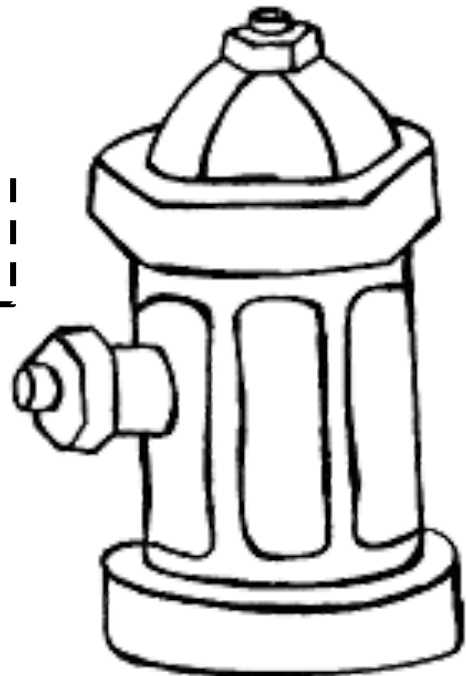
uses the letter **R**
to make his brain
healthy by
learning to **read**.

Trace and write these words 2 times each.

run run

red red

Color this fire hydrant **red**.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

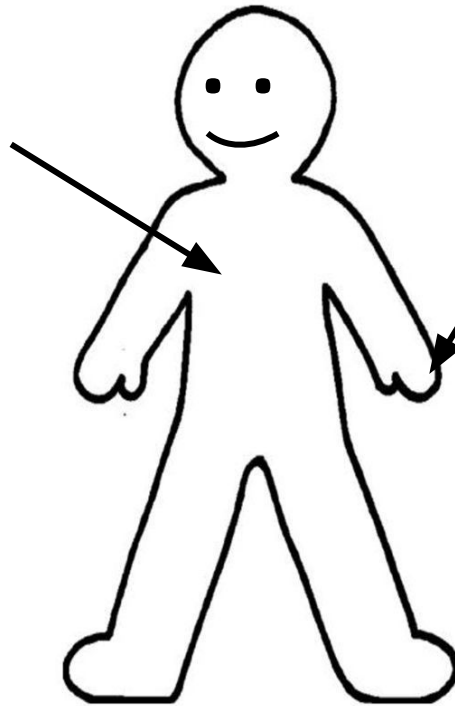
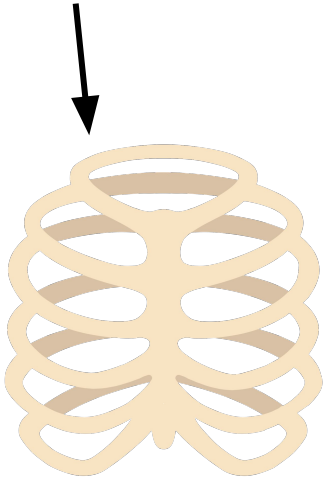
Rr



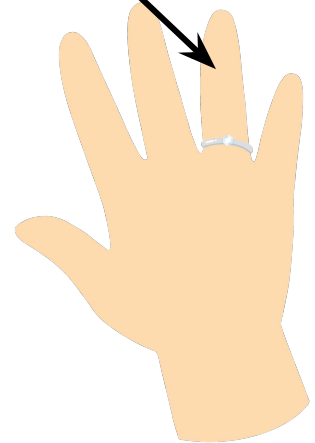
SMED 'S Science Lesson:
Anatomy with the
Letter **R**!

The letter **R** is the first letter in these body parts:

Ribs/rib cage



Ring finger



Can you wiggle your **ring** finger?

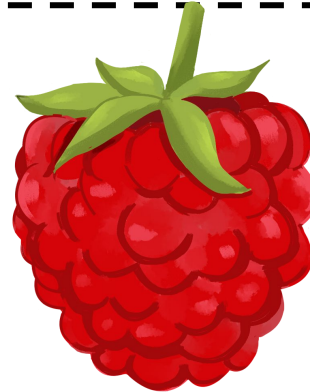
Rr



BERRY uses the letter **R** to be healthy by **reaching** for **raspberries** and **raisins**.



