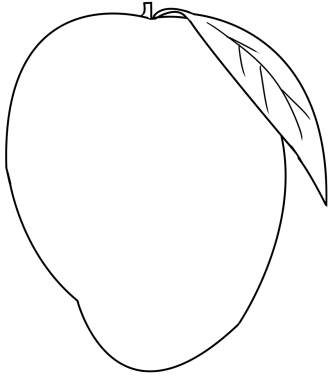
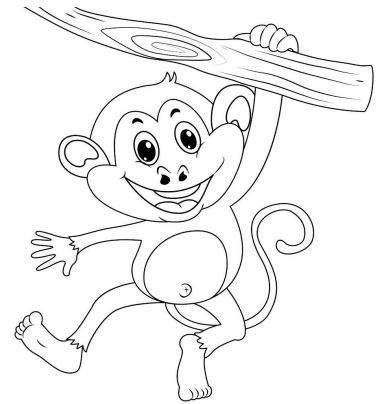


Using the letter

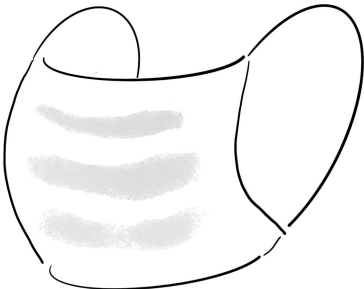


MANGO

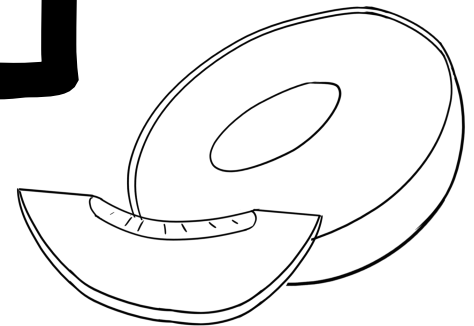


MONKEY

Mm

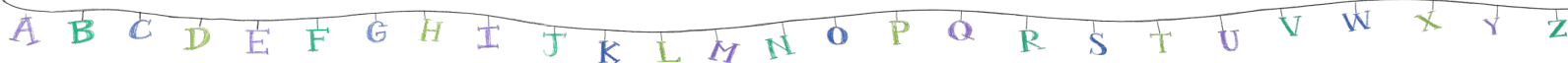


MASK



MELON

to be more healthy



Mm



SMED

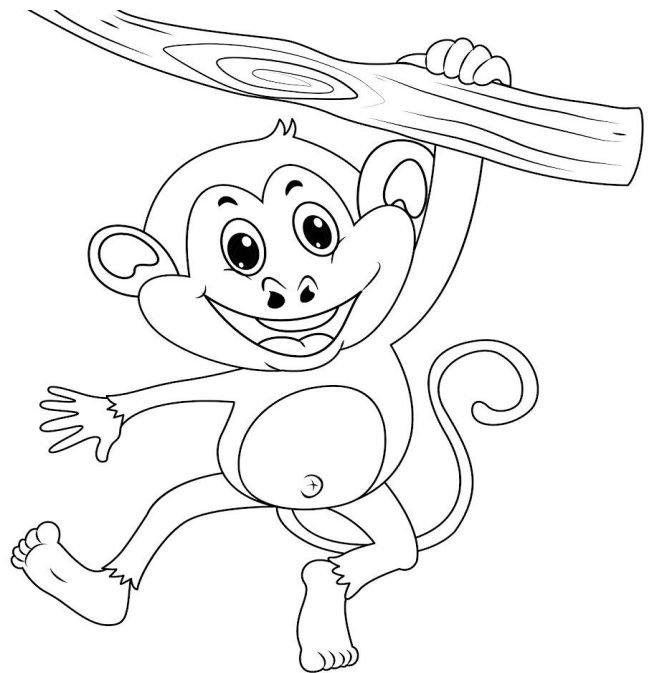
makes his brain healthy by learning words that start with "M".

