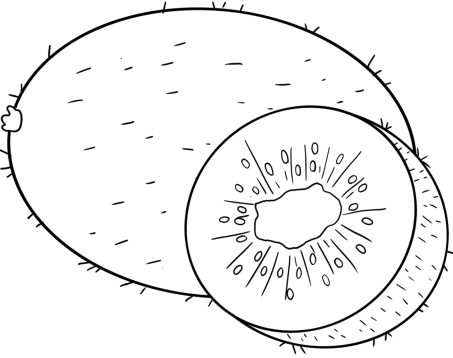
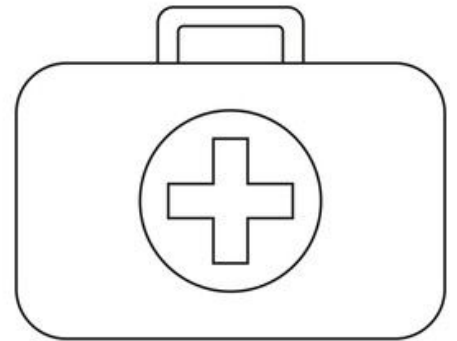


# Using the letter



KIWI

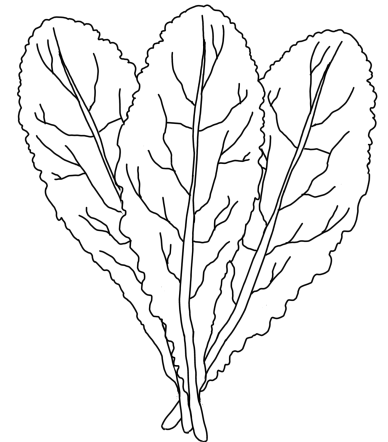


FIRST AID KIT

# KK



KOALA

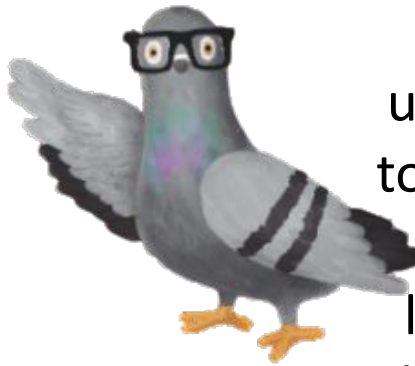


KALE

# 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

Kk



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

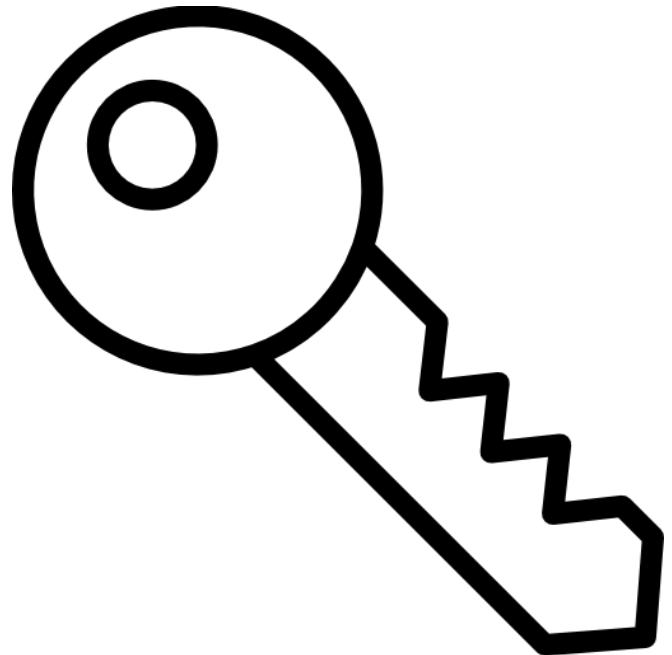
Trace and write this word two times.

key key

\_\_\_\_\_

\_\_\_\_\_

Can you color in the  
**key**?

