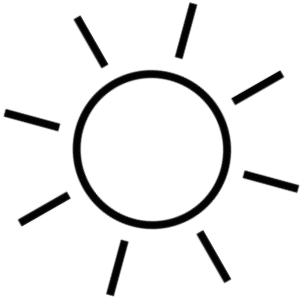
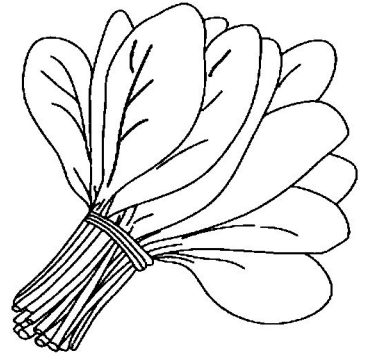




Using the letter

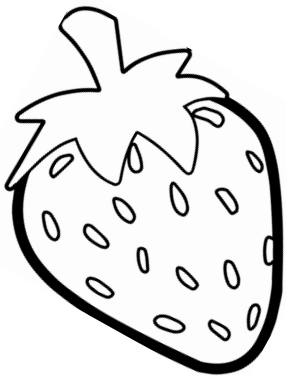


SUN



SPINACH

Ss

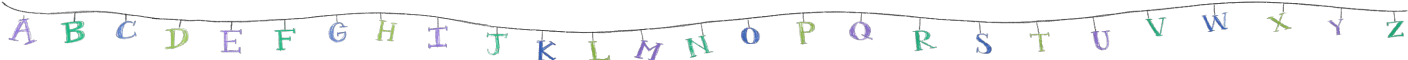


STRAWBERRY



SEASHELL

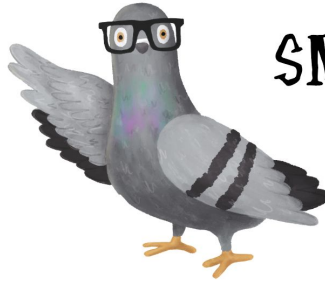
to be more healthy





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SMED uses the letter **S** to make his brain healthy by words that **start** with “**S**”.

Ss

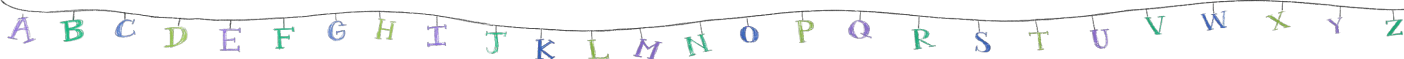
Can you write these **sight** words 3 times?

See See

Said Said

She She

Draw **something** you can **see**.





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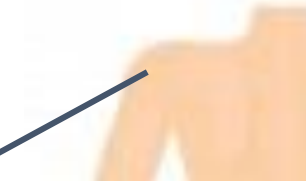
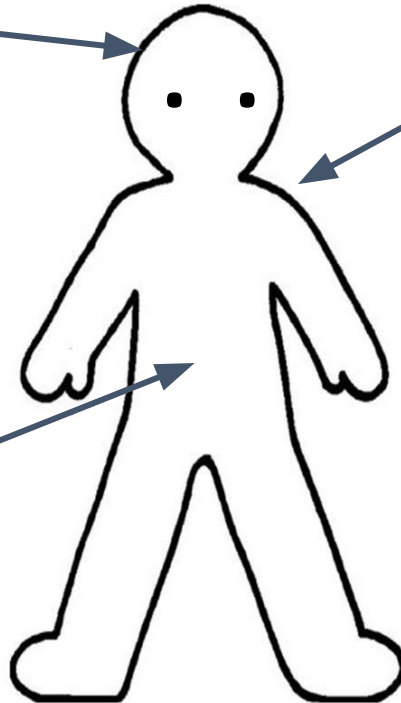
SMED uses the letter **S**
to learn about
parts of the
body.

Ss

Can you circle **some** parts of your body that **start** with the letter **S**?



Skull: protects
your brain



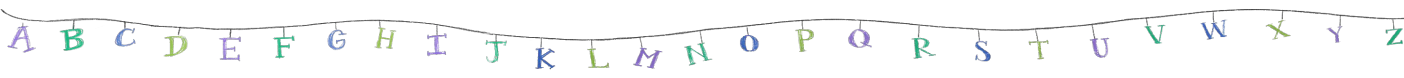
Shoulder: gives
strength and motion
to the arm



Stomach: stores
your food



Skin: largest organ in
the body





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Ss



BERRY uses the letter **S** to be healthy by **snacking** on **strawberries**.

