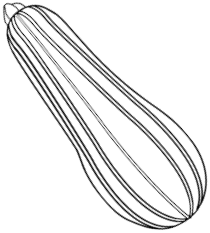
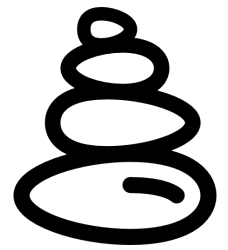


Using the letter



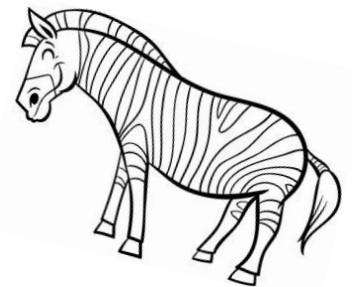
ZUCCHINI



ZEN GARDEN



ZIPPER



ZEBRA

to be more healthy

Zz



SMED

makes his brain
healthy by learning
words that start
with "Z".

Trace and write these words two times each.

ZOO ZOO

zen zen

Color in the word
"Zoo".

Zoo

BROC and **BERRY**

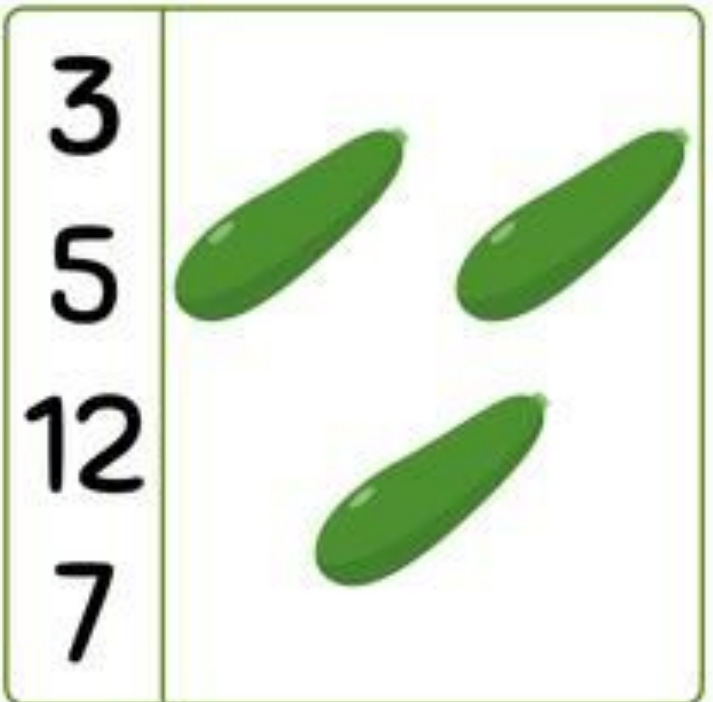
use the letter **Z** to be healthy by eating **zucchini**!

Zz



Zucchini is technically a fruit, but it's so healthy it counts as a veggie!

Circle how many **zucchini** there are!



Zz



Sport

uses the letter **Z** to be healthy by **zig-zag** running and doing **Zumba**.



Zumba is a dance exercise that you do with music!

Zig-zag running is when you run in **zig-zags**! You can **zoom** all over when you run in **zig-zags**!

Run in a **zig-zag** all around the room!

Zz



AGUA

uses the letter **Z** to be healthy by doing **Zoom** meetings at the beach!

Agua has lots of **Zoom** meetings every day, so he likes going to the beach for his meetings!



Draw yourself on Zoom at the beach!