Trace and write these words two times each.

me me

my my

Color in the monkey!

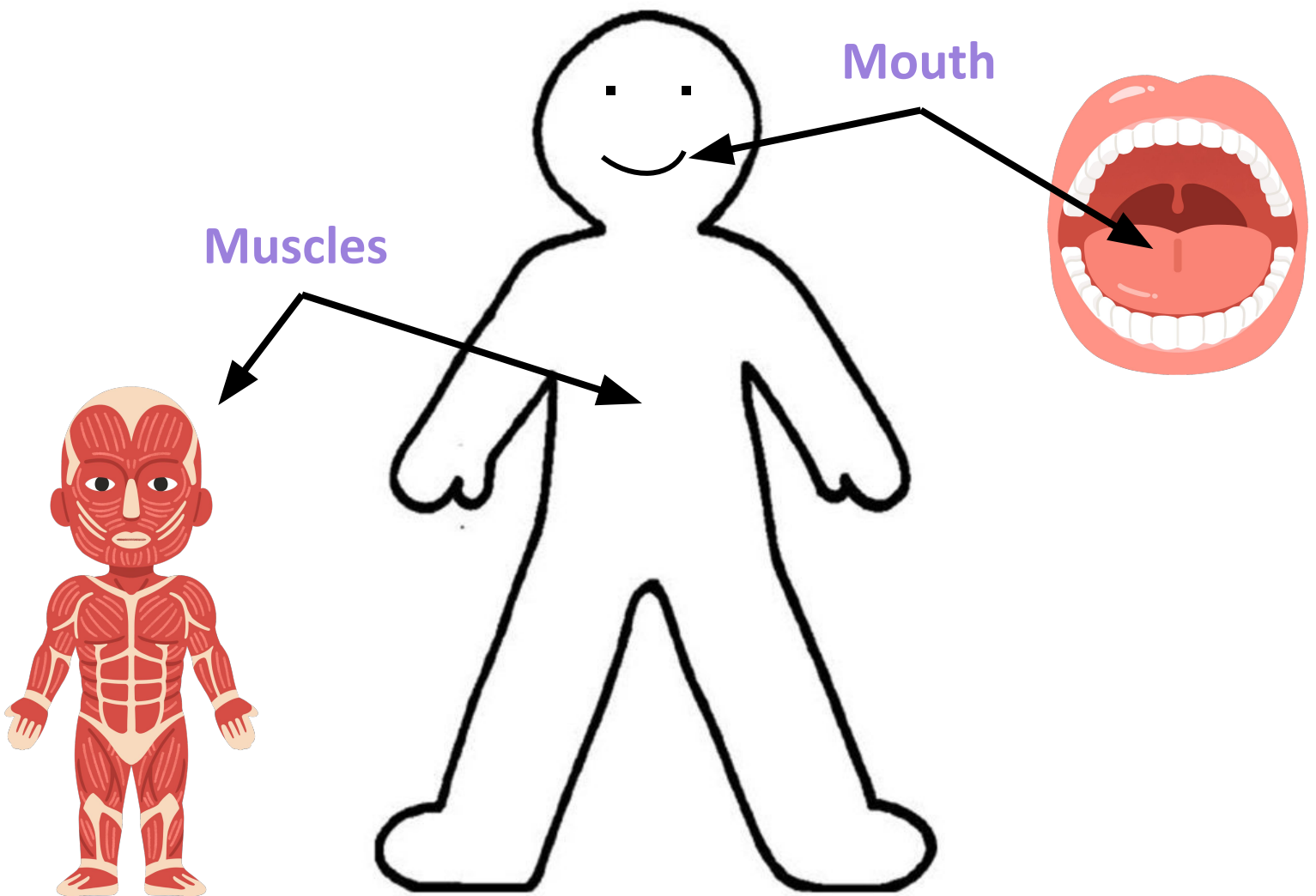


Mm



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

Many parts of your body start with the letter M.



