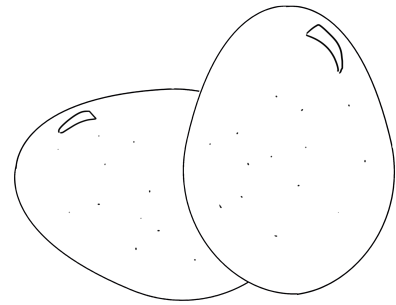
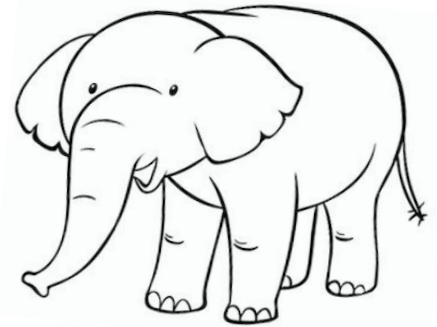


Using the letter

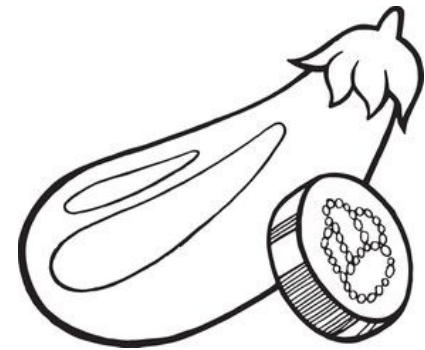


EGGS



ELEPHANT

Ee

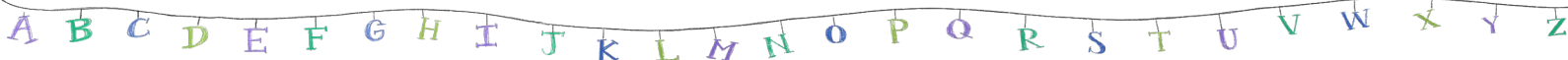


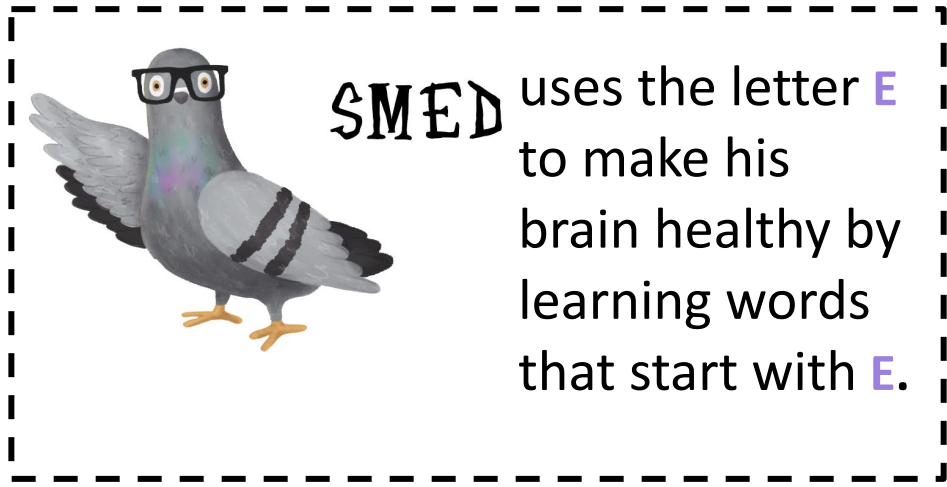
EGGPLANT



EARTH

to be more healthy





Ee

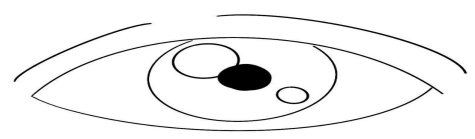
Trace and write these words three times each.

