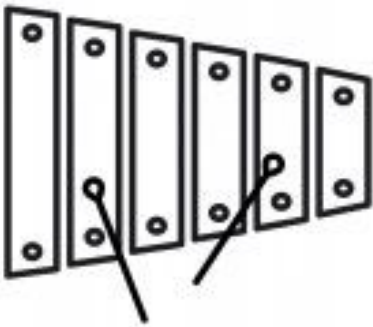
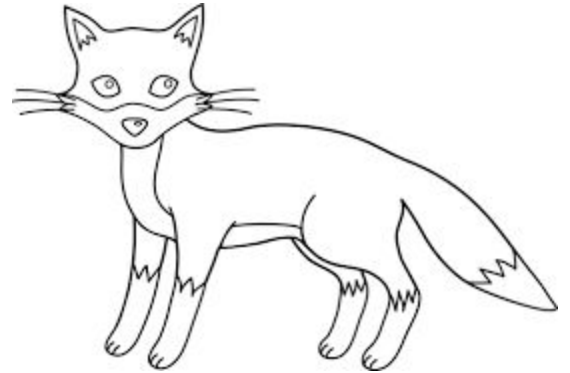




Using the letter



XYLOPHONE

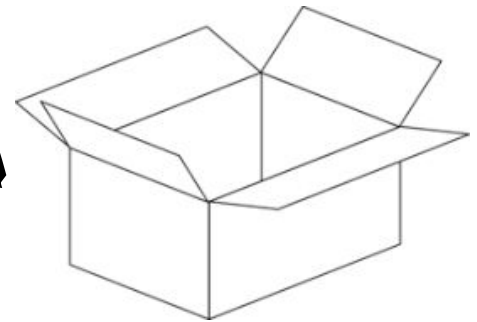


FOX

Xx



XC



BOX

to be more healthy





Xx



SMED

uses the letter **X** to be healthy by learning words that have the letter **X**.

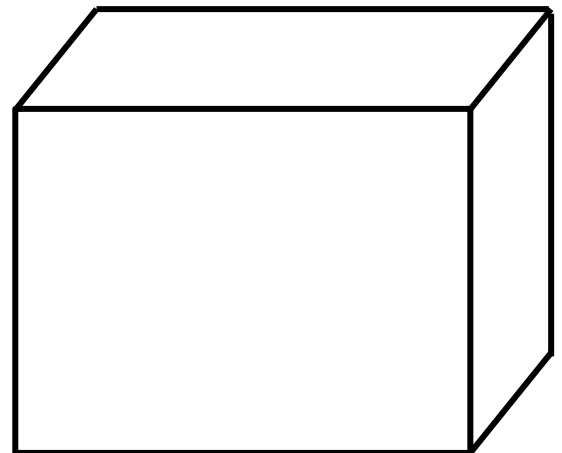
Trace and write these words three times each.

Fox Fox

Box Box

Ox Ox

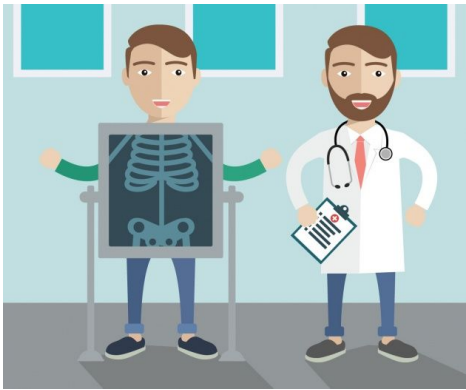
Can you decorate this **box**?



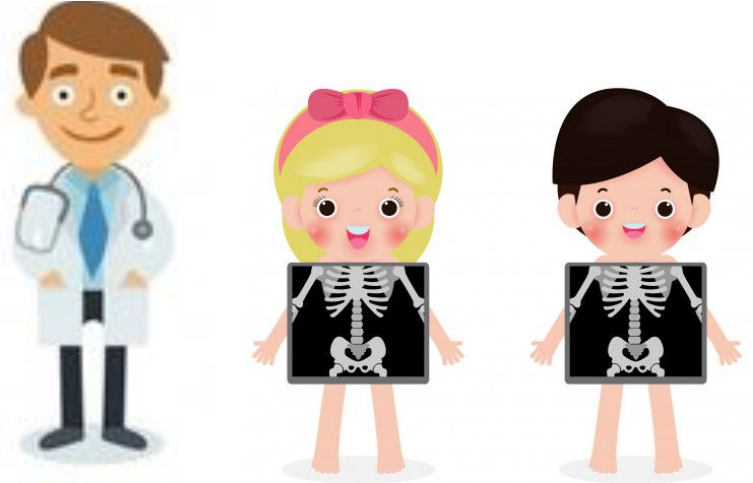


Xx

X-rays help take pictures of what is inside things.

