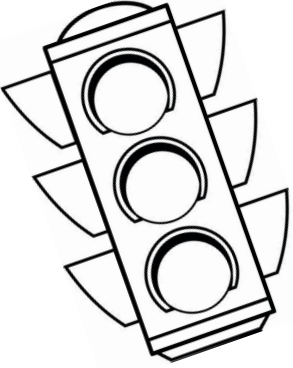




# Using the letter

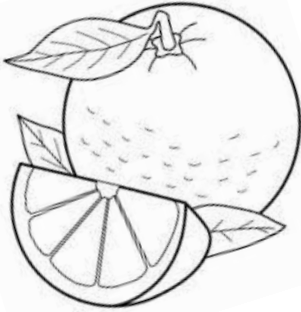


**TRAFFIC** LIGHT

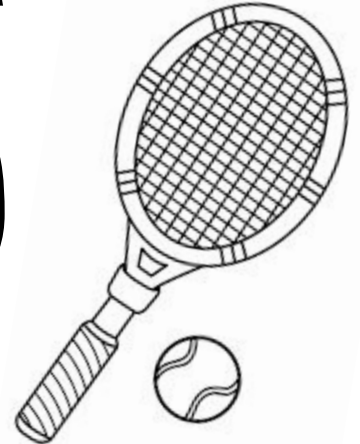


**TURNIP**

# Tt

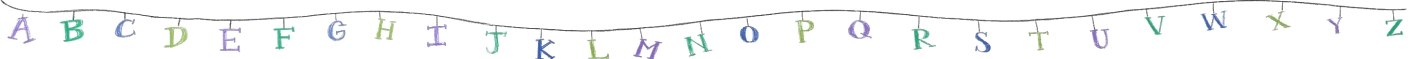


**TANGERINE**



**TENNIS**

# to be more healthy

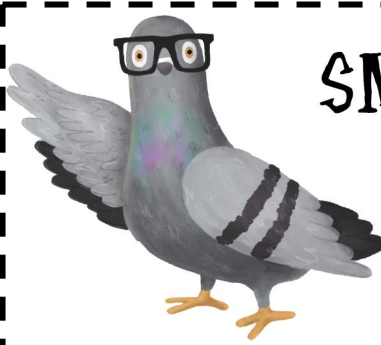




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**Tt**



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

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

**The** The

---

---

---

**This** This

---

---

---

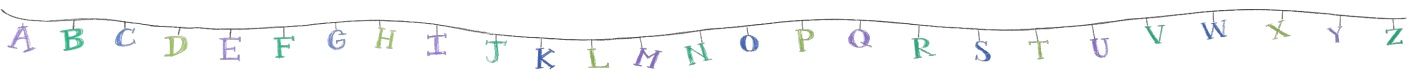
**They** They

---

---

---

Can you color in **the** number **two**?





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**SMED** uses **the** letter **T** to learn about parts of **the** body **to** make his brain healthy.

# Tt

**Tongue:** helps you **taste** your food



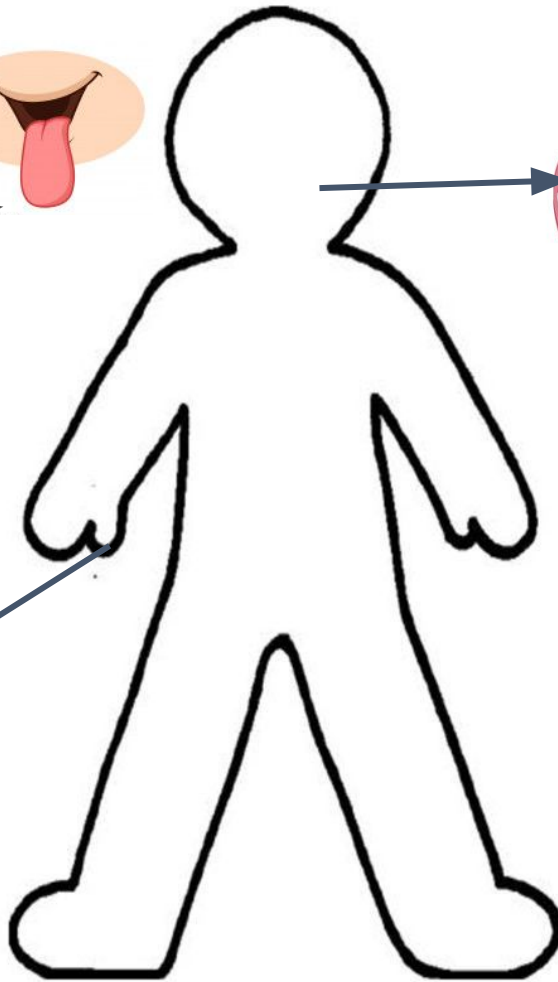
**Teeth:** always brush **two** **times** a day