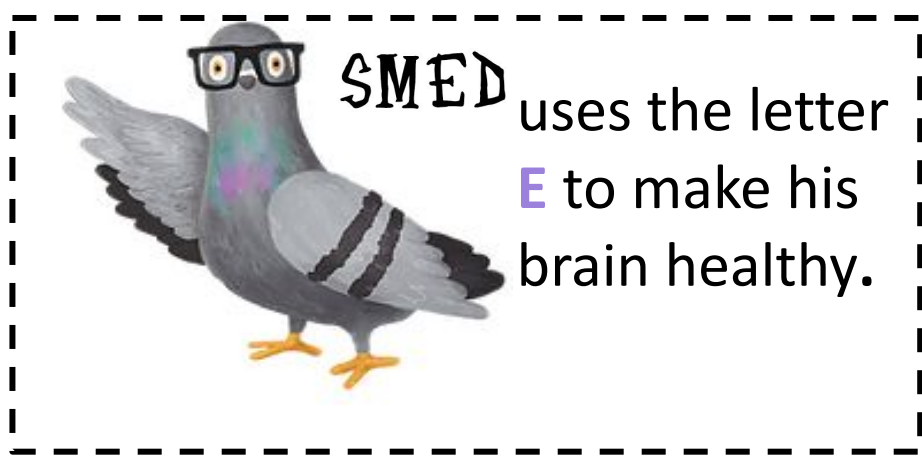
Ear Ear _____

Eye Eye _____

Eat Eat _____

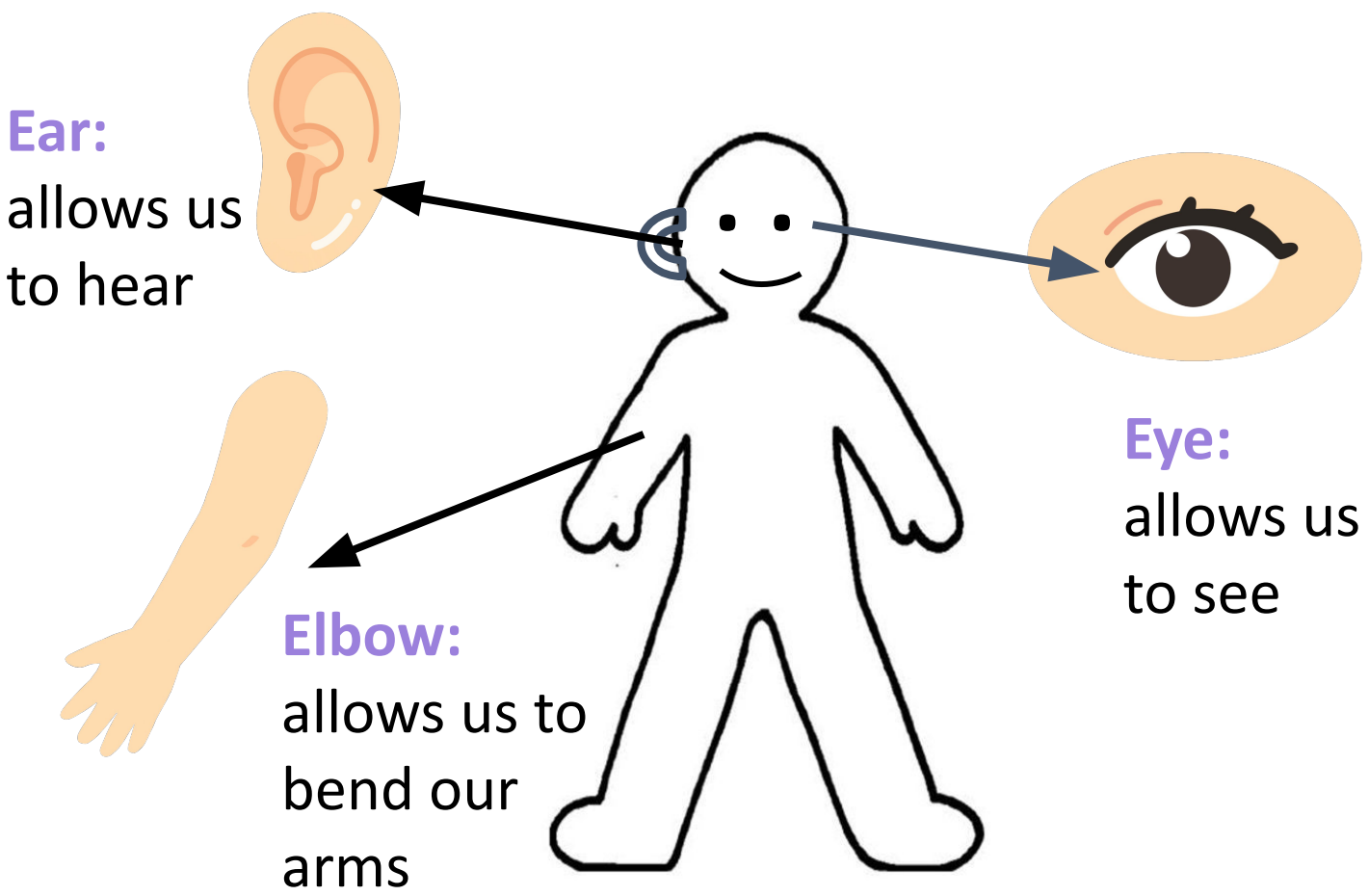
Color the eye.



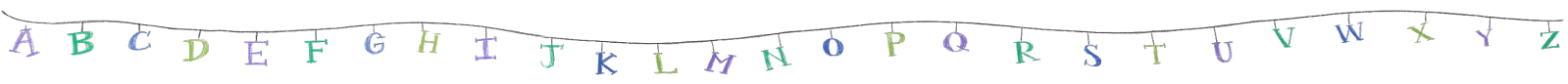


Ee

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



Can you point to these body parts?