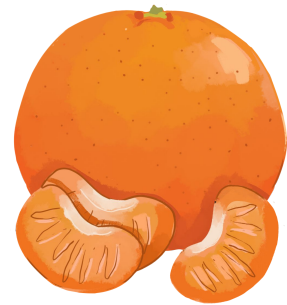
Mm



Mango

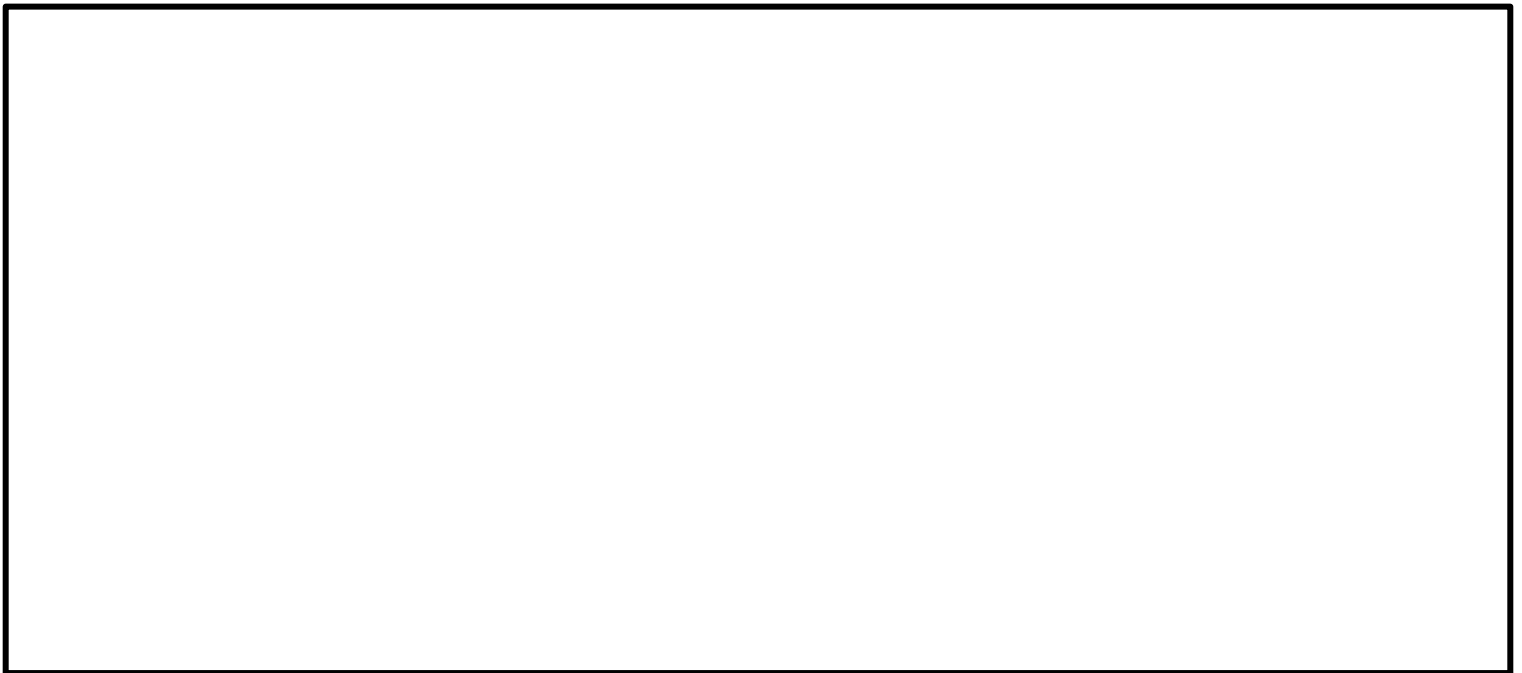


Melon

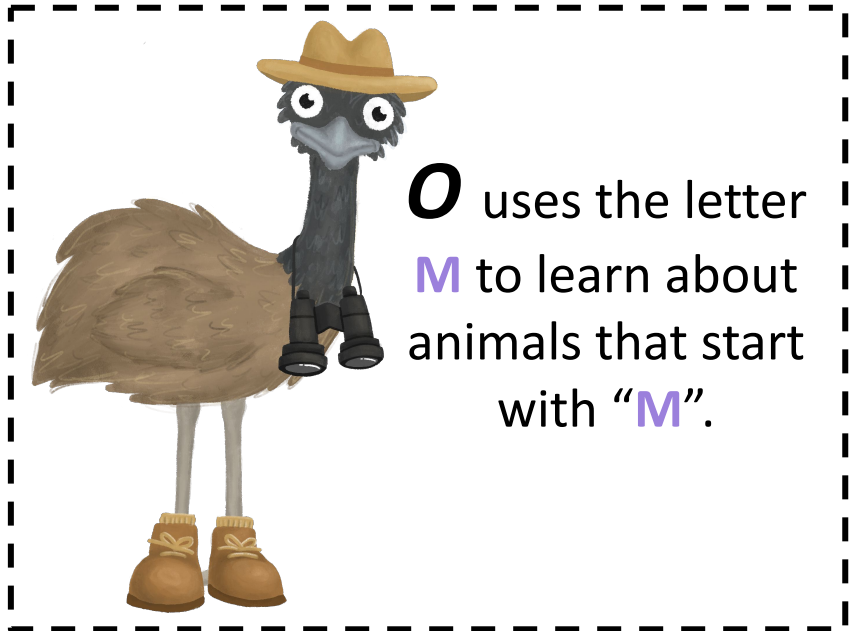


Mandarins

Draw your favorite fruit that starts with an **M**.



Mm



Connect the names to the animal they belong to.

Monkey

Mallard duck

Moose



Mm

WARNER



uses the letter **M** to be healthy by staying away from **medications** if no trusted adult is nearby.

A doctor gives you **medication** if you are hurt or sick.

If you take **medicine** without permission from a trusted adult, you can get hurt.

Medications can sometimes look like candy, but they are not.

Circle the items that are **medications**.