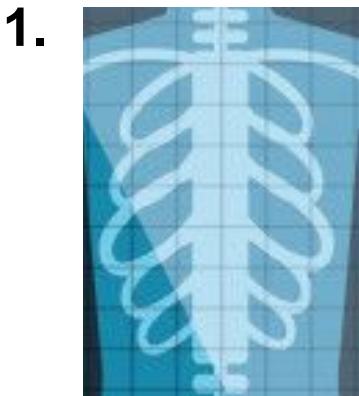


SMED
uses the letter **X** to be healthy by learning about **X-Rays**!



Doctors use **X-rays** to see what hurts inside your body.

Which body part is the **X-ray** is showing?







1. Ribs
2. Hand
3. Arm





Xx

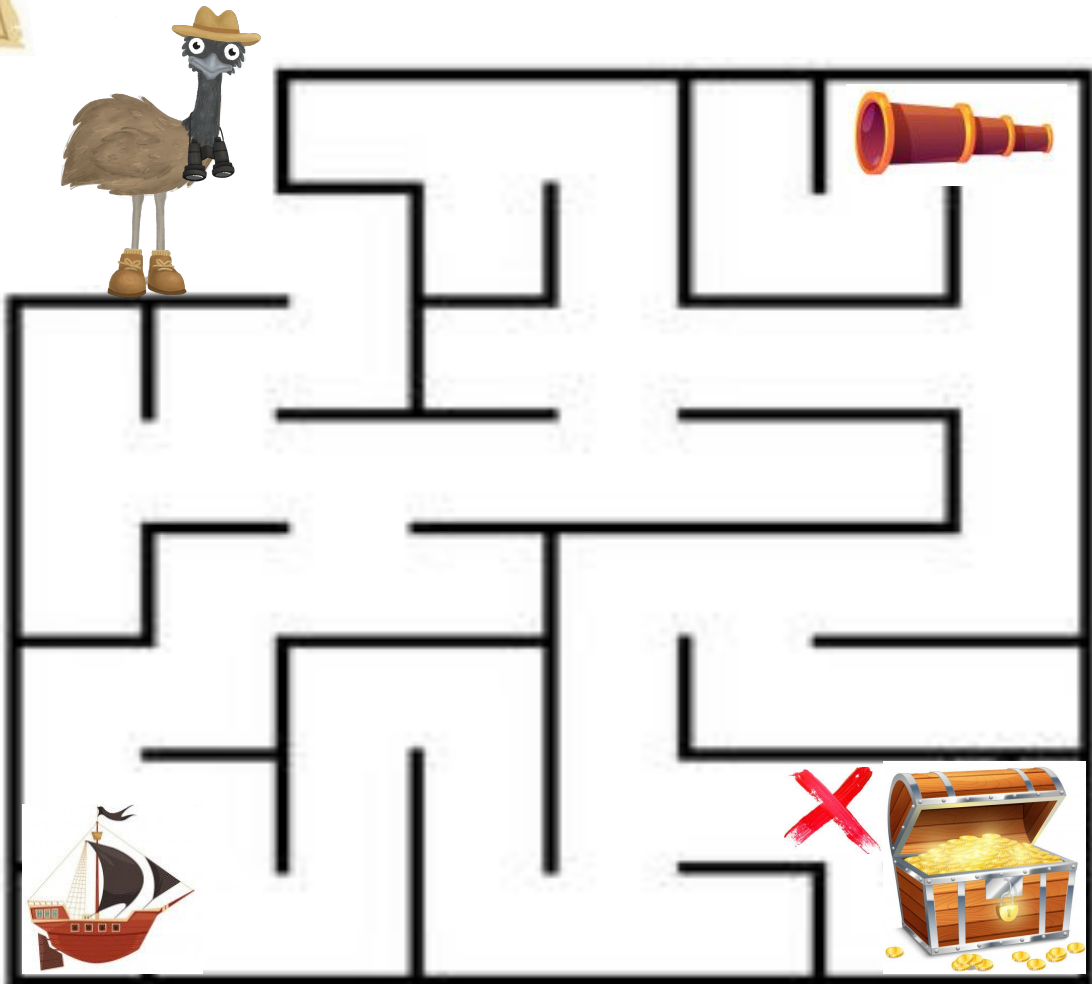


O uses the letter **X** to be healthy by going on treasure hunts outside.

When doing a treasure hunt, it's important to use a map to find the treasure! Always remember that **X MARKS THE SPOT!**




Can you help **O** get to his treasure?