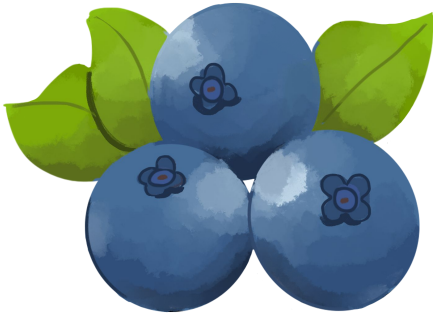
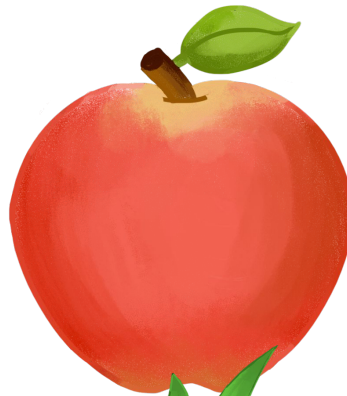
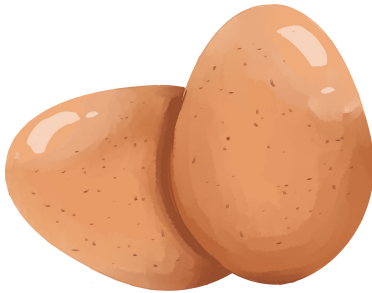
Ee

BERRY uses the
letter E to be
healthy by
eating fruits.



Can you help find a fruit for Berry to eat?

Circle the fruits he would eat.



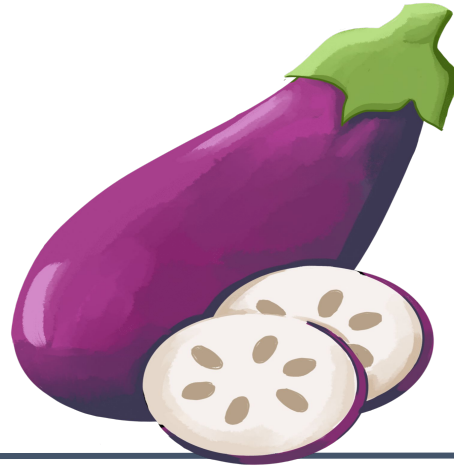
Ee

Edamame helps keep your heart healthy and your belly full.

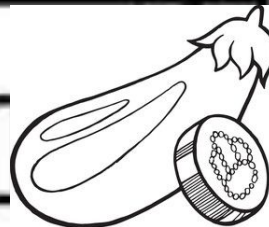
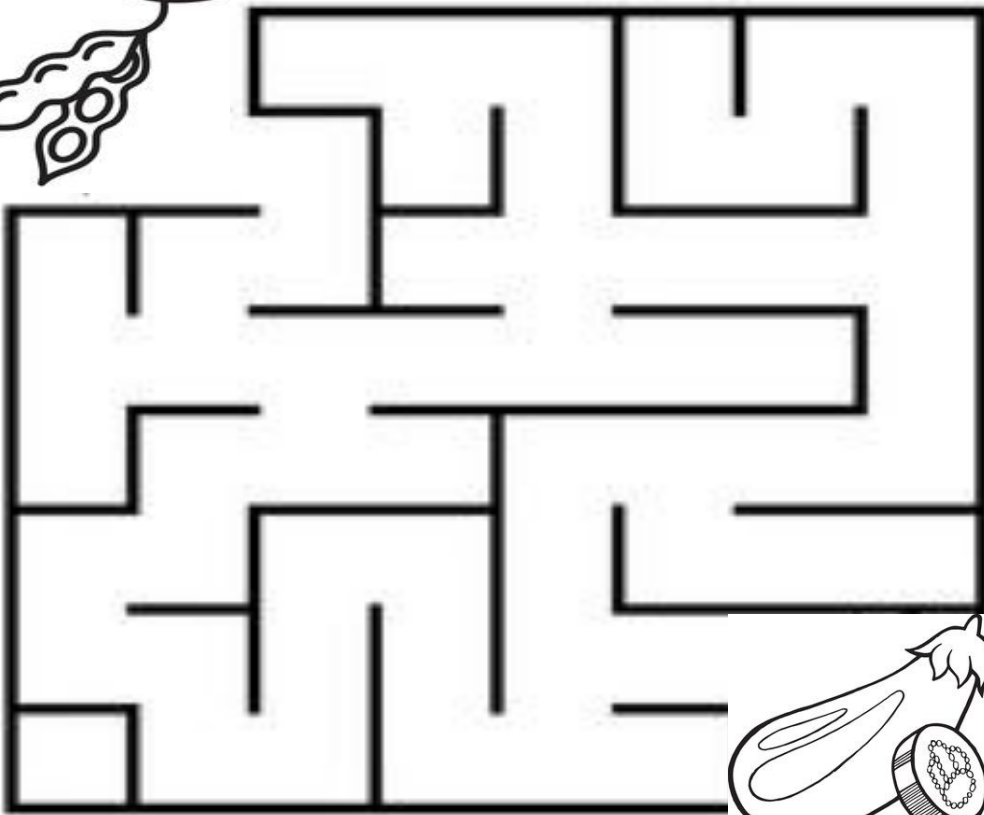


BROC

uses the letter **E** to be healthy by **eating eggplant** and **edamame**.