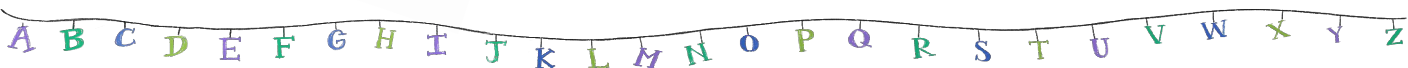
Strawberries have lots of Vitamin C that can protect you from getting **sick**.

Count how many **seeds** this **strawberry** has.

Hint: Try connecting the **seeds** as you count them!

Answer:

Answer: 23





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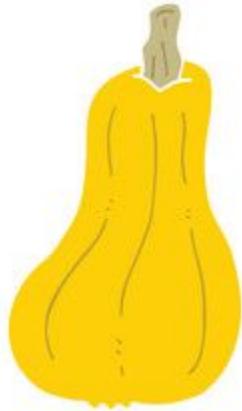
BROC uses the letter **S** to be healthy by eating these vegetables:



Swiss chard



Spinach



Squash



Sweet potato

Which veggie would you like to try this week?





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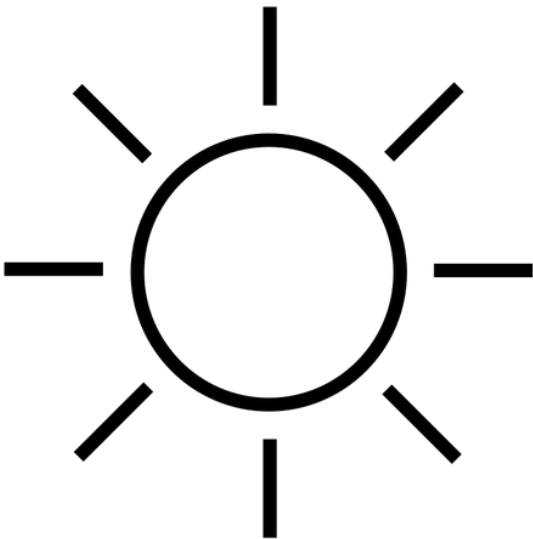


O uses the letter **S**
to be healthy by
spending time in
the **sun**.

Vitamin D comes
from the **sun** and
keeps your bones
healthy.

A fun way to get Vitamin
D is by looking for
seashells.

Color in the **sun** and **seashell**



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



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Ss



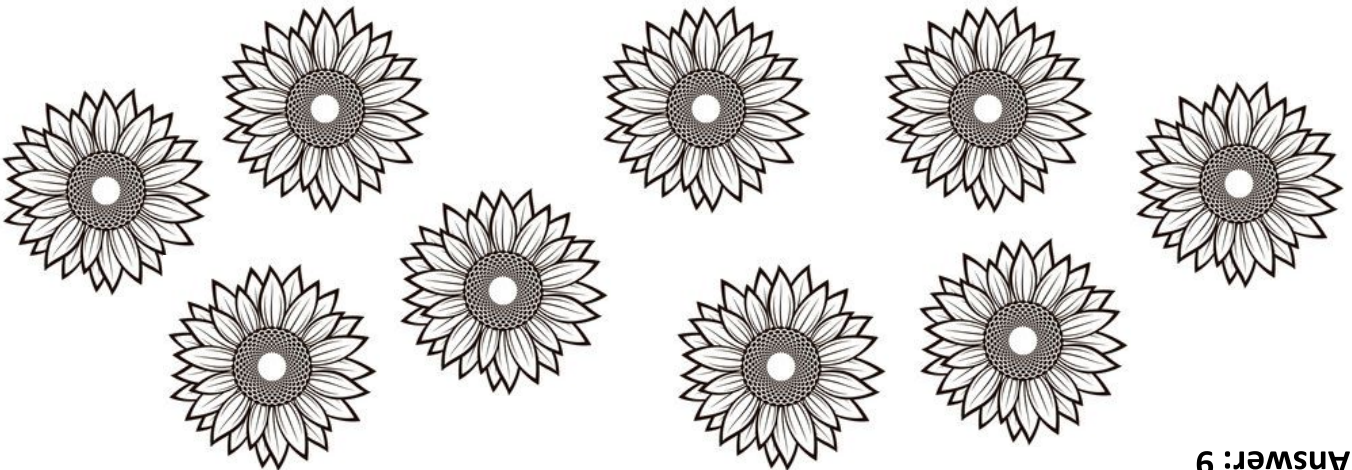
O uses the letter **S** to be healthy by **snacking** on **sunflower seeds** and **sesame seeds**.