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



Xx

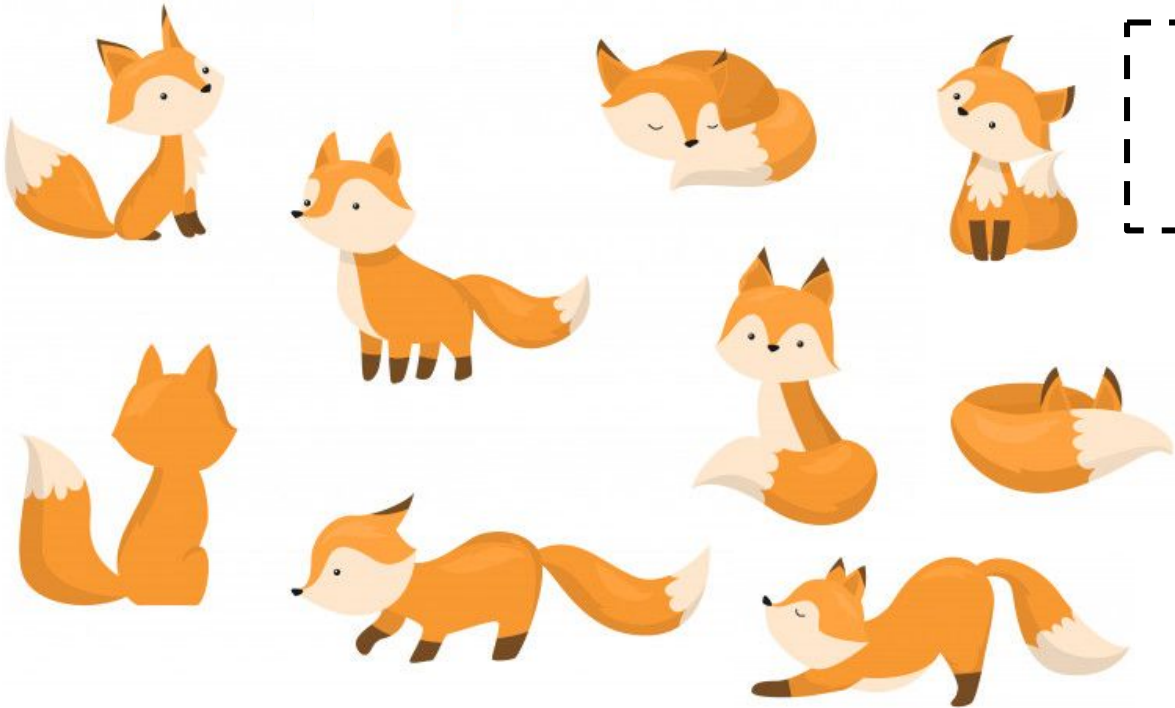


O uses the letter **X** to be healthy by learning about animals that have “**X**” in their name.



Foxes are a lot like cats! They both have whiskers on their face, and foxes can be pets!

How many foxes are there?
Circle your favorite!



Answer:

Answer: 9





Xx

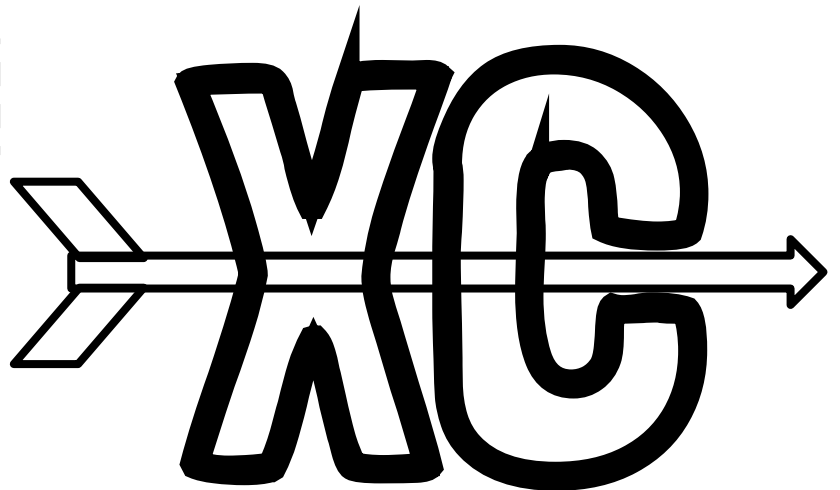


X-country is really called cross-country, which is when you run for several miles all at once!




The nickname for **X-country** is **XC**!

Color in this **XC** logo!