Mm



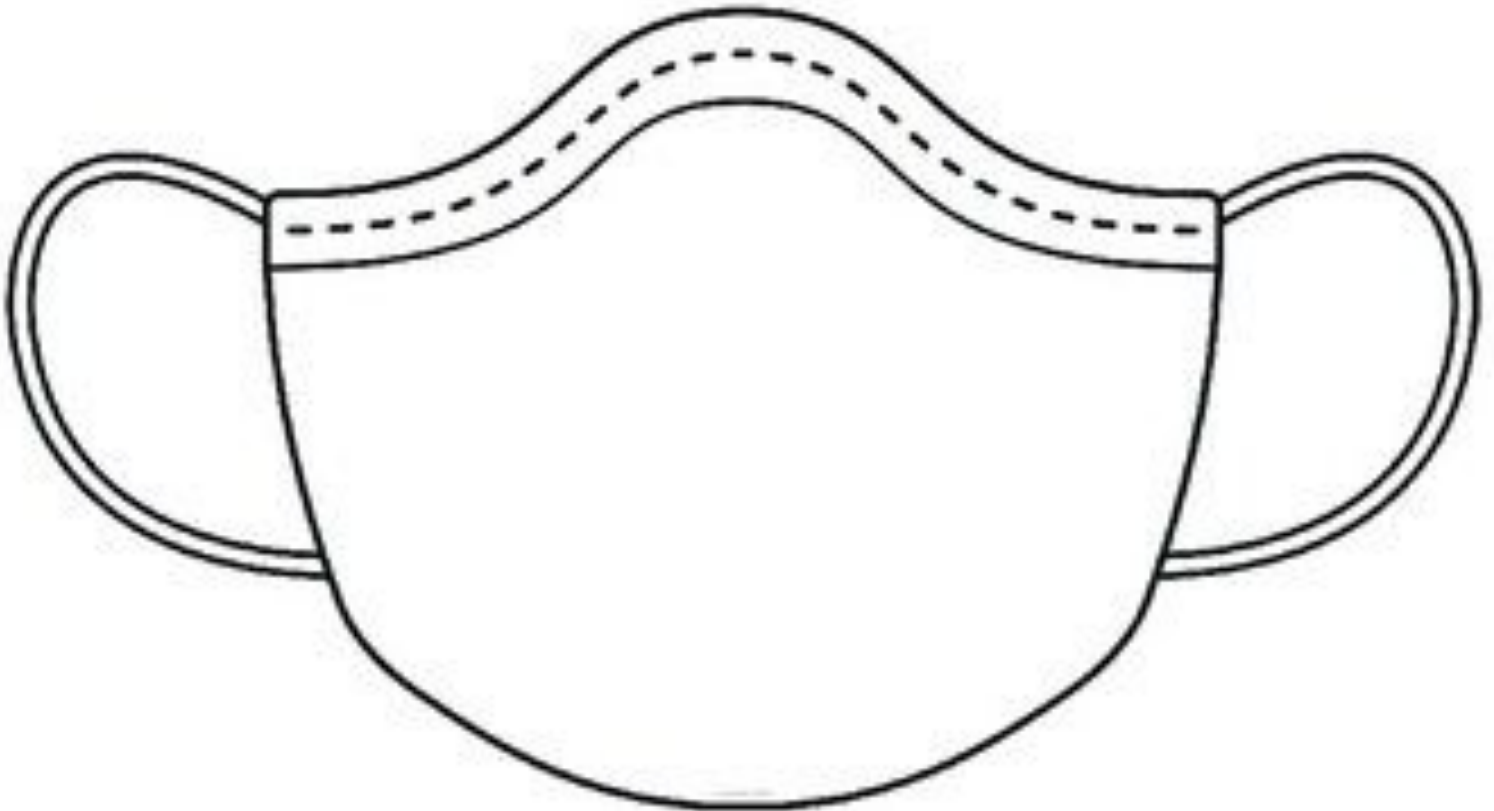
WARNER

uses the letter **M** to be healthy by wearing a **mask** when he is sick.

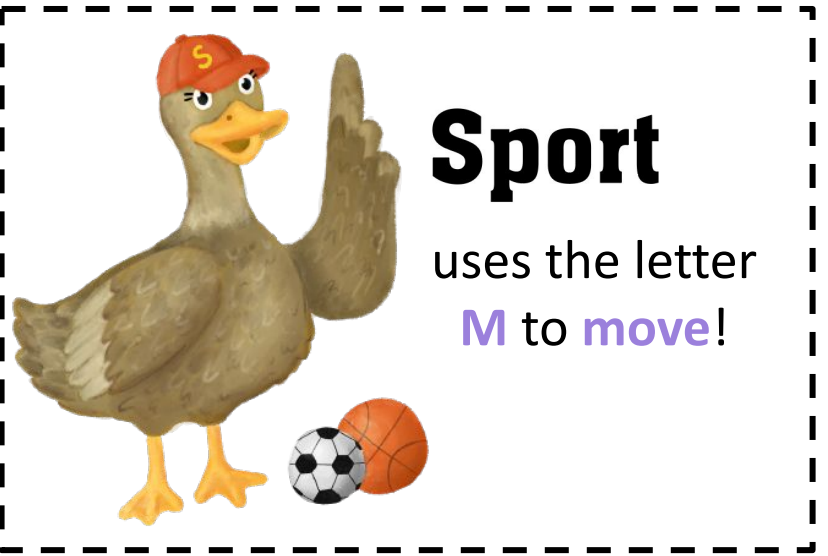
Face **masks make** it **much** harder for germs to spread.