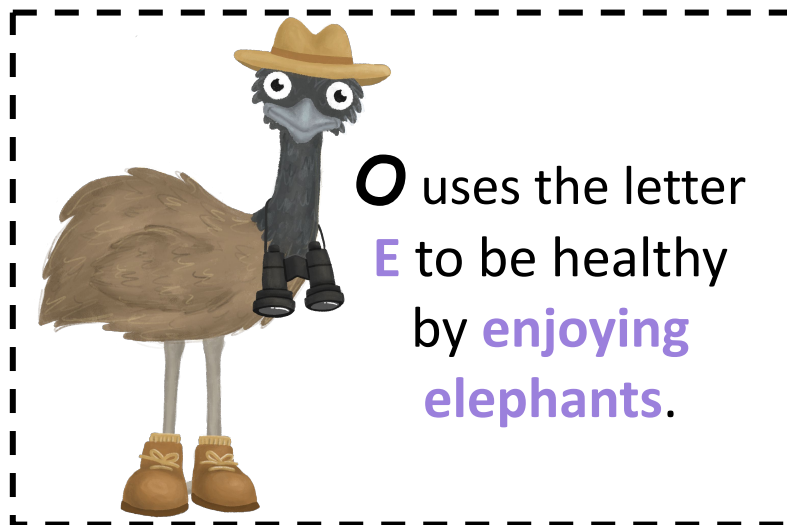


Eggplants keeps your bones healthy.



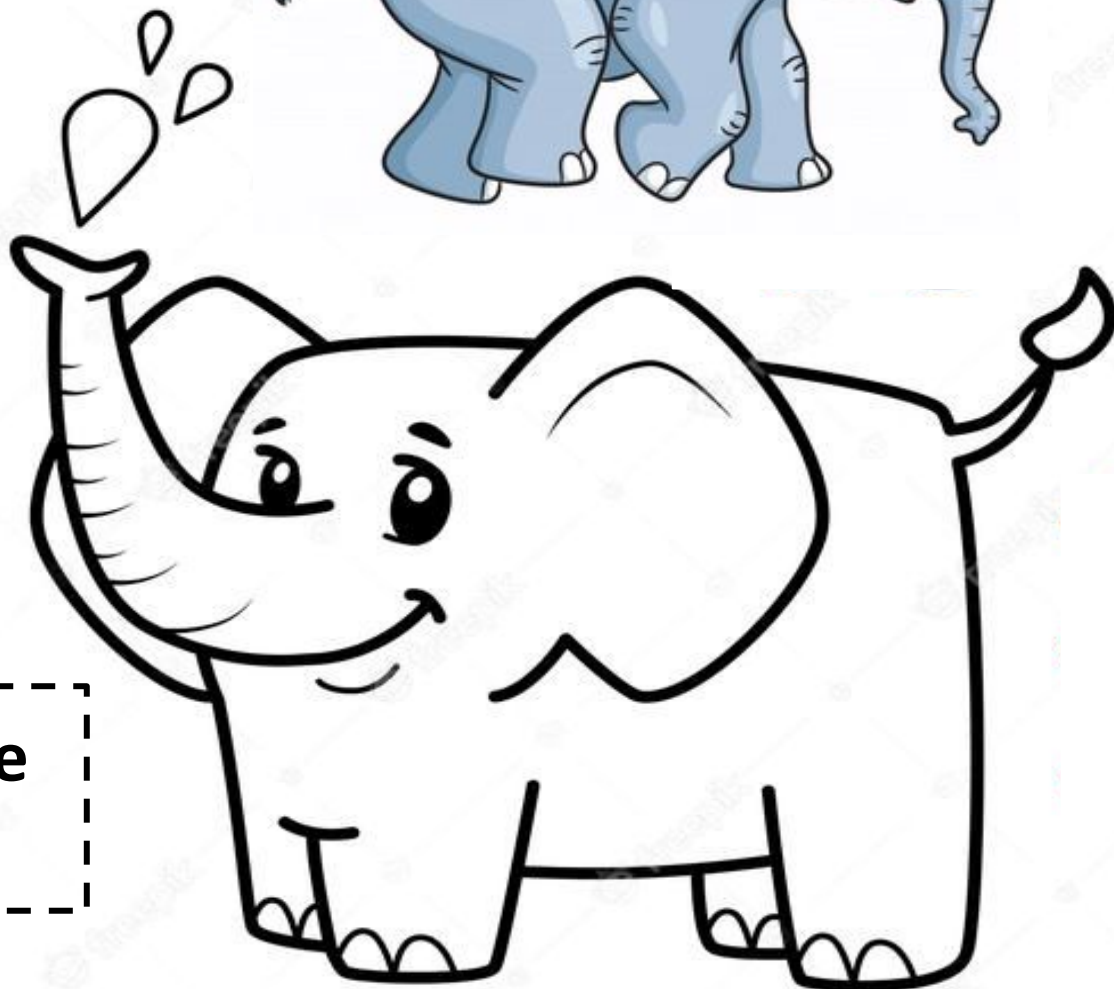
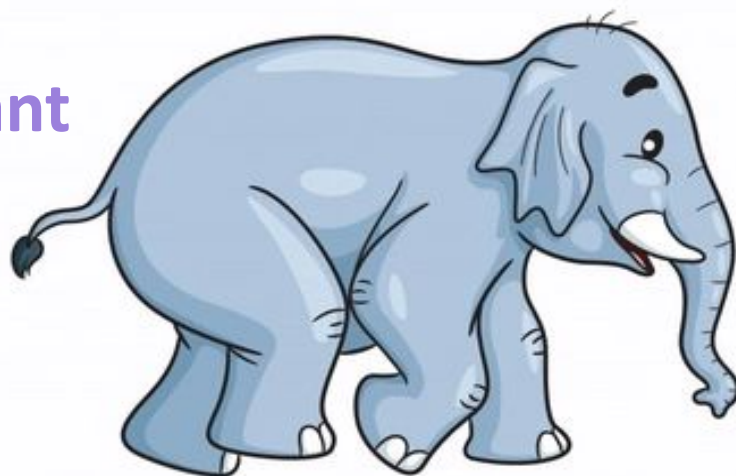
Help the edamame find the eggplant.