Sunflower seeds can be made into **sunflower** butter which can **substitute** for peanut butter.

Count the **sunflowers**.

Answer: _____



Answer: 9





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WARNER uses the letter **S** to be healthy by being **safe** in the **sun**.

Ss

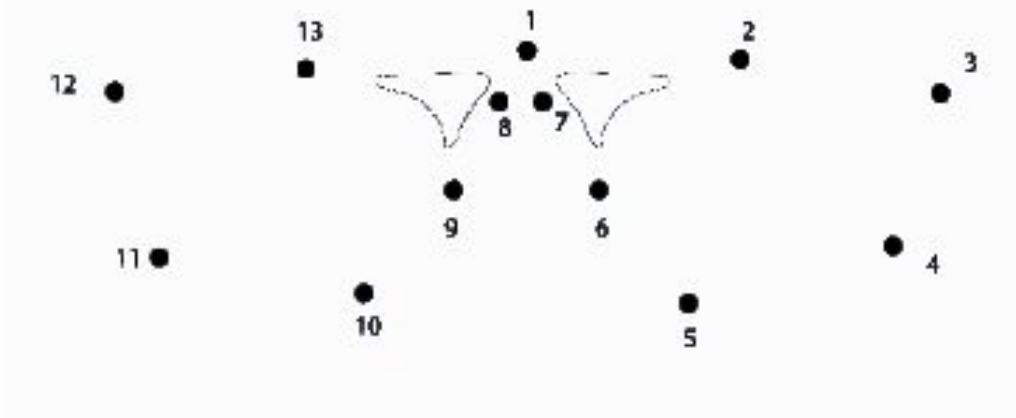
Protect your eyes with **sunglasses**.



Protect your **skin** and body with **sunscreen**.



Connect the dots to make your **sunglasses**.

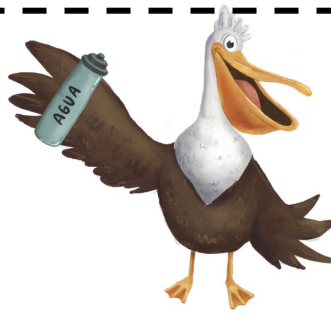




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Ss



AGUA uses the letter **S** to be healthy by **swimming, sailing, snowboarding, and surfing!**

Can you match each activity?

Swimming



Sailing



Snowboarding



Surfing

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



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AGUA

uses the letter **S** to be healthy by **spending** time in...

Ss

The **snow**

OR

The **sand**



Would you rather **spend** time in the **sand** or the **snow**?



Ss

Spoon has *some* delicious recipes that start with the letter **S**.



Strawberry and sunflower butter sandwich

Ingredients:

- ½ cup strawberries, halved



- 2 tbsp sunflower butter

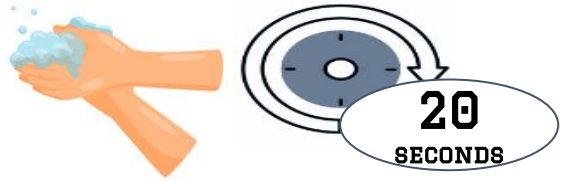


- 2 slices 100% whole wheat bread

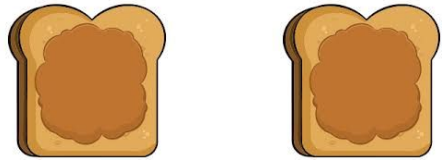


Instructions:

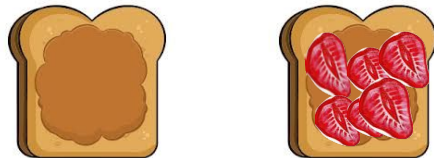
1. Wash your hands with soap and warm water before prepping.