**Thumb:** helps you hold **things**



**Toes:** give you balance and help you walk





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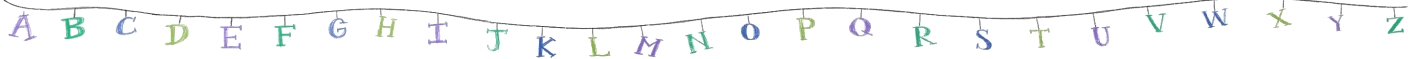
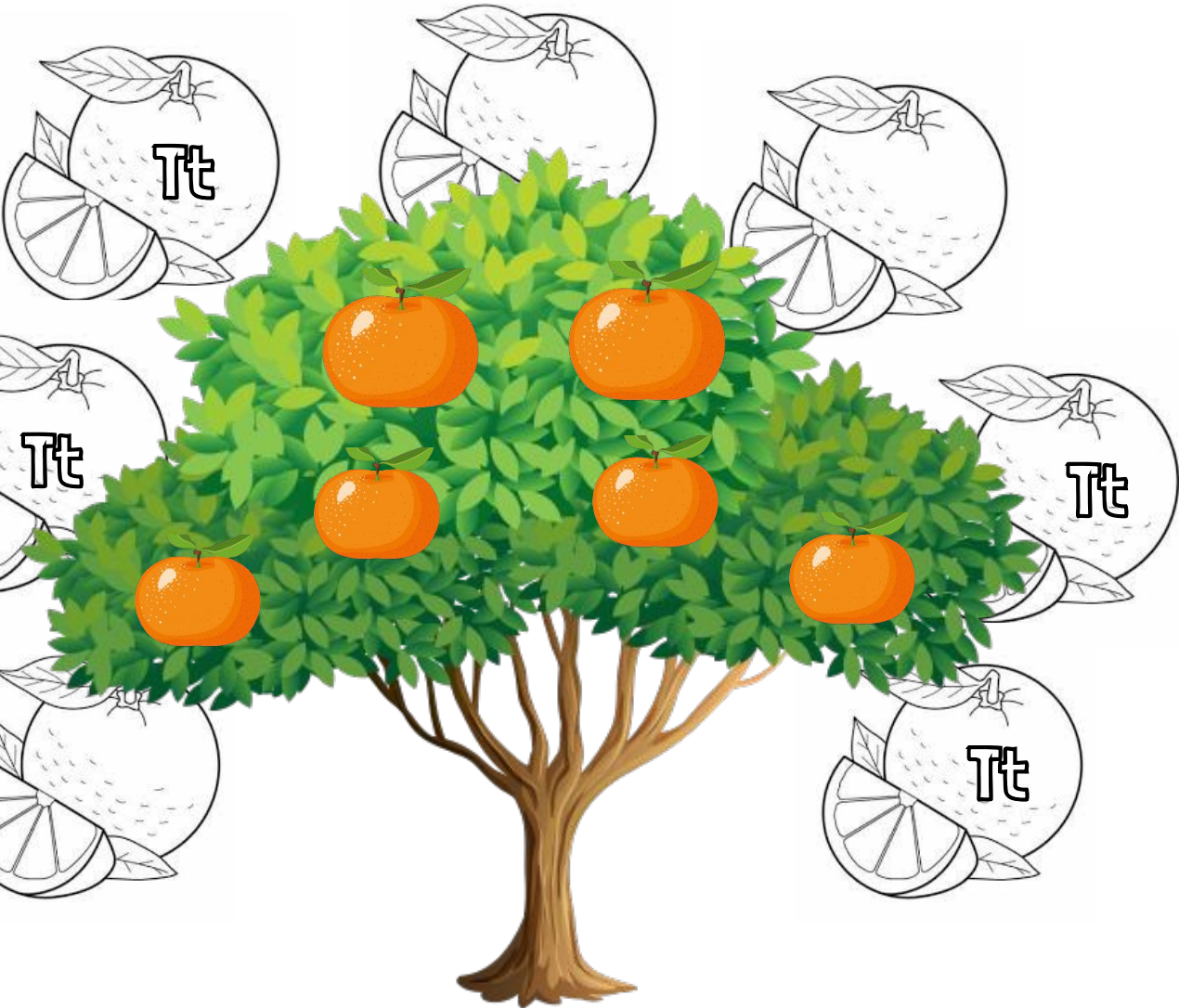


**BERRY** uses **the** letter **T** to be healthy by **tasting** fruits.



# Tt

Did you know **tangerines** are fruits **that** grow on **trees**? Can you color all of **the tangerines** orange with **the** letter **T** in **them**?