Raisins

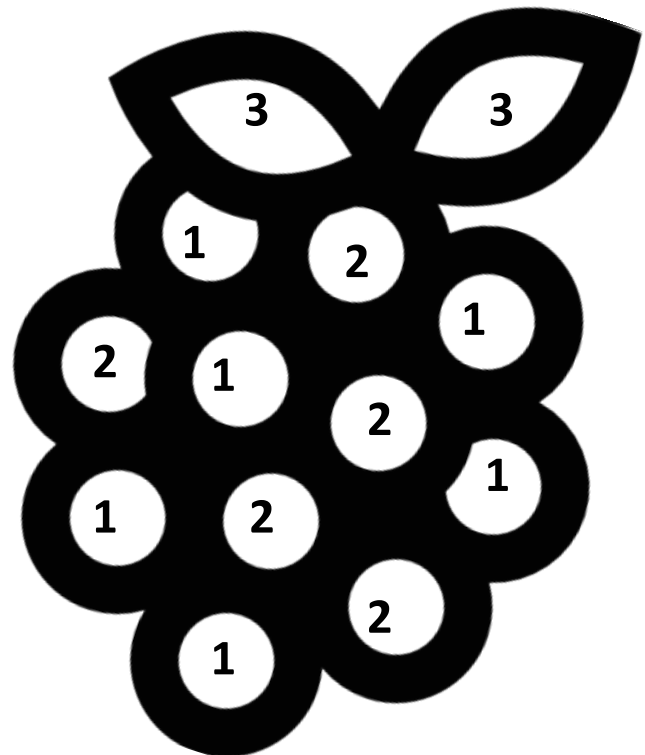


Raspberry

Raisins are just dried out grapes.

Color by number to make the **raspberry** pretty!

- 1 - Red
- 2 - Pink
- 3 - Green



Rr

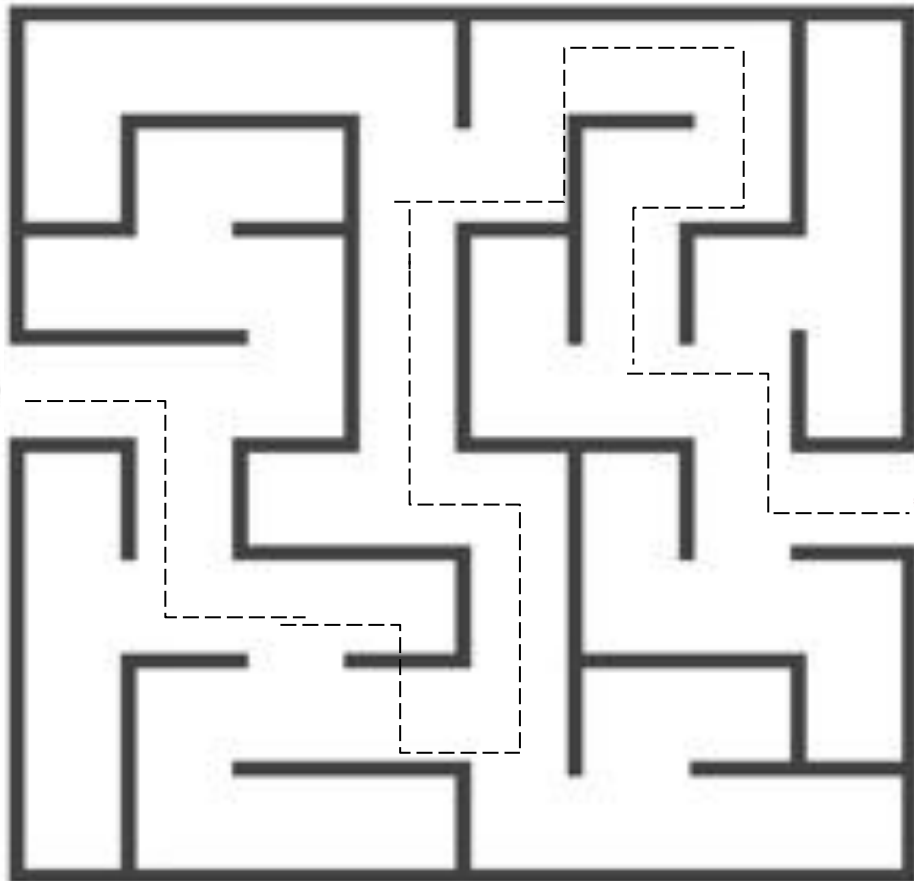


uses the letter **R**
to be healthy by
eating **radishes**.

Help the **rabbit** get
to his **radish**!



Radish



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

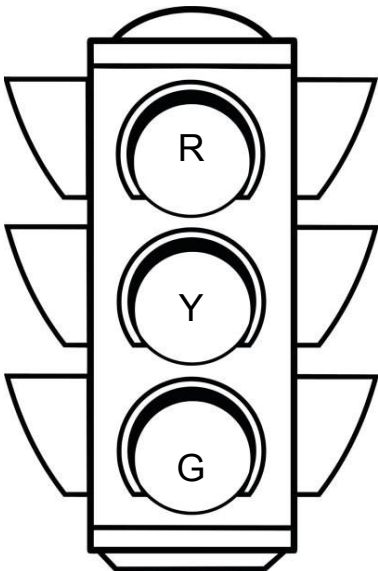
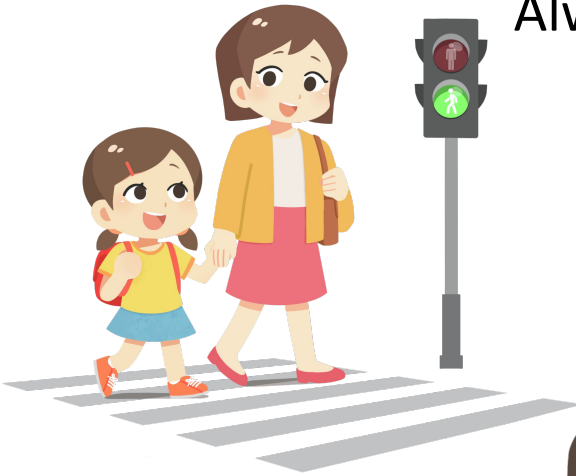
Rr



WARNER

uses the letter **R** to be healthy by following safety **rules** around **roads**.