2. Spread sunflower butter onto bread slices



3. Add strawberries in a flat layer



4. Press together to make a sandwich



5. Enjoy!

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



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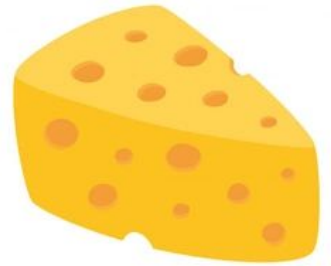
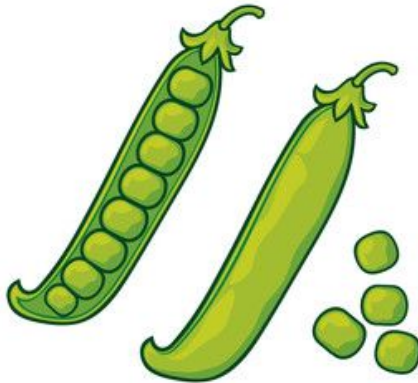
Being Healthy from A to Z

Ss

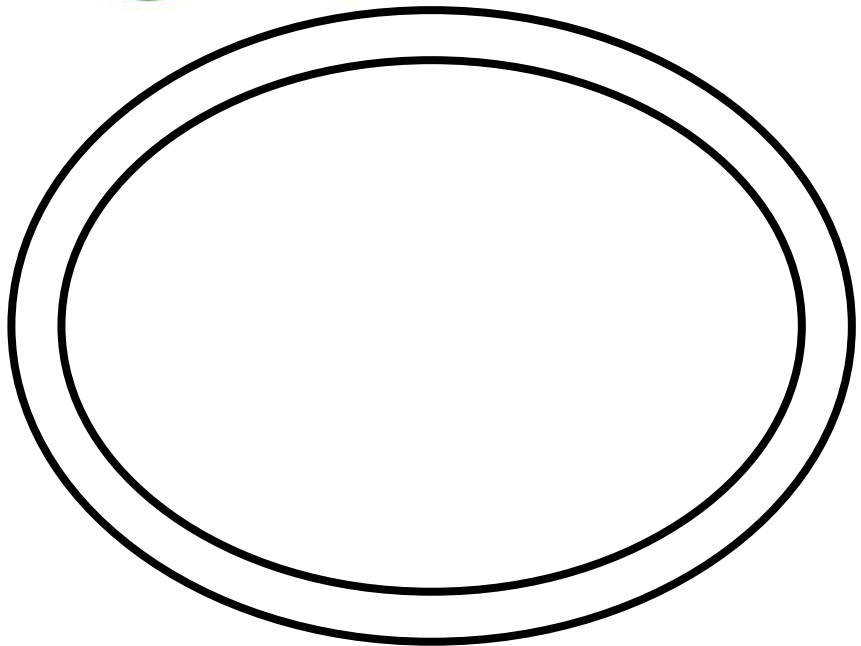
Spoon uses the letter **S** to be healthy by eating healthy **snacks**.



Snap peas, **s**trawberries, and **S**wiss cheese are all quick and easy **snacks** you can eat!



Can you draw a plate full of healthy **snacks**?

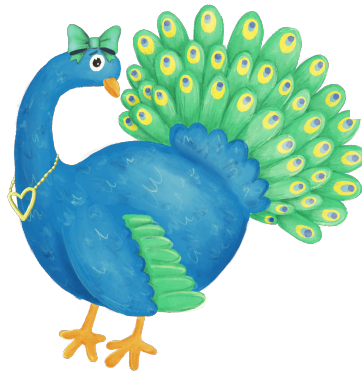


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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Pathy

uses the letter **S** to
be **socially** healthy.

Ss

Singing, smiling, and sharing are
all good ways to help you and your
friends be happy!



Singing

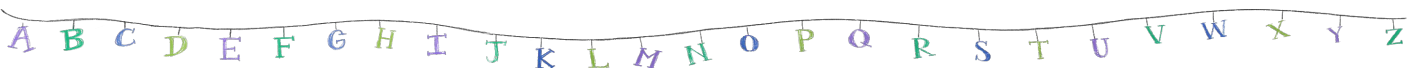


Sharing



Smiling

Can you **share** your best **smile**?





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Sport uses the letter **S** to be active by **swinging**, doing **somersaults**, and playing **soccer**.

Ss

Circle your favorite activity



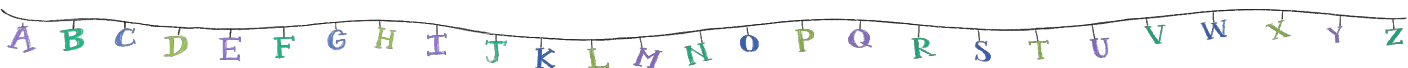
SWINGS



SOMERSAULTS



SOCCER





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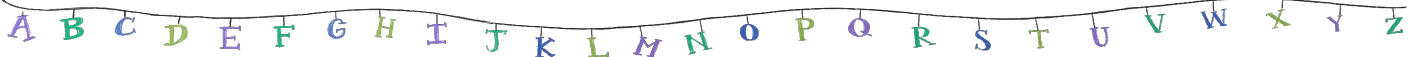
Being Healthy from A to Z

Ss



Sport also uses the letter **S** to be healthy by **stretching**.