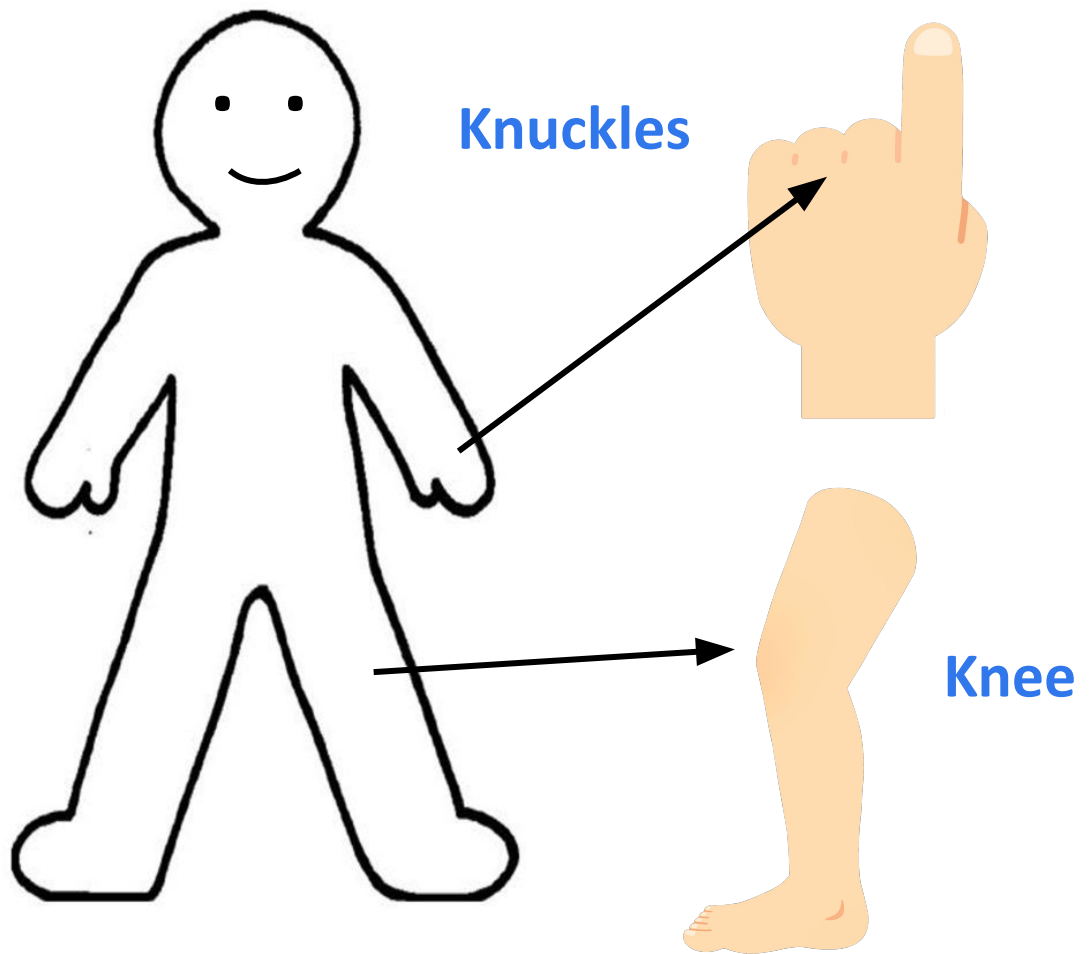


**Kk**



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

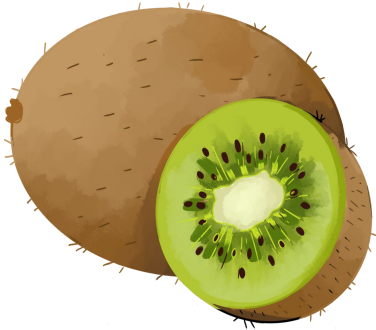
Some important parts of your body start with  
the letter **K**.