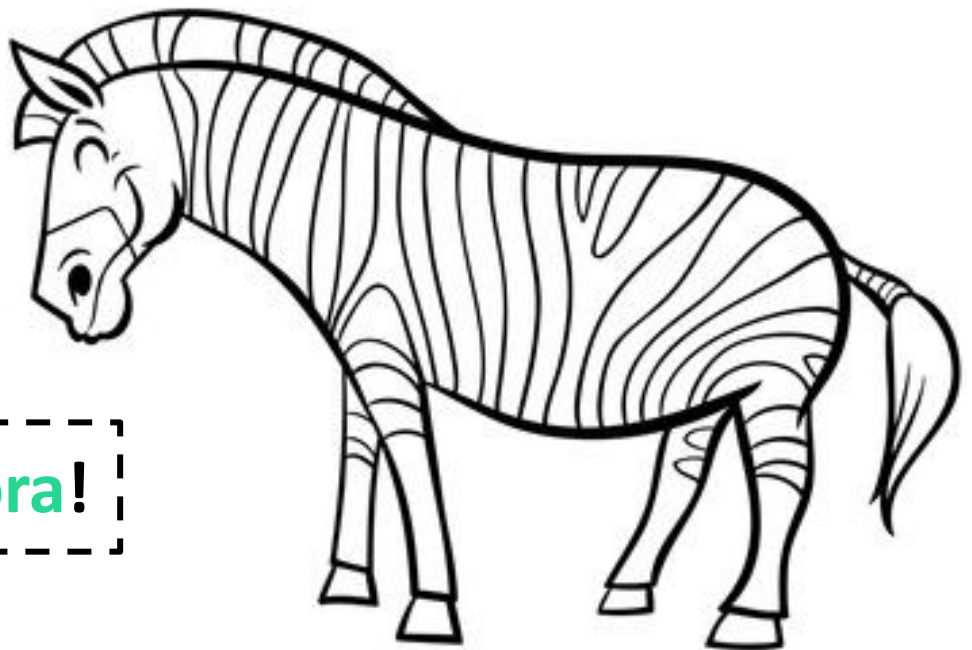
Zz



O uses the letter Z to be healthy by going to the zoo and seeing zebras.

The zoo is fun to visit with your family!

O likes to visit the zebras when he's at the zoo.



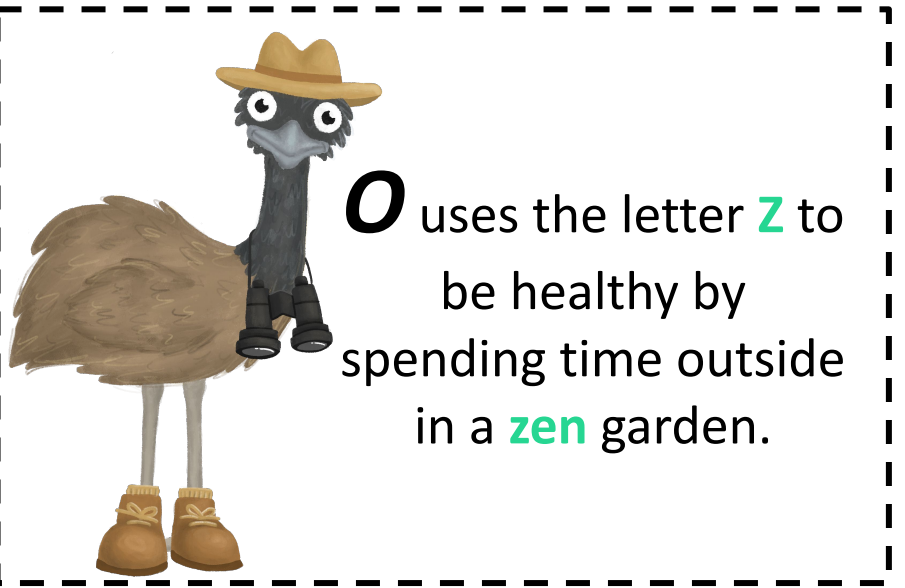
Color in this zebra!

Zz



Zen gardens are calm places where you can create patterns in the sand, stack up rocks, and grow plants.

Draw a pattern that you'd create in a **zen** garden!

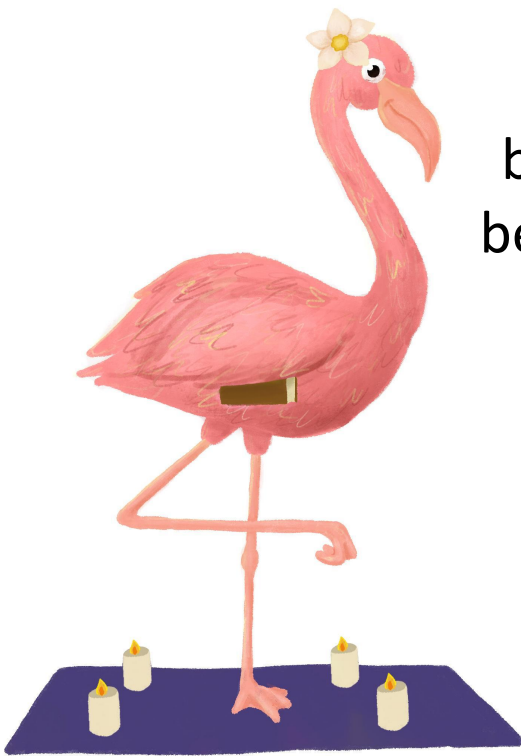


O uses the letter **Z** to be healthy by spending time outside in a **zen** garden.

Zz



Being **zen** means being very peaceful and calm.



To be **zen**, Z meditates and takes deep breaths. Every morning, she spends time being **zen** so that she can have a good day.



Sit or stand for 2 minutes and try to be **zen**!

Zz



“Zzzzzzz’s” is a fun way to say “sleep”!




How much sleep do you need each night?