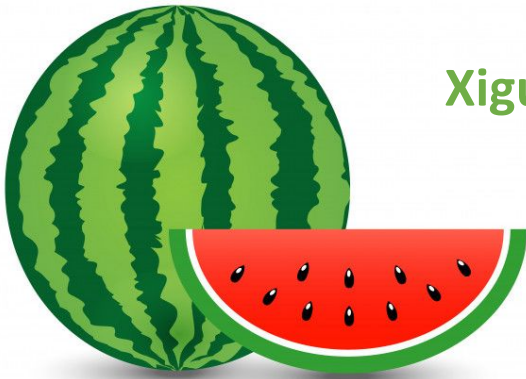




Xx



BERRY uses the letter **X** to be healthy by eating **xigua**.



Xigua is the Chinese word for watermelon!

You say **xigua** as “zig-wa”.

Can you add the **xigua**?



+



=

8



+

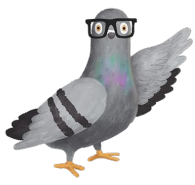


=

10



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



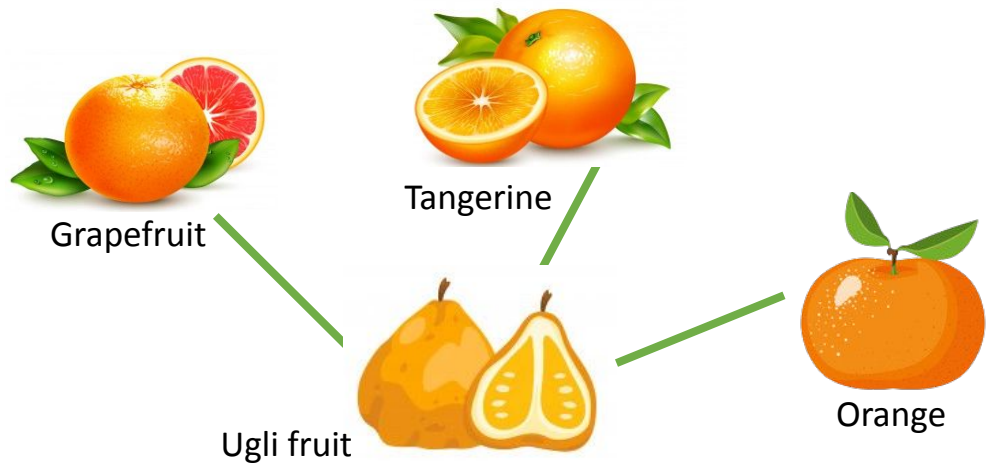
Xx



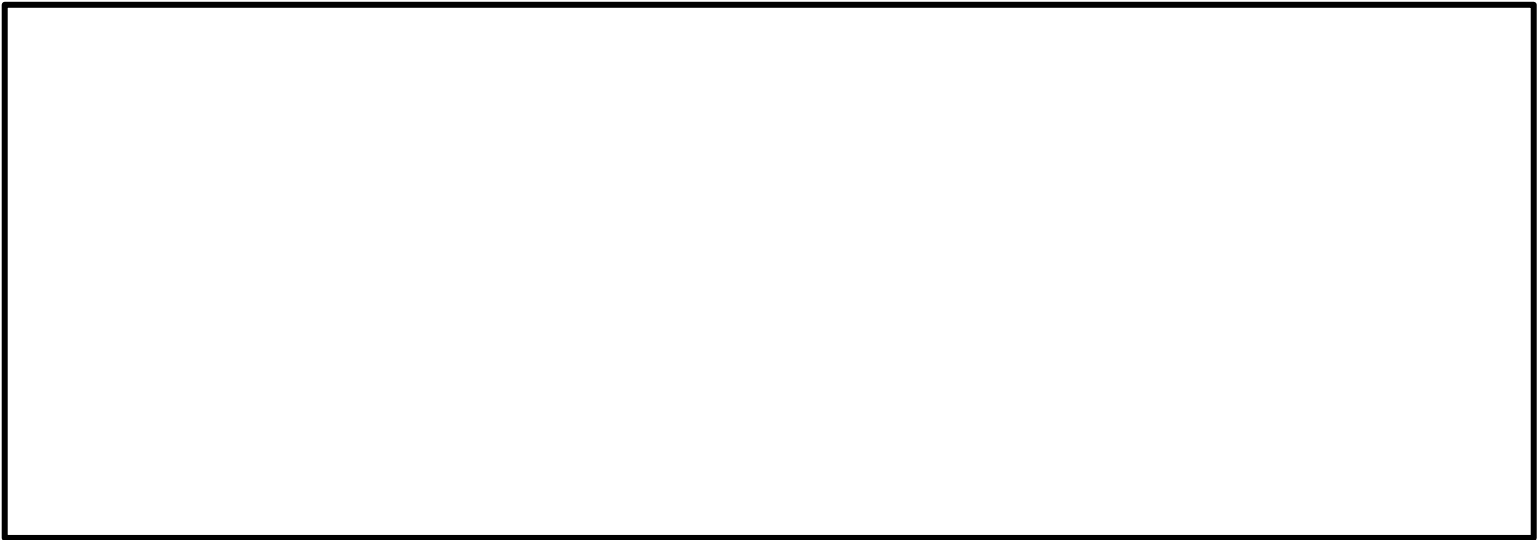
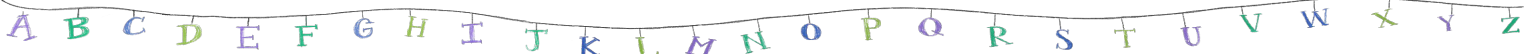
BERRY wants to teach you about how farmers use the letter **X** to be healthy by **X-breeding** fruits!