Germs **make** people get sick.

Decorate your **mask**.



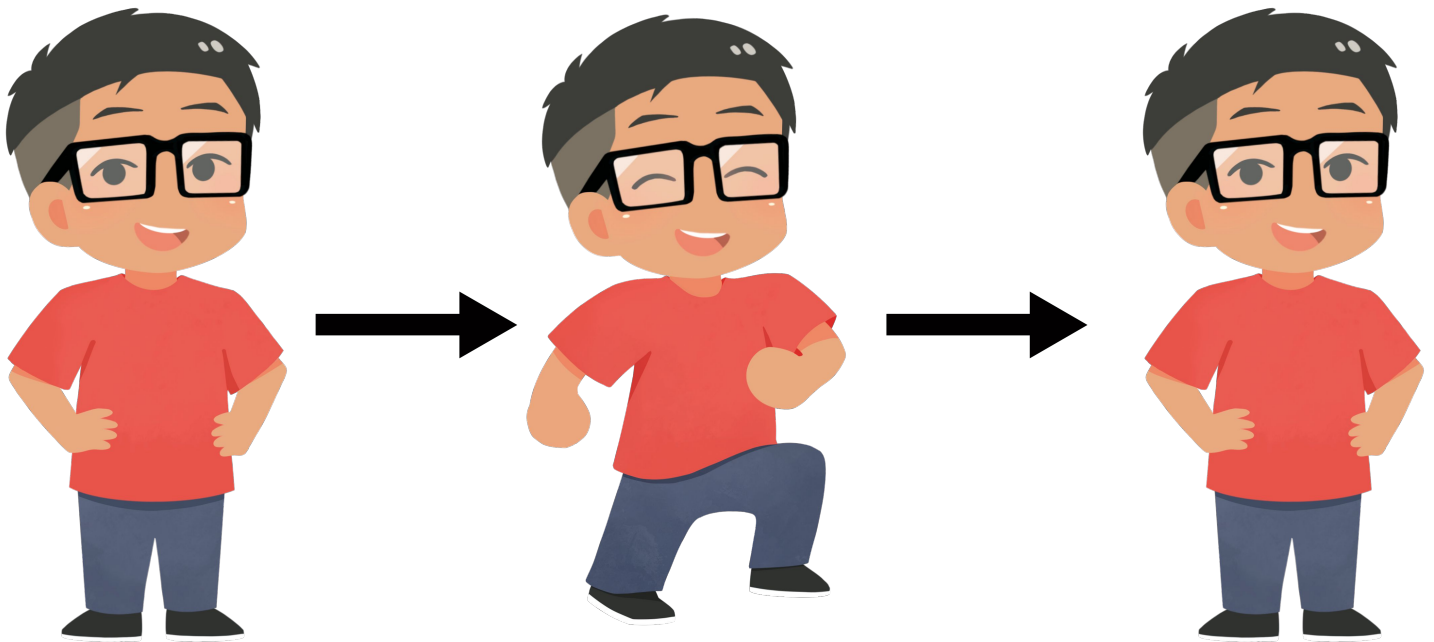
Mm



Sport

uses the letter
M to **move!**

Marching in place is a good way to get **moving!**