- 1-3 year olds need 12 to 14 hours
- 3-5 year olds need 11 to 13 hours
- 5-10 year olds need 10-11 hours

Answer:

Hours

Zz



WARNER
uses the letter **Z**
to be healthy by
being careful with
zippers.

Zippers are fun to play with on your backpack or jacket, but they can hurt you.



You can get your hair, clothes, or even fingers stuck in a **zipper** and get hurt.

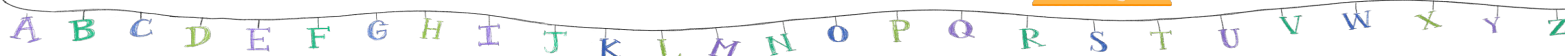
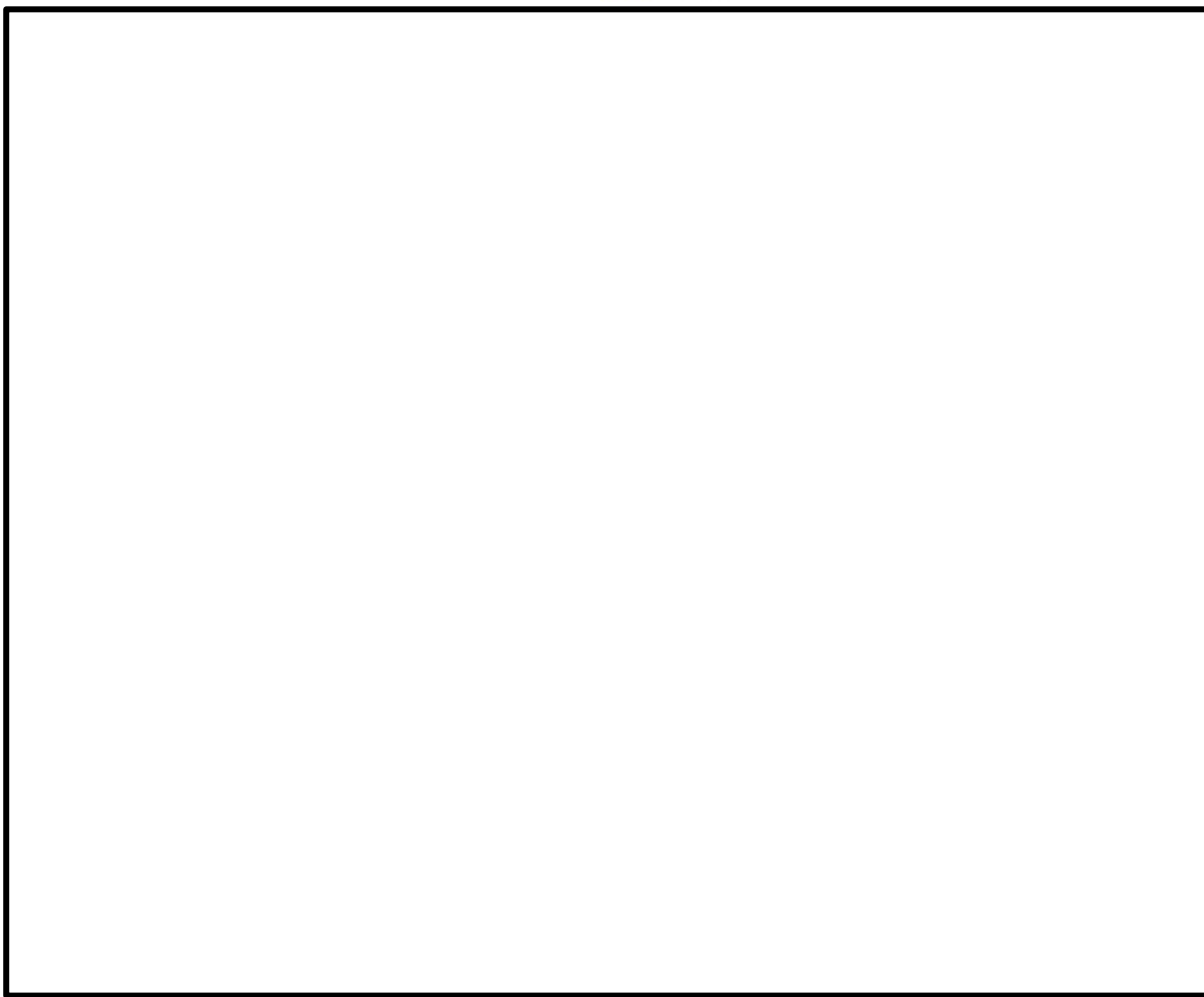
What are some things that have **zippers?**

- _____
- _____
- _____

Zz



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





Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1.N Select nutritious snacks.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.