Farmers combine different fruits together to make new fruits!

One example of this is the ugli fruit! It is a **X** between grapefruit, orange, and tangerine!



Can you **X** two fruits and draw what it would look like?
What would you name it?



Spoon has a delicious recipe that starts with the letter **X**!

Xx

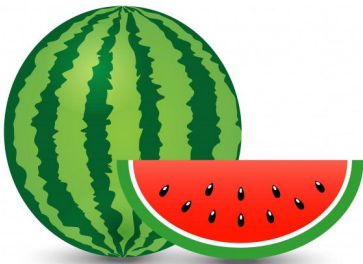


Xigua popsicles



Ingredients:

- Xigua (watermelon)



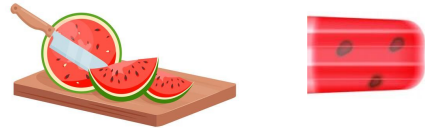
Instructions:

Adult Supervision Required

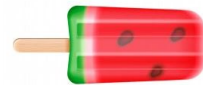
1. Wash hands with soap and water



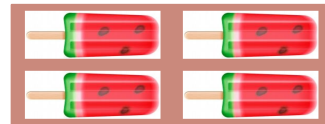
2. Slice the watermelon into thick rectangles (or any shape!)



3. Insert a popsicle stick into one side of the watermelon piece



4. Arrange all watermelon pieces with popsicle sticks onto a tray



5. Place tray of watermelon pieces into freezer. Let sit for 2-3 hours, or until fully frozen.



6. Enjoy!





Xx



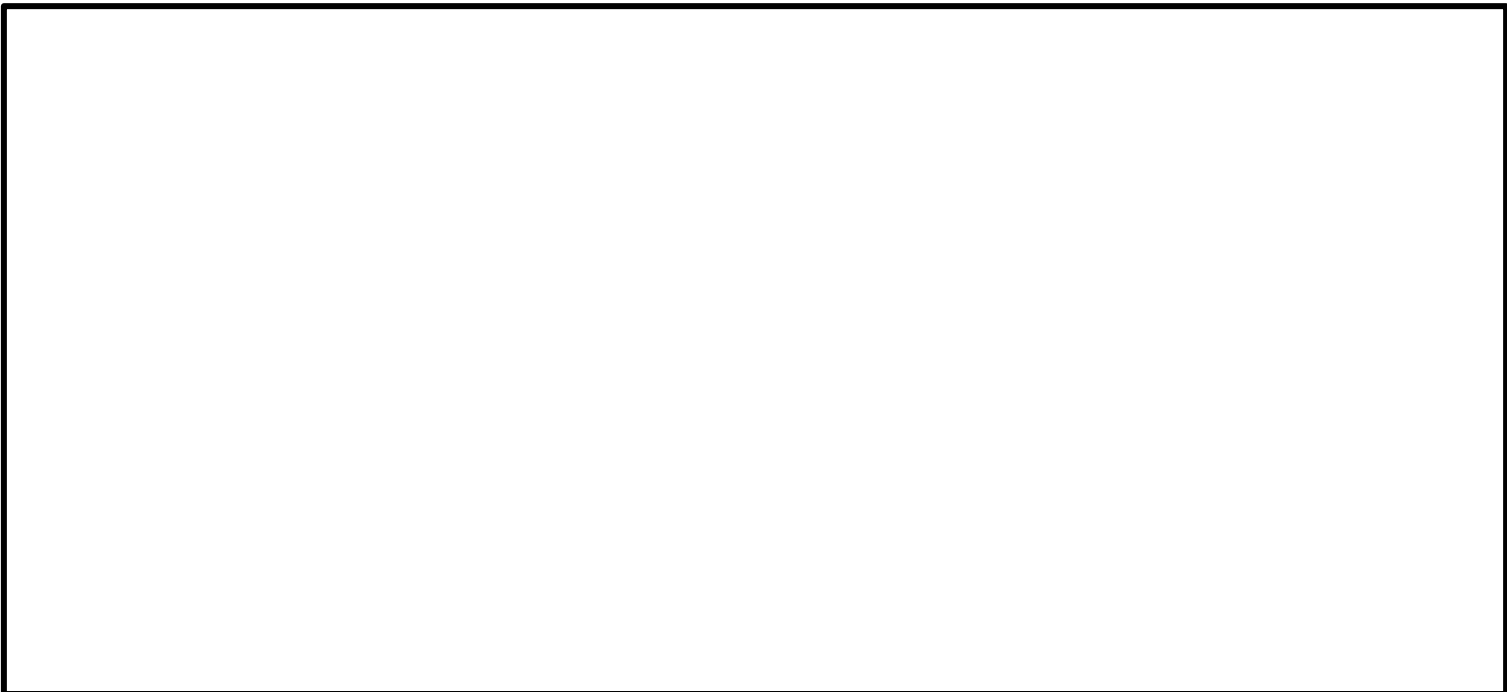
BROC
uses the letter **X** to be healthy by eating veggies that he makes **X**-shaped!