# Kk



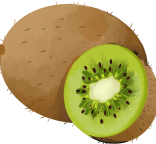
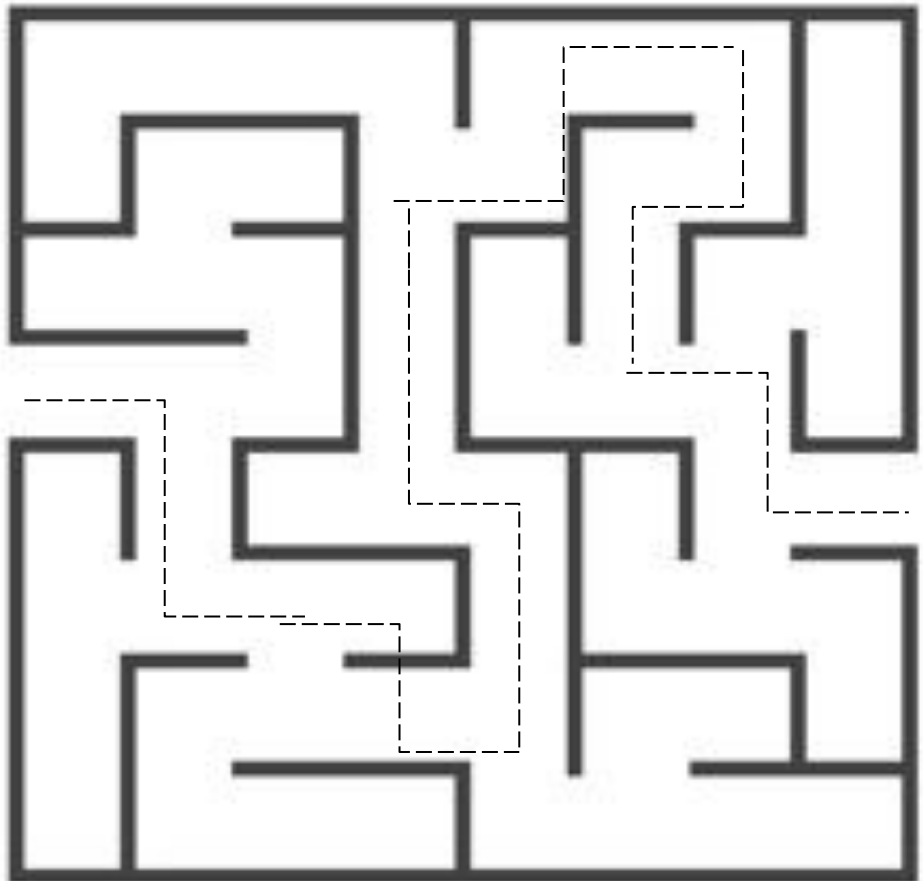
**BERRY** uses the letter **K** to be healthy by eating **kiwis**.



**Kiwis keep** your heart healthy and help you to not get sick!

Help Berry get to the **kiwi**!

