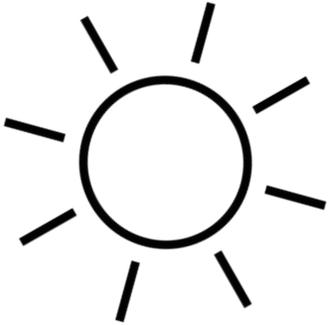
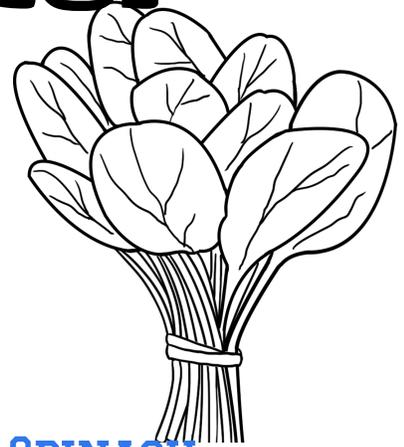


# Using the letter

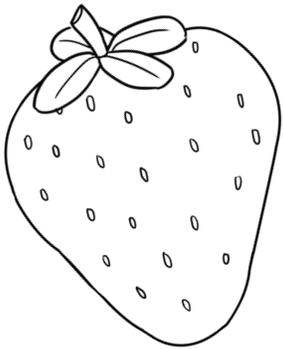


SUN

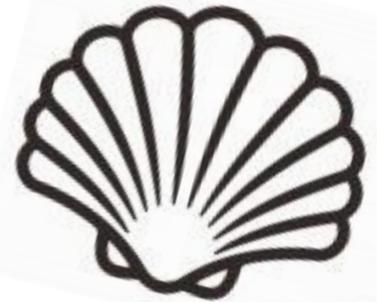


SPINACH

# S S



STRAWBERRY



SEASHELL

# 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

Ss



SMED

uses the letter  
**S** to make his  
brain healthy.

Trace and write these words 2 times each.

see see

\_\_\_\_\_

\_\_\_\_\_

say say

\_\_\_\_\_

\_\_\_\_\_

What is **something** you can **see**?

\_\_\_\_\_

Ss



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

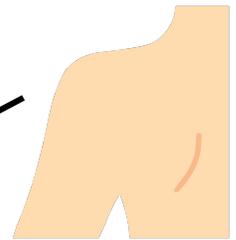
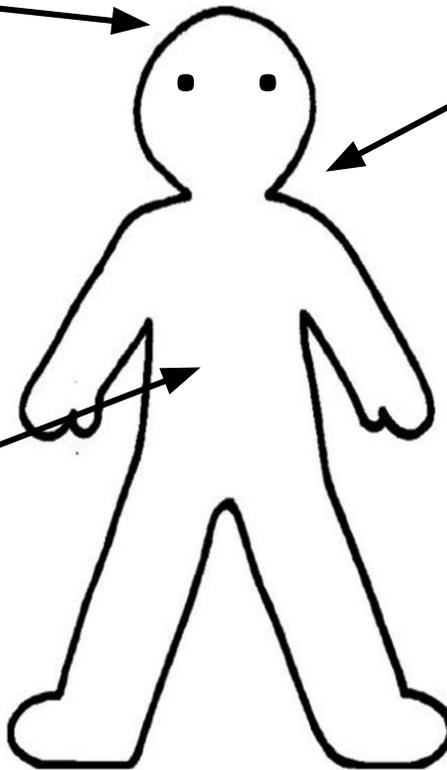
Can you circle **some** parts of your body that **start** with the letter **S**?



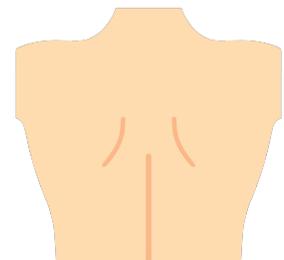
Skull



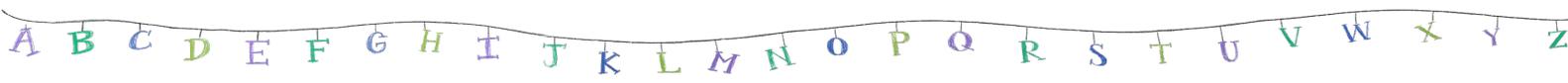
Stomach



Shoulder



Skin



Ss



**Strawberries** can protect you  
from getting **sick**.

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

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



Answer:

Answer: 10

Ss



**BROC**

uses the letter **S**  
to be healthy by  
eating veggies  
**starting** with "S".