Ee



O uses the letter E to be healthy by enjoying elephants.

Elephant



Color in the elephant!

New Slide

Elephant Trunk Swing and Stomps

1. While standing up lean forward with arms extended and hands intertwined
2. Swing arms side to side to look like an elephant's trunk and stomp like an elephant at the same time

Ee

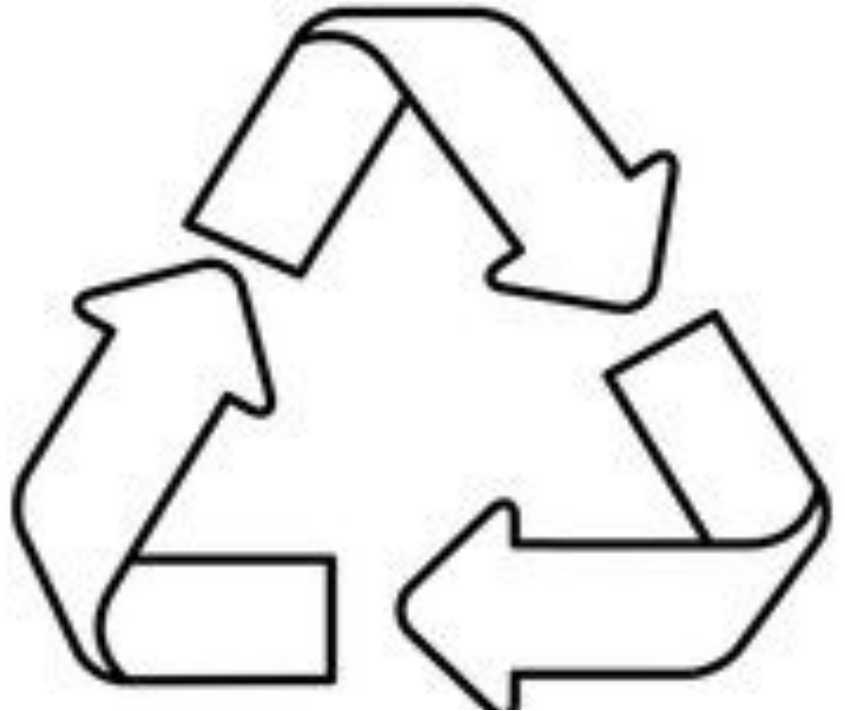
Help **O** protect the **Earth** through reducing, reusing, and recycling.



O uses the letter **E** to be healthy by taking care of the **Earth**.



Color in this "Recycle" symbol.



Ee



Sport

uses the letter **E** to be healthy by **exercising**.

You can use the number **eleven** to help you **exercise**!

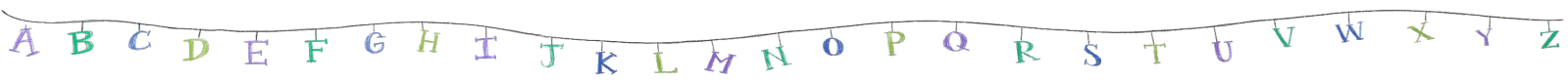


11 Jumping Jacks



11 Arm Circles

Try do do **eleven** Jumping Jacks!



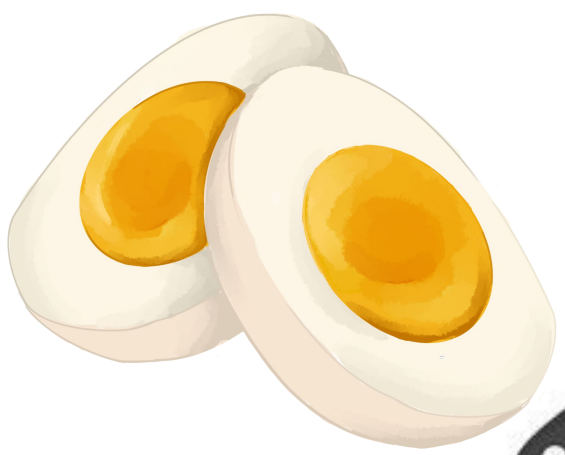
Spoon uses the letter **E** to be healthy by **eating** eggs.