**Kiwi**



**Kk**



**Kale**

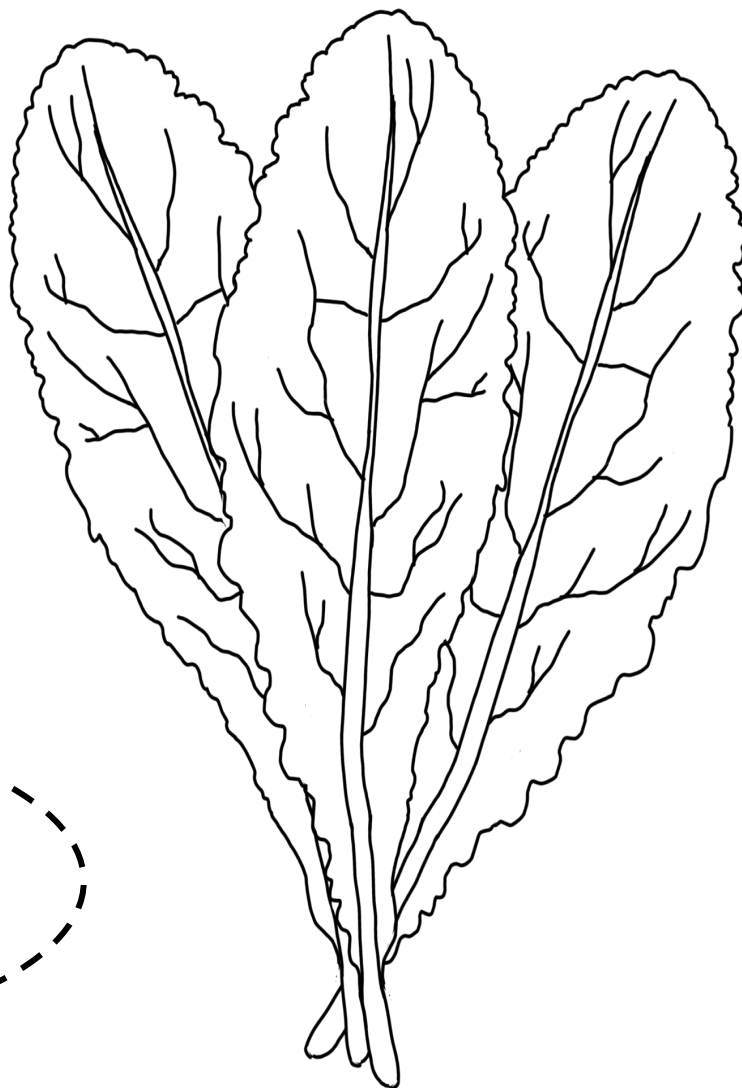
**Kale keeps** your bones,  
eyes, and heart healthy!

Trace and color  
in the **kale**!



**BROC**

uses the letter **K**  
to be healthy by  
eating **kale**.



# Kk



## Sport

uses the letter **K** to be active by doing **karate** and **kicking** a soccer ball!

Circle which "K" activity is your favorite!



**Karate**

**Kicking a ball**

# Knee Squats

- Begin standing up, then squat to the floor and back up again. Do this repeatedly.