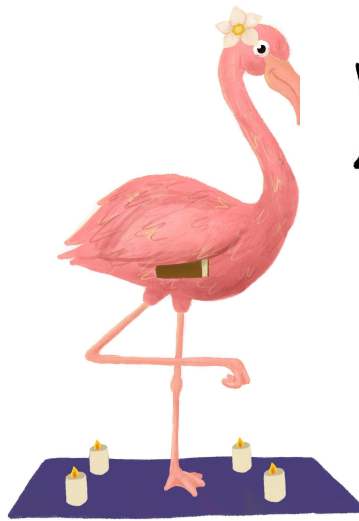
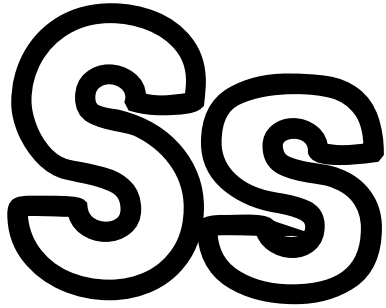
Can you **show Sport**
some of your **stretches**?





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Z uses the letter **S** to be healthy by getting enough **sleep** each night.

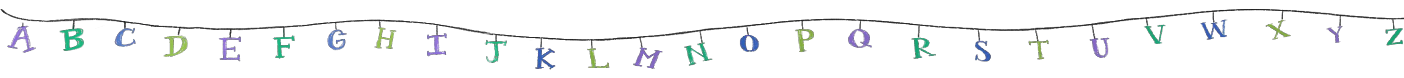
How much **sleep** do you need each night?

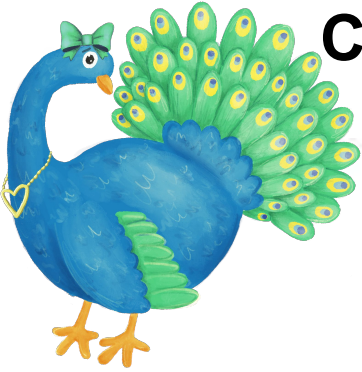
- 1-3 year olds need 12 to 14 hours
- 3-5 year olds need 11 to 13 hours
- 5-10 year olds need 10-11 hours

Answer:

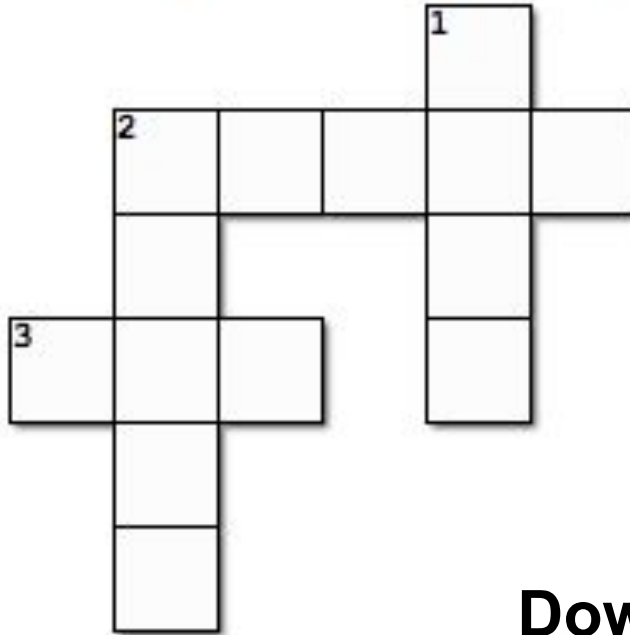
<hr style="width: 20%; margin: 0 auto;"/> <p>Hours</p>
--

Going to **sleep** on time keeps your body healthy.





Can you help *Pathy* complete
the Crossword puzzle?



Across:

2.



Swing

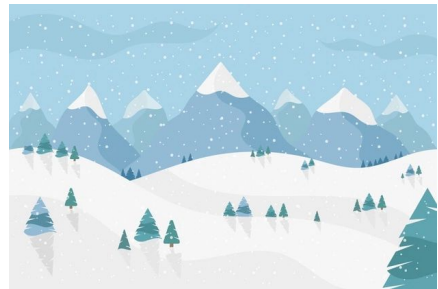
3.



Sun

Down:

1.



Snow

2.



Skull





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

Ss