For more activities, visit [www.drphc.org](http://www.drphc.org)

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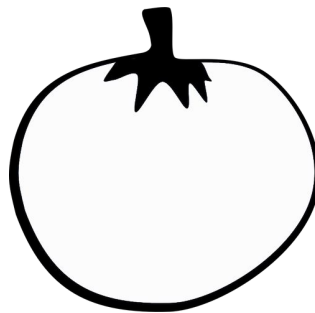
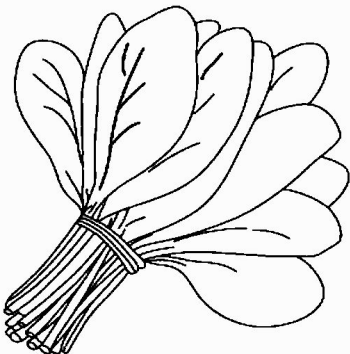
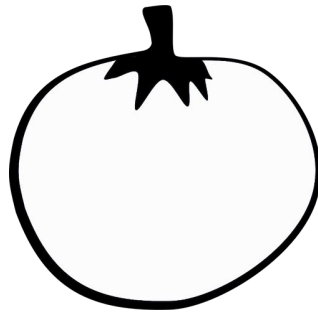
**BROC** uses **the** letter  
**T** to be healthy by  
**tasting** vegetables.



**Tt**

**Turnips** and **tomatoes** are very **tasty**.

Can you color **the** vegetables **that** make **the T**  
sound?





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O uses **the** letter **T** to be healthy by making a **tent**.

# Tt

Making a **tent** is fun when you go camping or even in your backyard.

Circle **the** items you will need for camping



**BINOCULARS**



**ICE SKATES**



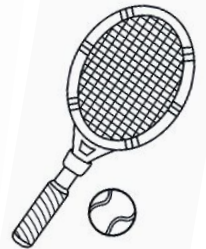
**BOOTS**



**FLASH LIGHT**



**IRON**



**TENNIS RACKET**



**TRAFFIC LIGHT**



**SLEEPING BAG**





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**Tt**



**AGUA** uses **the** letter **T** to be healthy by putting **tangerines** in his water.

Adding fruit **to** your water gives it a yummy **taste**.

Agua adds **tangerines** to his water to give it a new **taste**.



What fruit or vegetable would you like your water **to taste** like?

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

# Tt

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



## Trail Mix

### Ingredients:

- ½ cup mixed nuts,



- ¼ cup unsweetened coconut flakes

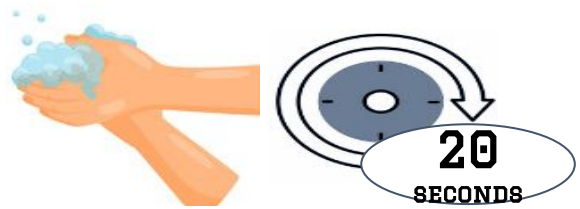


- ¼ cup raisins



### Instructions:

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



2. Mix all together in a jar.



3. Enjoy!

**Caution:** Choking warning. Do not give nuts to children less than 4 years of age.

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

# Tt

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



## Tomato Avocado Cups

### Ingredients:

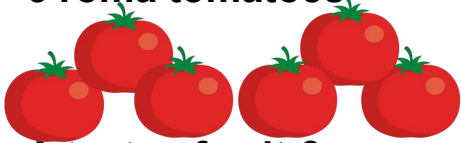
- ½ avocado, mashed



- ½ cup plain greek yogurt



- 6 roma tomatoes

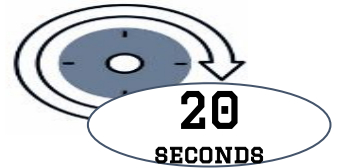


- A taste of salt & pepper



### Instructions:

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



2. Safely slice the tomato in ½ and take a spoon to scoop out some space in each half



3. Mash avocado and mix with greek yogurt & seasonings



4. Take a spoonful of the mash and add to each tomato



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

# Tt

Traffic lights tell you when to go, slow down, and stop.

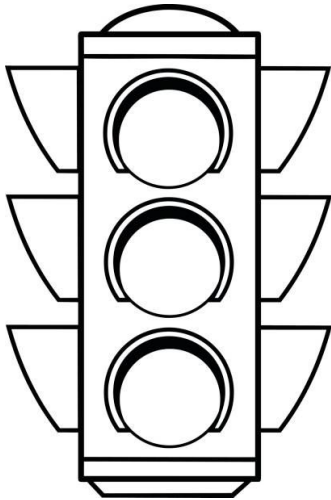


**WARNER** also uses the letter **T** to be healthy by following traffic laws.

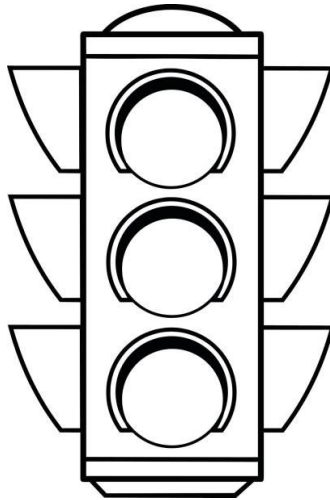


Can you color in the traffic lights to match the signal?