Broc loves to eat his veggies in a fun way by shaping them like an **X**!



Can you draw a picture of carrots in an **X**?





Xx



WARNER

uses the letter **X** to be healthy by making sure he knows where **exit** signs are wherever he goes!

Use your eyes to look for the “**EXIT**” signs. If there is an emergency you will know where to go.



Circle all the different types of “**EXIT**” signs.




HINT: it's all of them! There's lots of different types of “**EXIT**” signs.





Xx



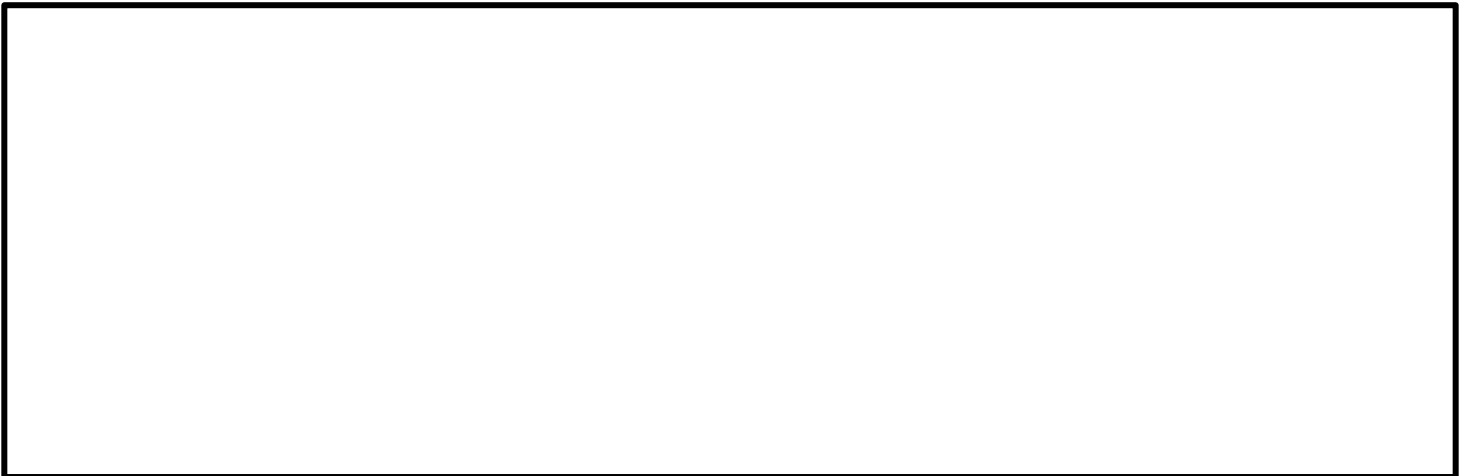
WARNER
uses the letter **X** to be safe
by knowing about the
X-ray machines at
airports!

X-rays help take pictures of
what is inside things.

They are used for security! Airports
use **X-rays** to check what is inside
your bags.



Draw what the X-ray sees in your bag!





Xx



AGUA

uses the letter **X** to be healthy by watching the water sports on **X** Games!

The **X** Games is an event that's made of lots of different sports competitions. There are Winter **X** Games and Summer **X** games.