Always cross a **road** with a trusted adult.



Color in the lights on this traffic light!



Rr



WARNER

uses the letter **R**
to be healthy by
being prepared for
the **rain**.

Here are some items to use in the **rain**:



Rain boots



Umbrella



Rain Jacket



Color in your **rain** jacket.

Rr



O uses the letter **R** to be healthy by looking for animals on his walks outdoors.

Can you match these animals with their names?



RACCOON

RABBIT

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Rr



Sport

uses the letter **R** to be healthy by **running** and **riding** her bike.



Running

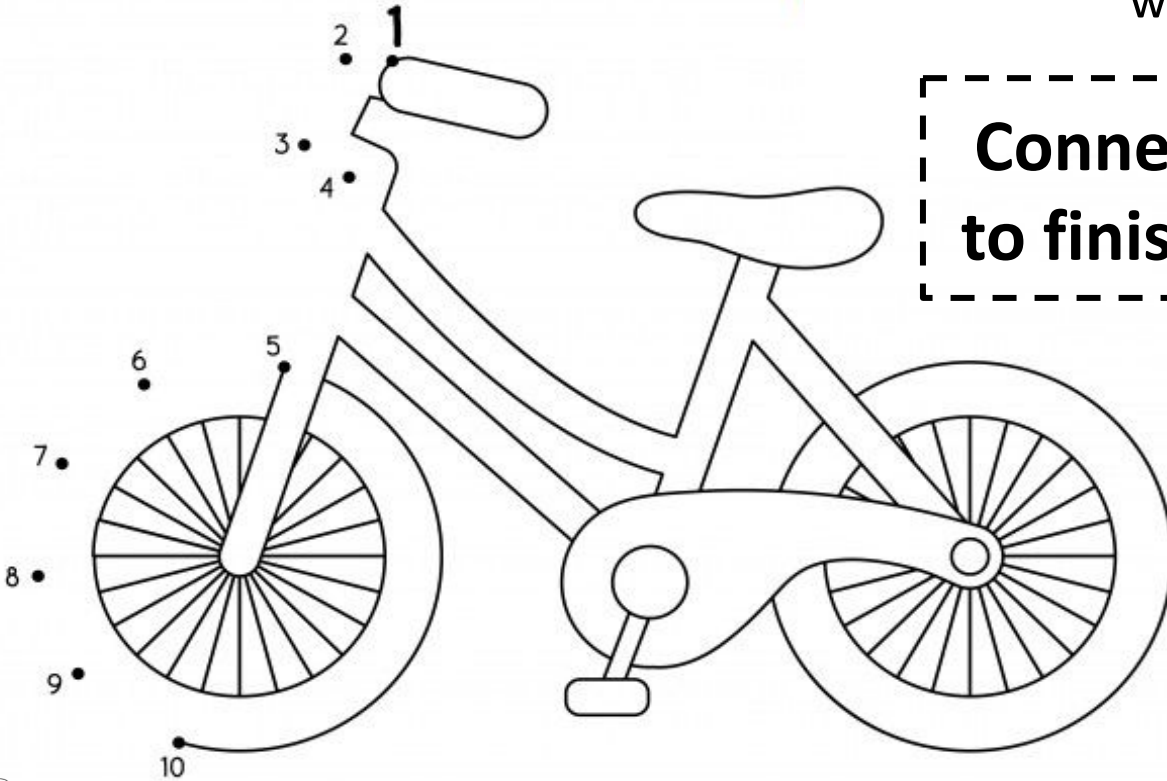


Riding a bike



Caw Caw*

Don't forget to wear a helmet when **riding** a bike.



Connect the dots to finish this bike!

Rr

Z uses the letter R to be healthy by reading a book to relax.

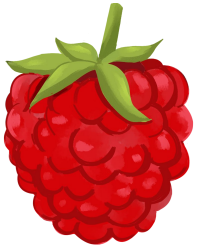


Draw your favorite book to read!



Rr

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





Health Standards

- 1.2.N Identify a variety of healthy snacks.
- 7.1.N Select nutritious snacks.
- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.3.N Describe the benefits of being physically active.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.5.G Name body parts and their functions.
- 1.1.S Identify safety rules for the home, the school, and the community.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.
- 7.2.S Show how to cross the street safely.