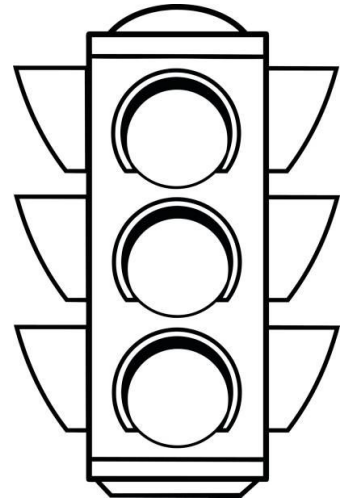
**Stop**



**Go**



**Slow**





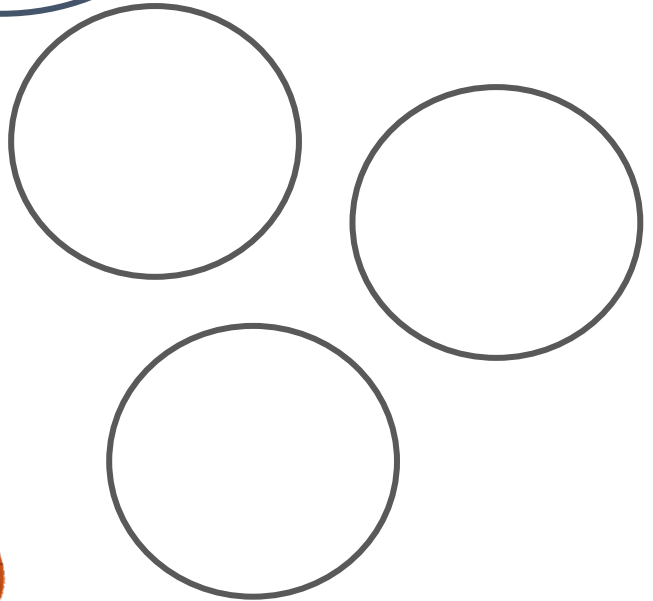
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**Sport** uses **the** letter **T** to be active by doing activities **that** start with **the** letter "T".

# Tt

Cut out each picture **that** starts with **the** letter **T** then glue onto **the** circles.



Tennis



Tomato



Bananas



Two





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Being Healthy from A to Z

**Sport** uses the letter **T** to be healthy by playing head, shoulders, knees, and **toes**.

**Tt**



Can you do **ten toe touches** to warm up for a game of head, shoulders, knees and **toes**?



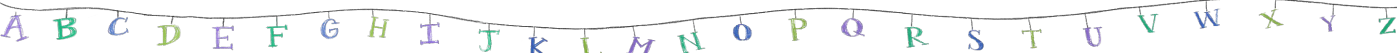
3, 2, 1... **GO!**

HEAD

SHOULDERS

KNEES

AND  
TOES





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**Tt**



To close your eyes **tight**?



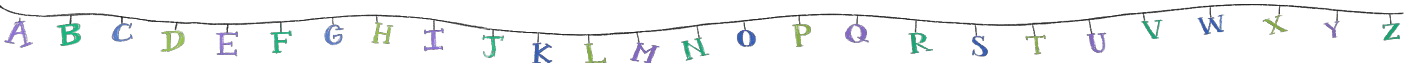
**Z** uses **the** letter **T** to be healthy by **taking time** to clear her **thoughts** and be **thankful**.

Can you **try**:

**2**

And **take two** deep breaths **to** clear your minds?

Can you draw what you are **thankful** for?





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Pathy uses **the**  
letter **T** to be healthy  
by being **thankful**.

# Tt

She likes sending **thank you** cards **to** her friends and family.



Show  
people you  
are **thankful**  
by sending  
**them** a card



TO: \_\_\_\_\_

**THANK YOU!**

\_\_\_\_\_

\_\_\_\_\_

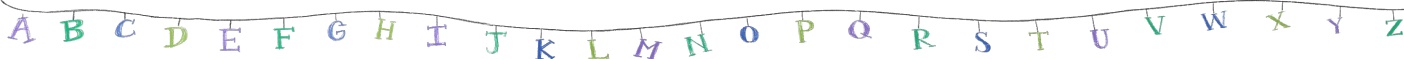
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



FROM: \_\_\_\_\_



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# Tt

Can you draw a picture  
how you're going to  
use **the letter T** to be  
more healthy?



2

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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