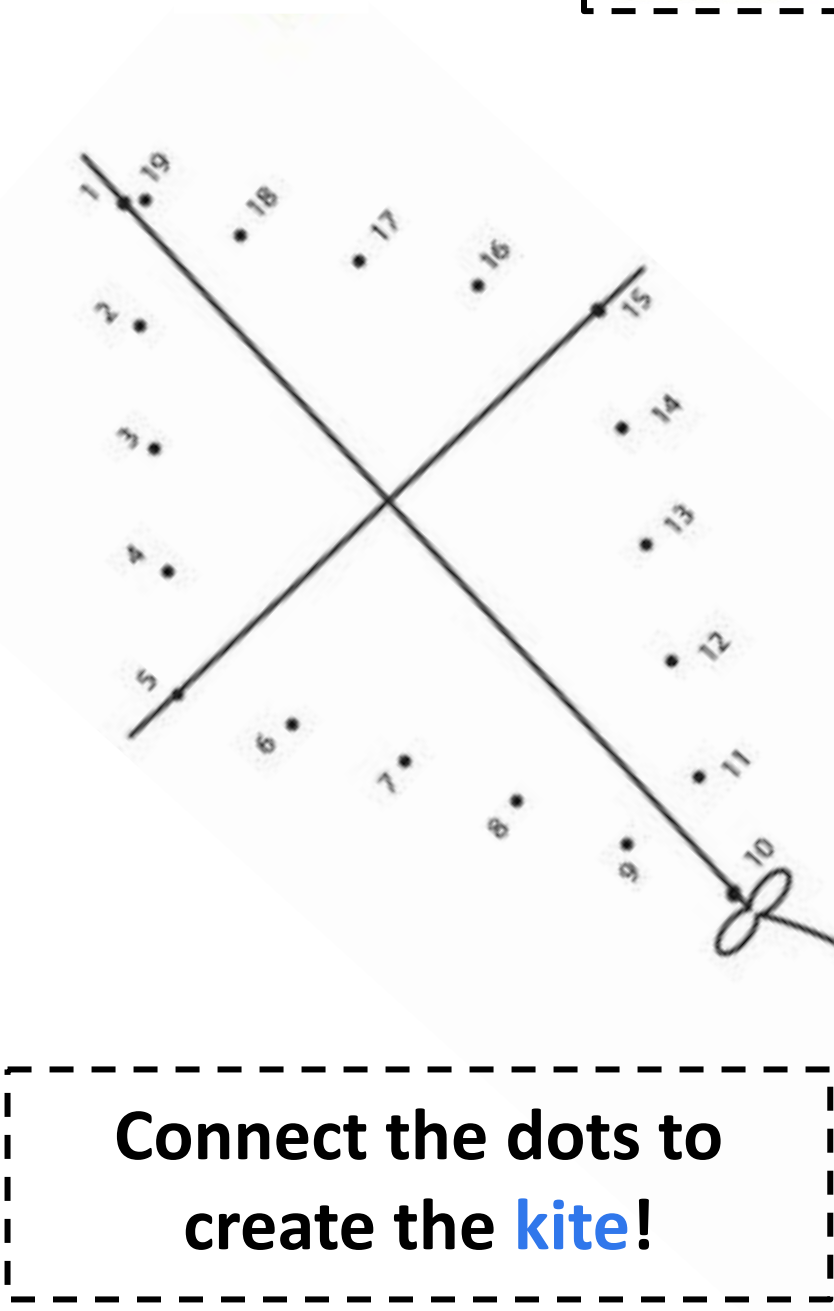
# Kk



Z uses the letter **K** to be healthy by flying her **kite**!



Flying her **kite** helps Z **keep** herself calm.



Connect the dots to create the **kite**!



# Kk



## WARNER

uses the letter **K** to be healthy by **keeping** a first aid **kit** with him.

A first aid **kit** is a box or bag that is filled with tools to help someone if they get hurt.



There can be different **kinds** of bandages, wipes, and lots of other tools.



Can you guess what items Warner has inside his first aid **kit**?

---

---

# Kk



O uses the letter **K** to be healthy by **keeping** an eye out for animals that start with **K** when he goes outside!

Can you match each animal to their name?



Koala

Kangaroo

Kiwi

# Kk

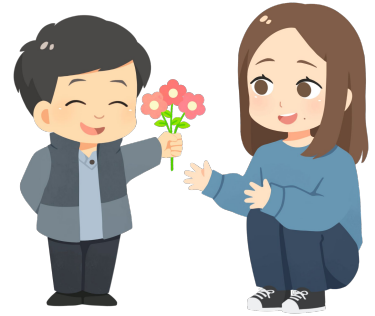


Pathy  
uses the letter  
**K** to be healthy  
by being **kind** to  
others.

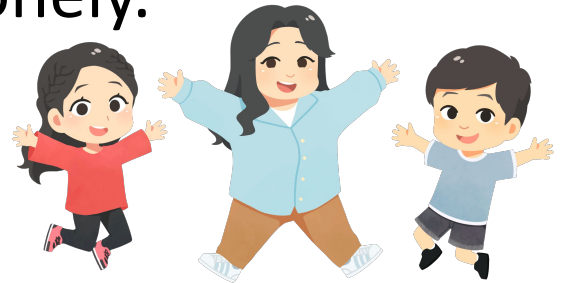
Keep an eye on your friends.



Include everyone when you play.



Notice if someone is sad or lonely.



Do nice things for others.

How will you be **kind** to others?