**Spinach**

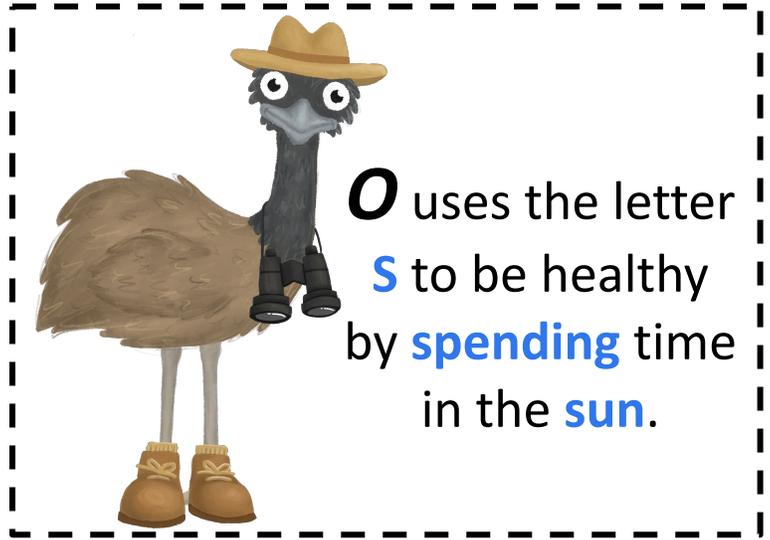


**Sweet** potato

**Which veggie would you like to try this week?**

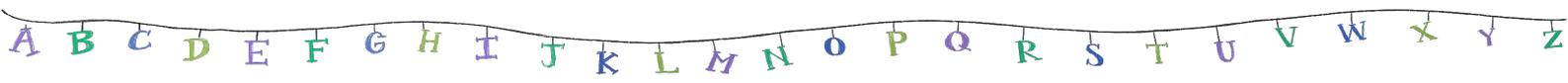
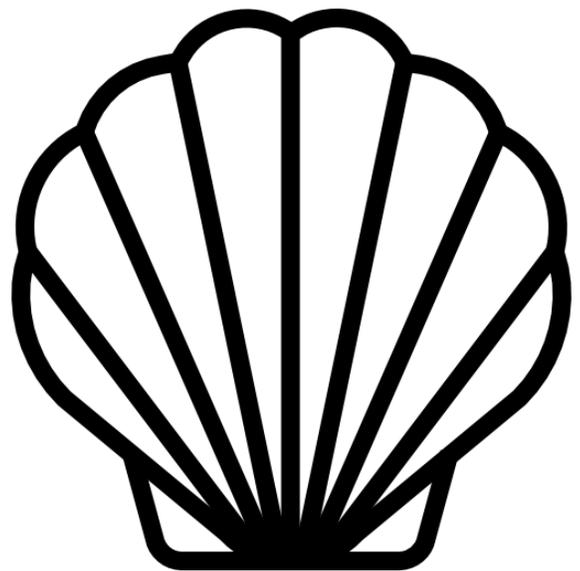
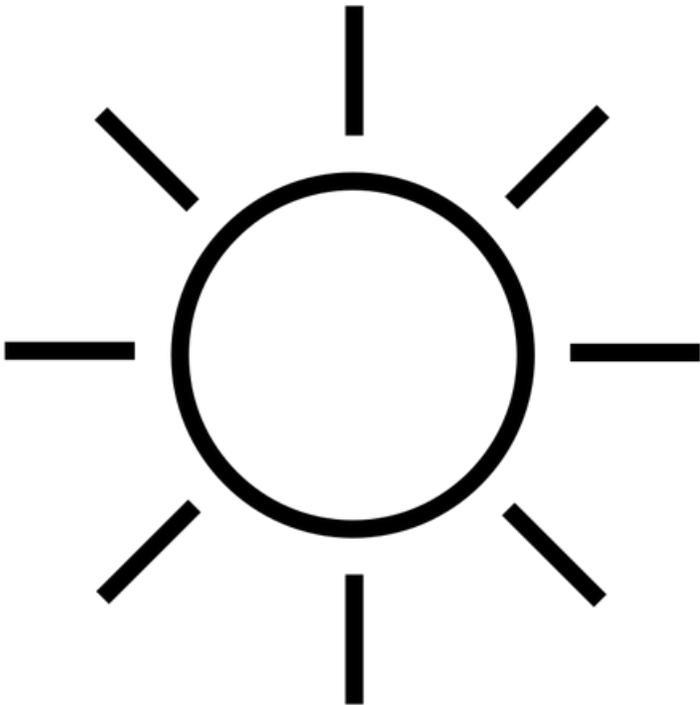
---

Ss



A fun way to **spend** time in the **sun** is  
by looking for **seashells**.