Wakeboarding



Windsurfing



Skiing



Snowboarding

Skiing and snowboarding are considered water sports because snow is frozen water!

Circle which X Games water sport you like!





AGUA

uses the letter **X** to be healthy by learning about the **X-ray** Tetra fish!

Xx



This fish is called the “**X-ray** Tetra Fish” because you can see its bones through its skin!

X-ray Tetra Fish

Color in all uppercase and lowercase letter X!

A word search puzzle containing the following letters in circles: s, x, b, x, h, x, a, E, x, a, w, z, n, O, z, w, x, R, g, z, q, r, X, h, x, R, o, i, t, X, x, o, v, s, x, s, M, R, X, s, i, O, y, E, b, J, h, w, z, s, o, R, x, u, X, z, X, o, a, X, W.

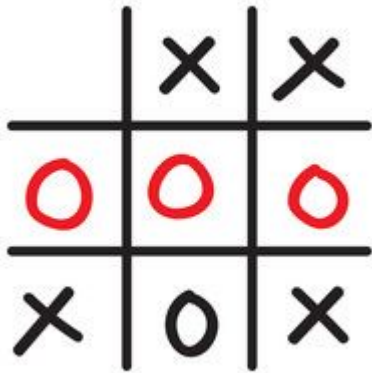




Xx



Pathy
uses the letter **X** to
be healthy by using
X's and O's.



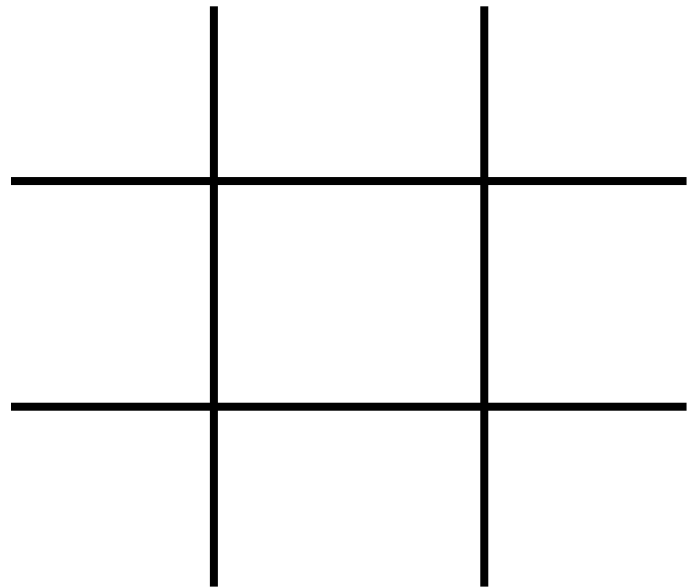
You can use **X's** and O's to play Tic Tac Toe with your friends!

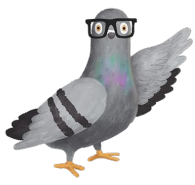
You can also use **X's** and O's when writing letters to show people you care about them!

X's mean "kisses" and O's mean "hugs"!



Play Tic Tac Toe with someone, using **X's** and O's!





Xx



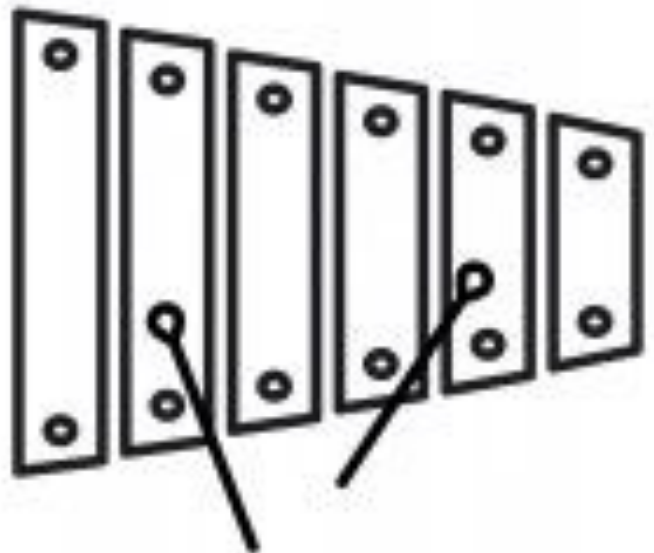
Z uses the letter **X**
to be healthy by
playing the
xylophone.

The **xylophone** is a musical instrument that is considered to be percussion, like drums and bongos.

This means that a **xylophone** only has noise come out when it's hit with something.