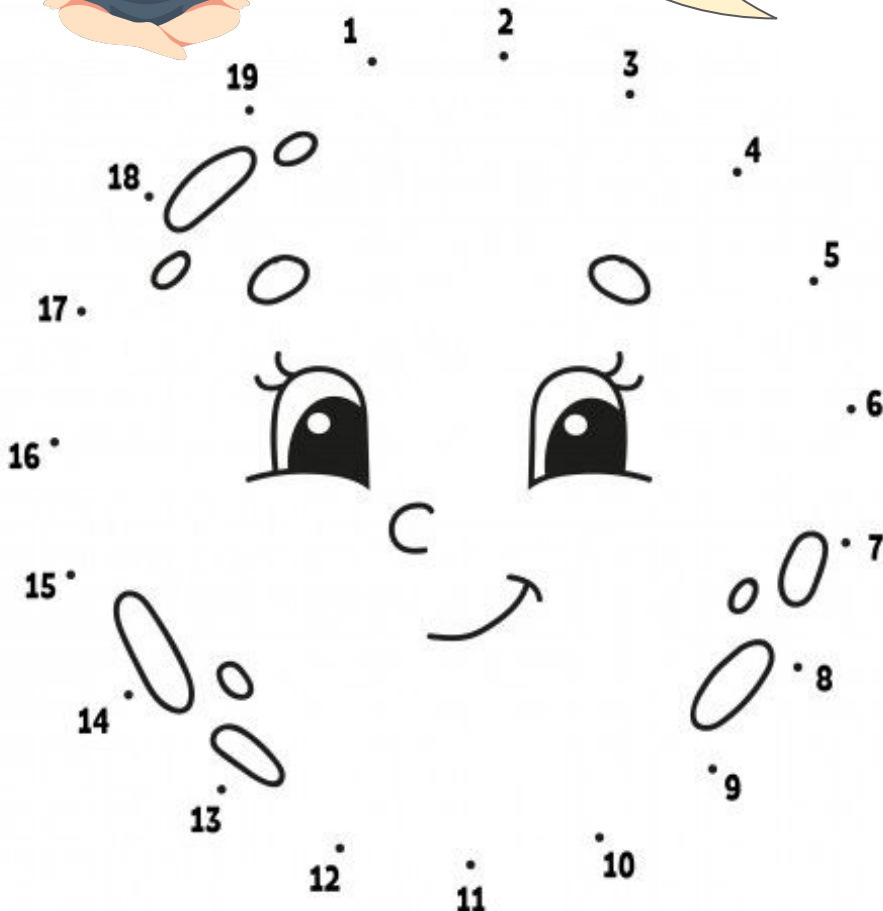
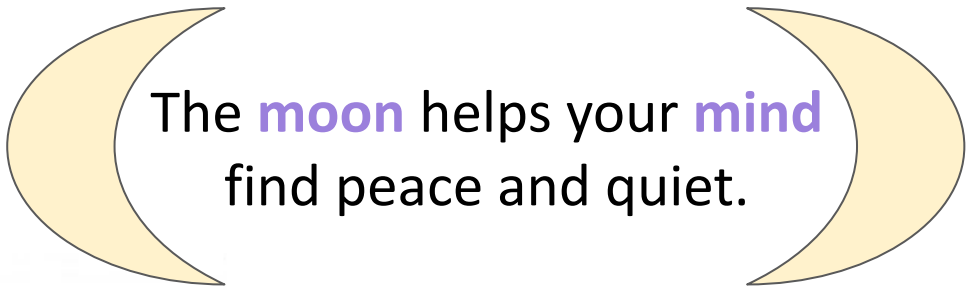
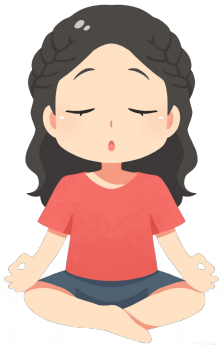


Can you **march** in place 10 times?