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



Ss

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



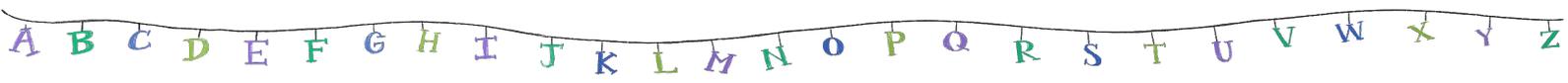
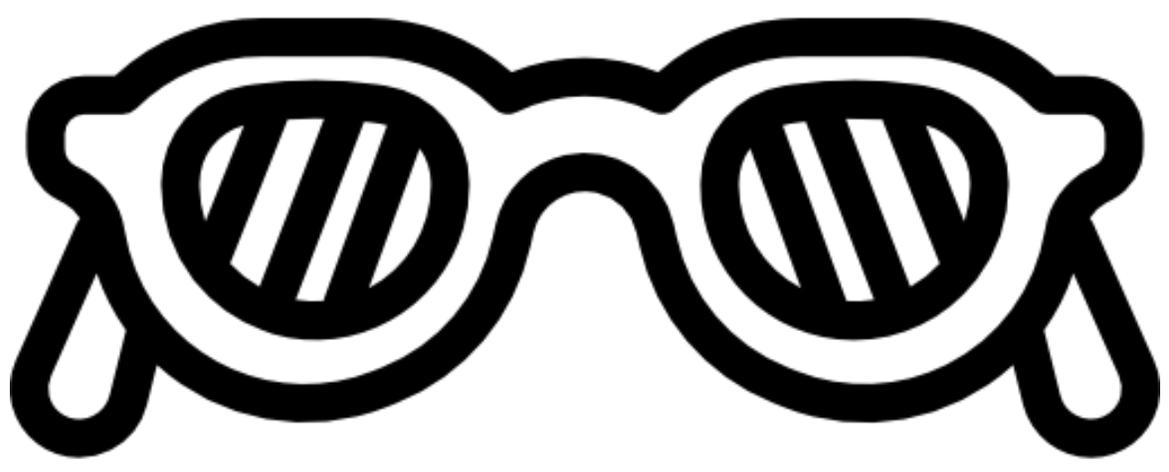
Protect your eyes with **sunglasses**.



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



Color in your **sunglasses**.



Ss



Pathy

uses the letter **S**  
to be healthy by  
**smiling**.

**Smiling** is a good way to help you  
and your friends be happy!



Can you **share** your best **smile** with a friend?

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

Ss

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



Circle your  
favorite activity



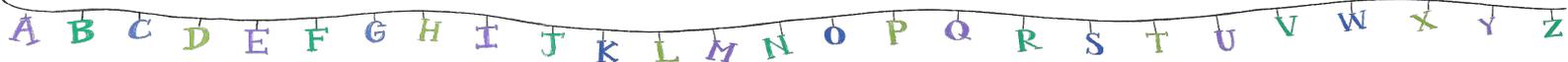
SWINGS



SOMERSAULT



SOCCER



## **Snake Slither**

1. Lie on ground with stomach facing down
2. Try to move body forward while staying as close to the floor as possible

## **Skipping**

- Jump from one foot to the other

Ss



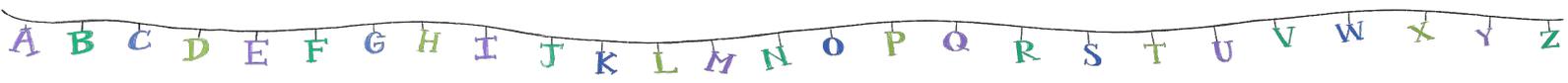
Z uses the letter **S** to be healthy by getting enough **sleep** each night.