Ee



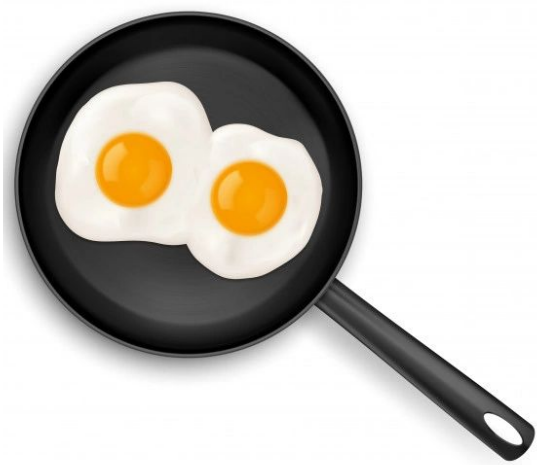
Eggs are very nutritious to **eat** and can be **eaten** many ways.



Hard boiled

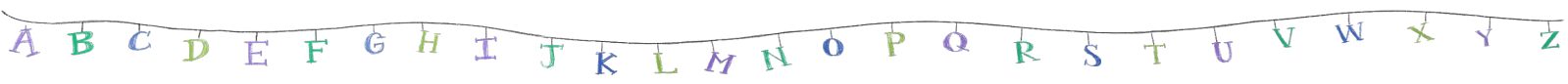


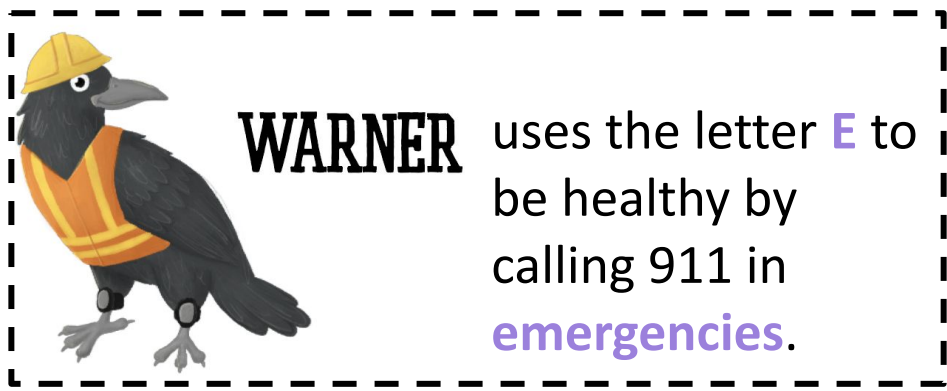
Scrambled



Sunny side up

What's your favorite way to **eat** eggs?