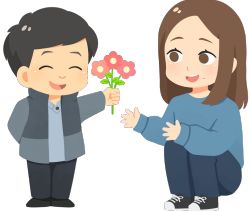
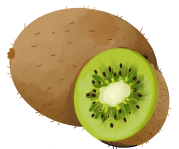
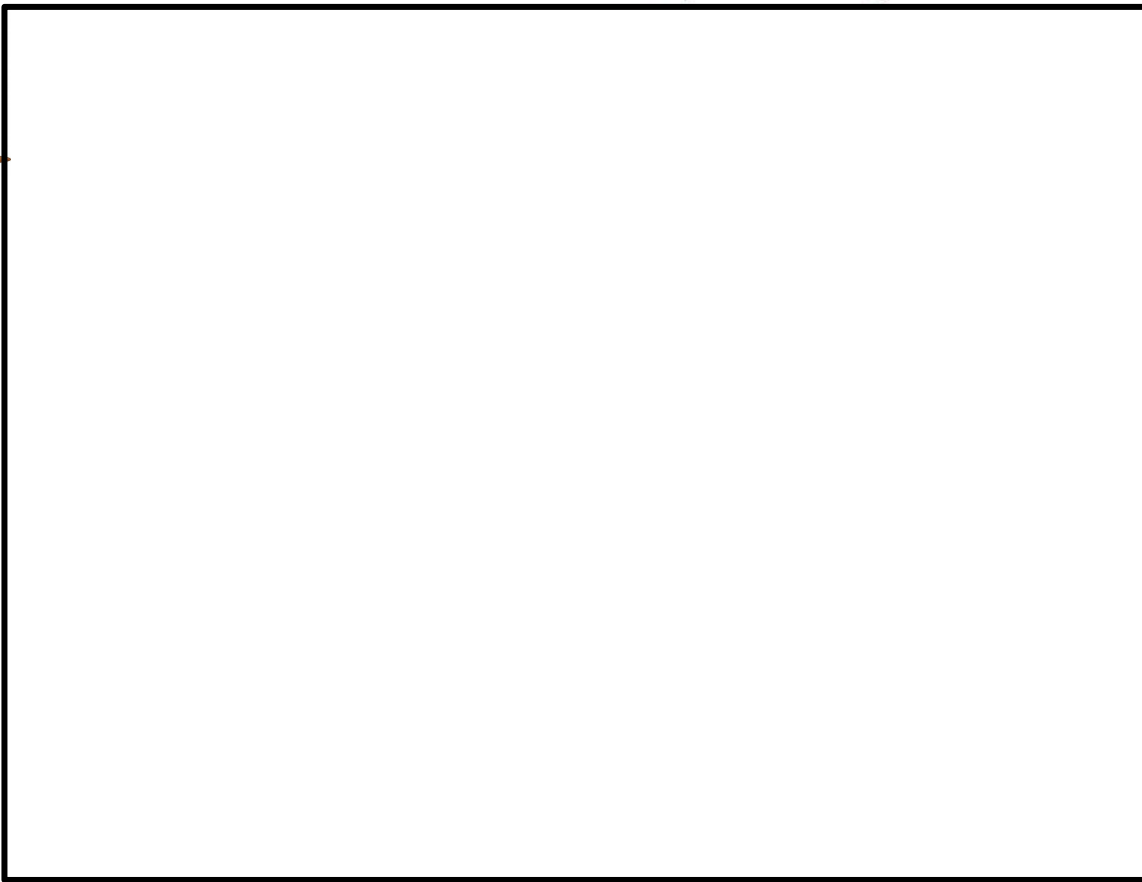
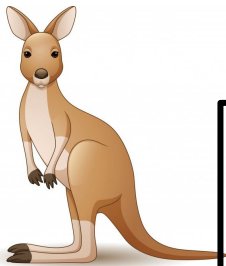
---

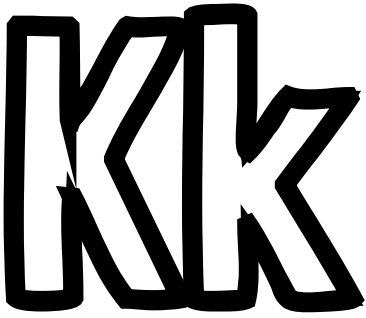
---

---

# Kk

Draw a picture of how you're going to use the letter **K** to be more healthy.





## Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks.
- 1.3N Describe the benefits of being physically active.
- 1.5.G Name body parts and their functions.
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1N Select nutritious snacks
- 1.5.M Describe and practice situations when it is appropriate to use “Please,” “Thank you,” “Excuse me,” and “I’m sorry.”
- 7.2.M Describe positive ways to show care, consideration, and concern for others.