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

Answer:  
\_\_\_\_\_  
Hours

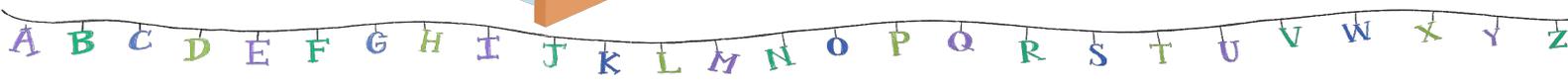
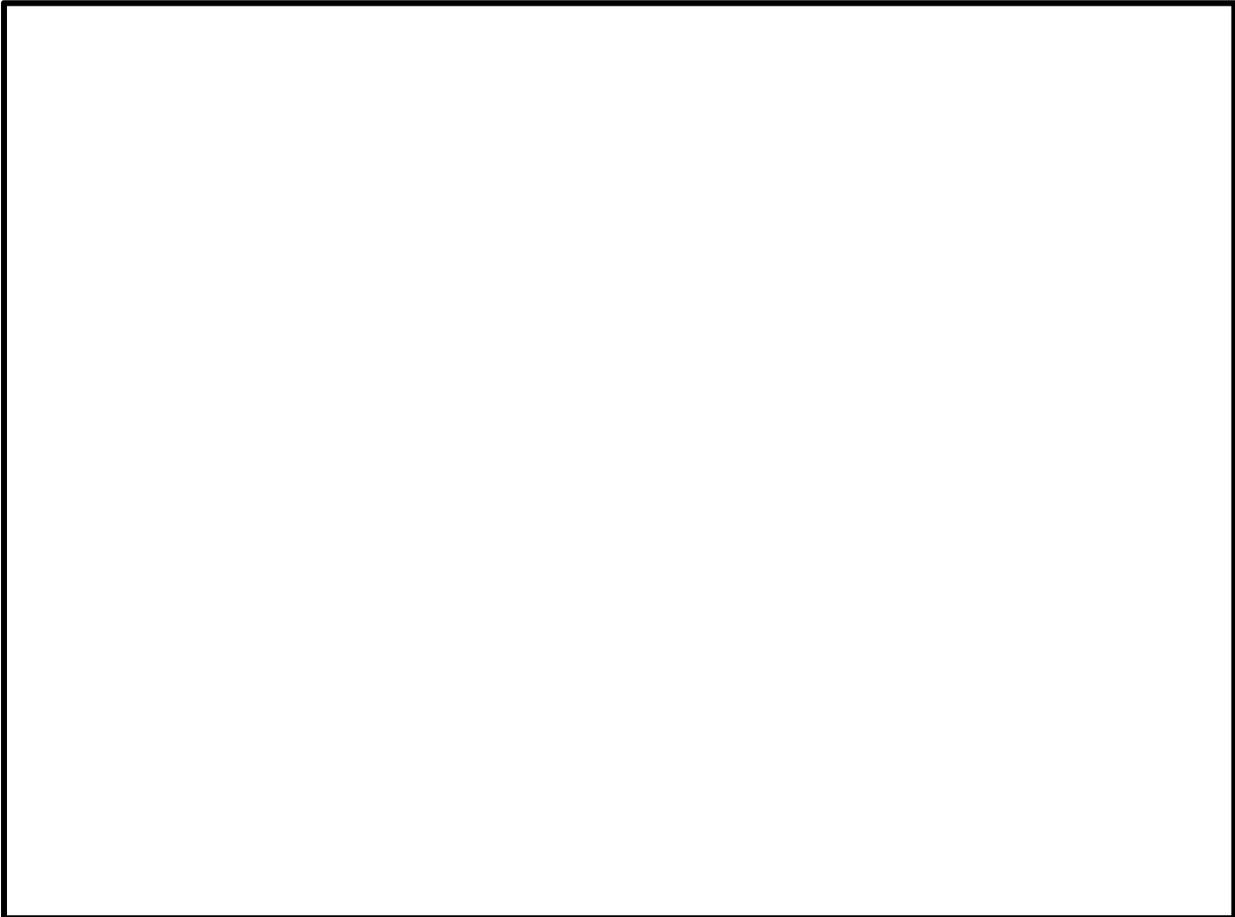
- 1-3 year olds need 13 hours
- 3-5 year olds need 12 hours
- 5-10 year olds need 10 1/2 hours

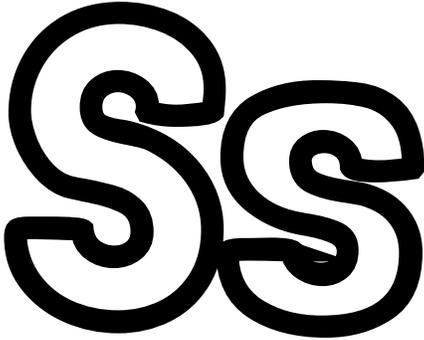
Going to **sleep** on time keeps your body healthy.



# Ss

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





## Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks.
- 1.3.N Describe the benefits of being physically active.
- 7.1.N Select nutritious snacks.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.5.G Name body parts and their functions.
- 1.2.P Describe sun-safety practices.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 7.1.M Express emotions appropriately.
- 2.1.G Explain why sleep and rest are important for proper growth and good health.