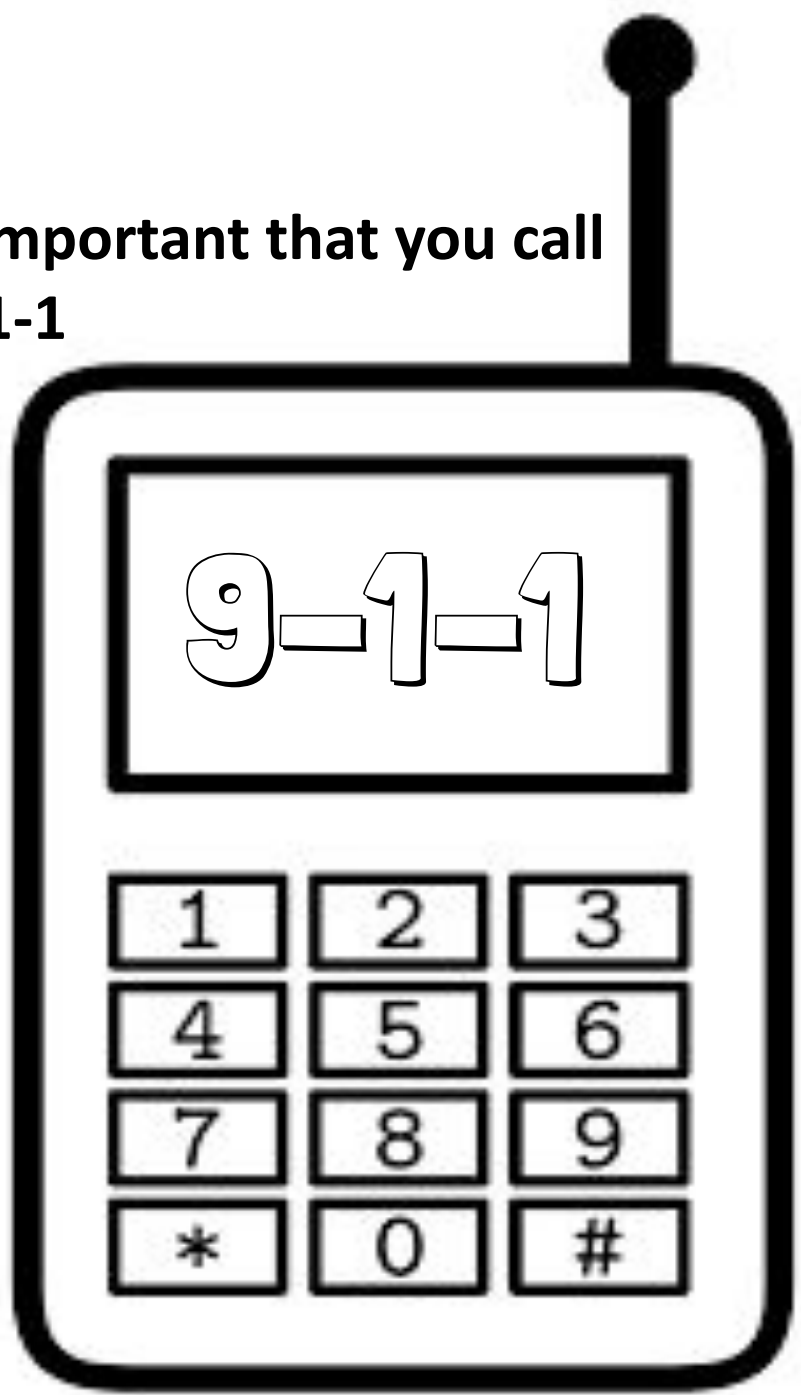



Ee



In an **emergency**, it's important that you call 9-1-1

Color in the **emergency numbers**



Ee



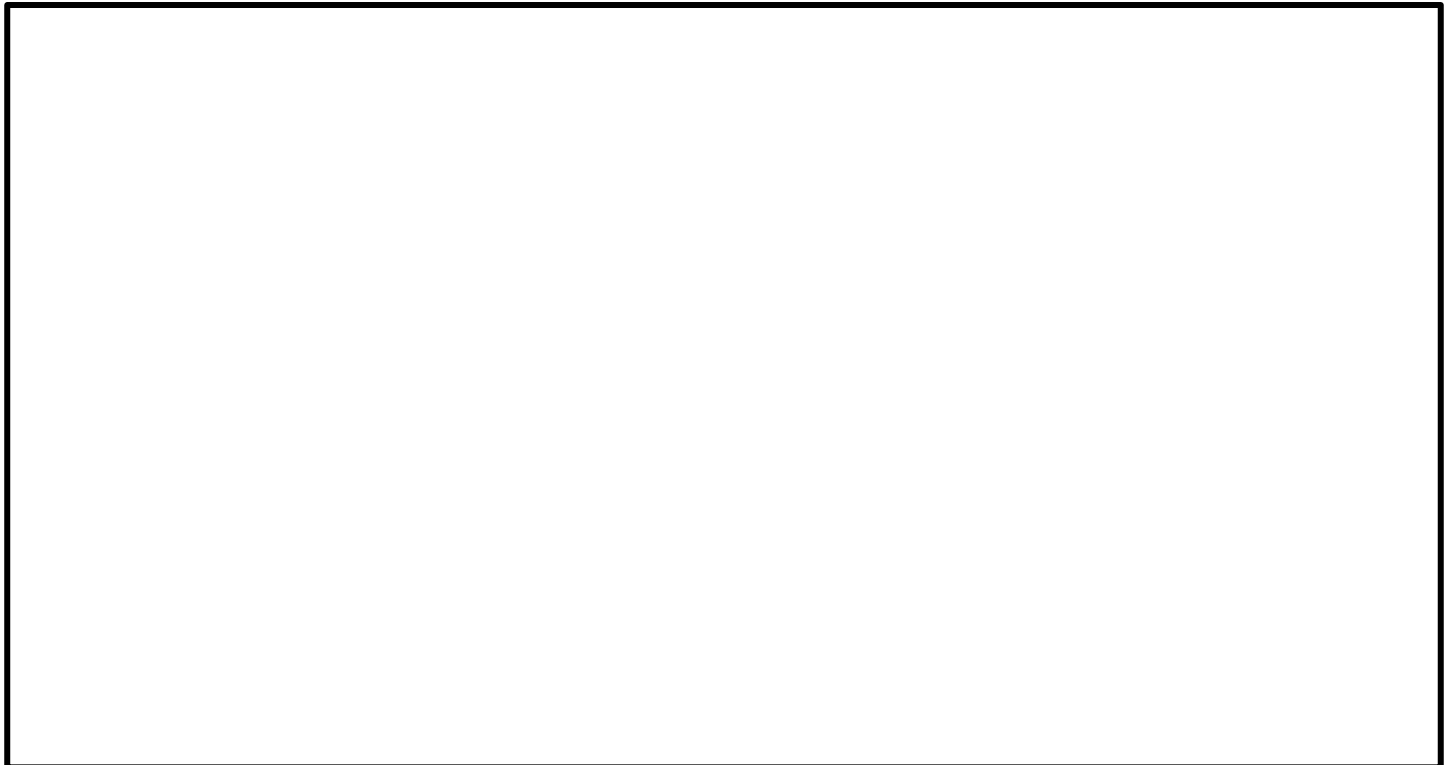
Pathy

uses the letter **E**
to be healthy by
expressing her
emotions.