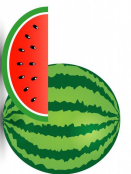
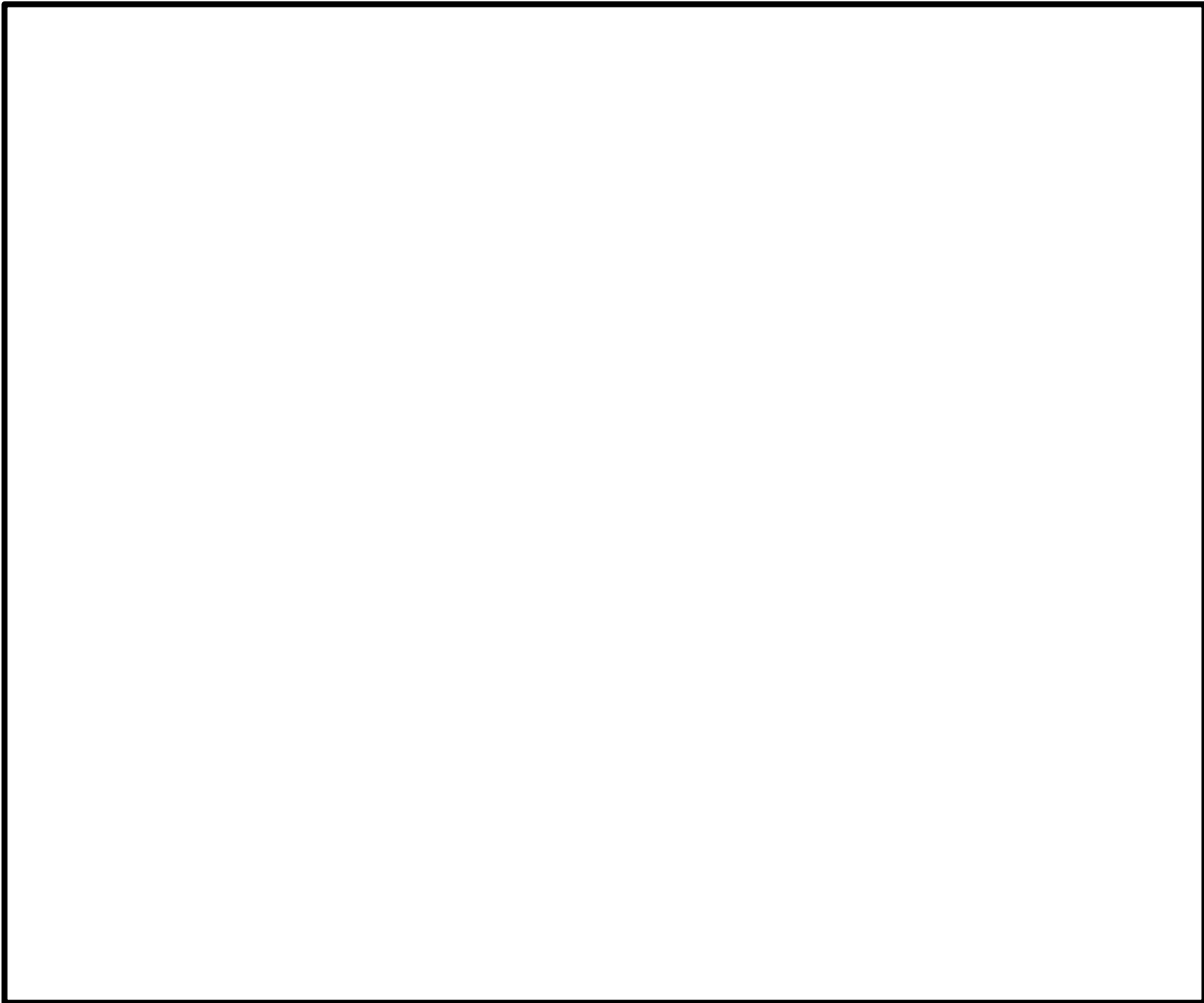
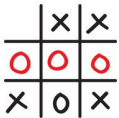
Color in this
Xylophone!



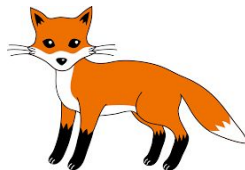


Xx

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



X♥X♥



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



Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2N Identify a variety of healthy snacks.
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1N Select nutritious snacks
- 7.3N Choose healthy foods in a variety of settings.
- 1.4G Identify trusted adults who promote healthy growth and development (e. Nurses, dentists, and optometrists).
- 1.2S Identify emergency situations.
- 4.2M Cooperate and share with others.
- 7.2M Describe positive ways to show care, consideration, and concern for others
- 3.1P Identify health care workers who can help promote healthy practices.