Mm



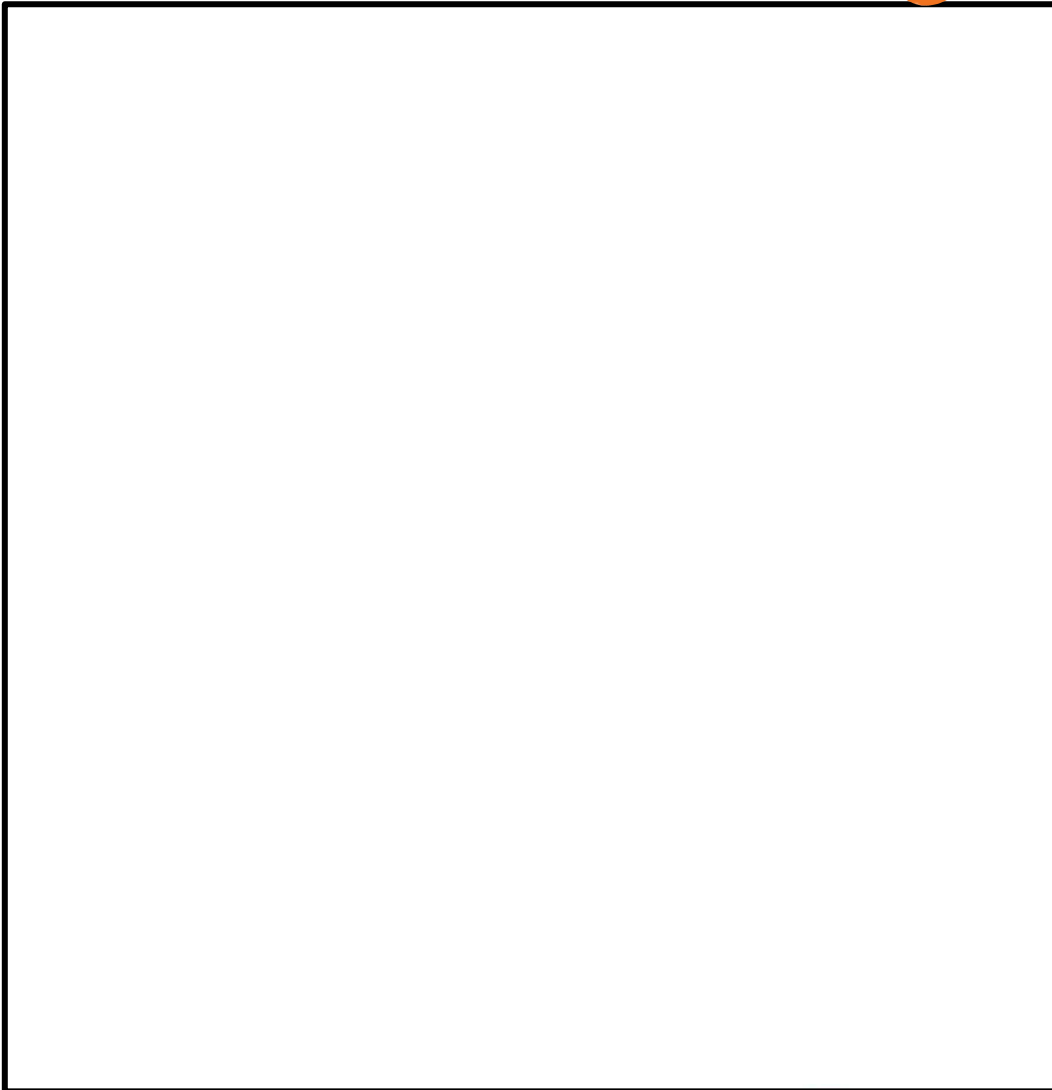
Meditating is when you sit and let your **mind** get calm.



Connect the dots to **make a moon!**

Mm

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



Mm

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.
- 1.5.G Name body parts and their functions.
- 1.1.A Explain why medicines are used.
- 1.2.A Explain that medicines can be helpful or harmful.
- 1.3.A Recognize that medicines should be taken only under the supervision of a trusted adult.
- 1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.
- 1.3.P Define “germs.”
- 1.4.P Explain why the transmission of germs may be harmful to health.
- 7.2.P Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues).
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.