Emotions are things
you feel, like happy,
excited, sad, and angry.
All **emotions** are **OK**.

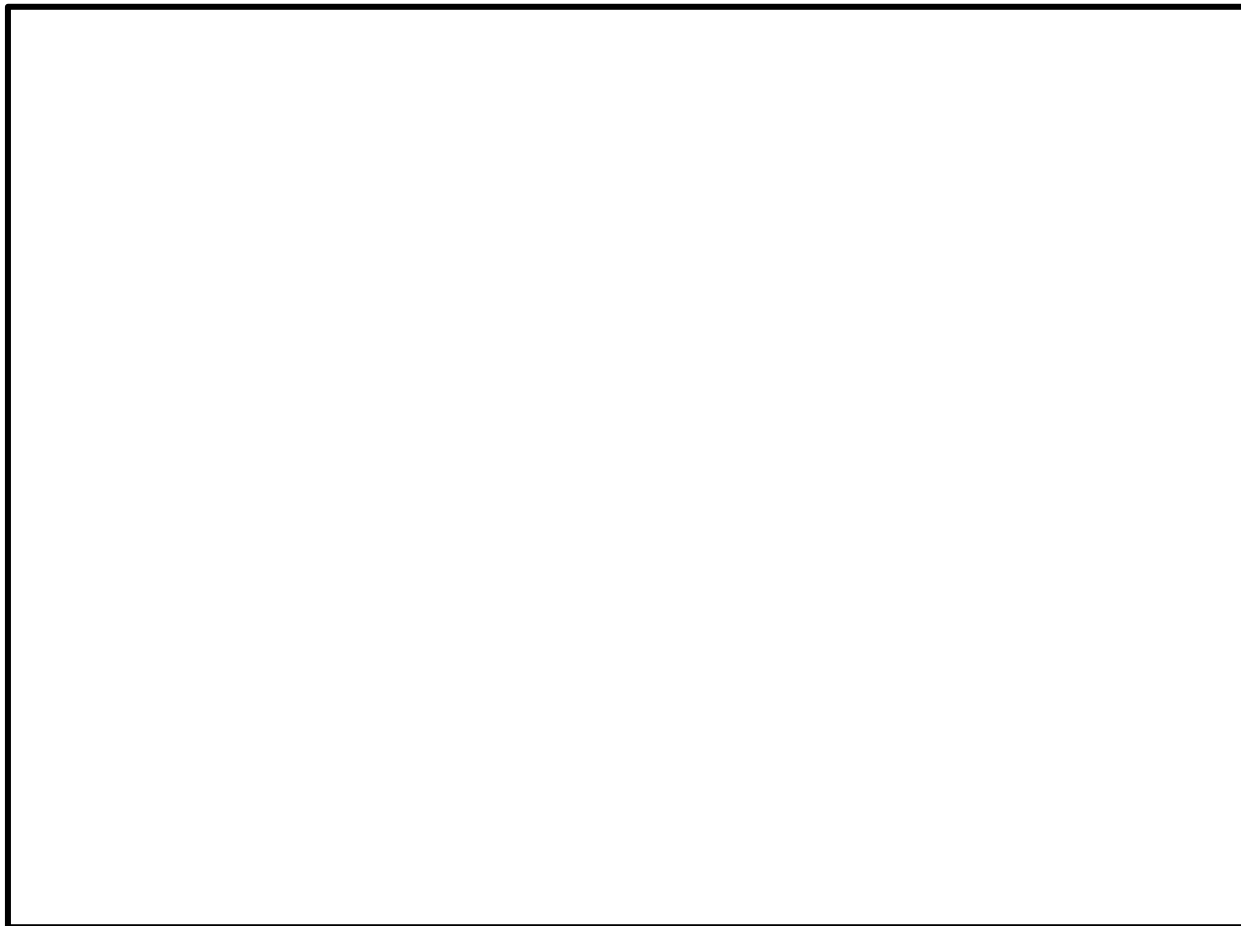
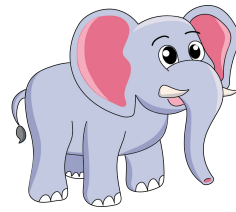
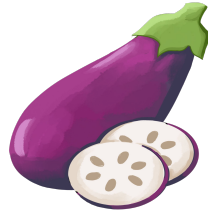
Draw an **emotion** you are feeling today.





Ee

Can you draw a picture of how you're going to use the letter **E** to be more healthy?



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



Health Standards

- 1.2N Identify a variety of healthy snacks
- 7.1N Select nutritious snacks
- 1.5G Name body parts and their functions
- 1.2.G Describe their own physical characteristics.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.1.M Identify a variety of emotions.
- 1.2.S Identify emergency situations.

