



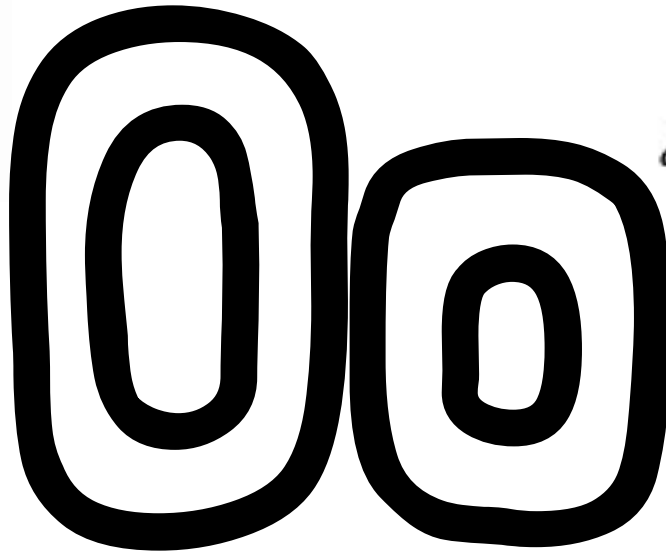
# Using the letter



**ONION**



**OTTER**



**OWL**



**OKRA**

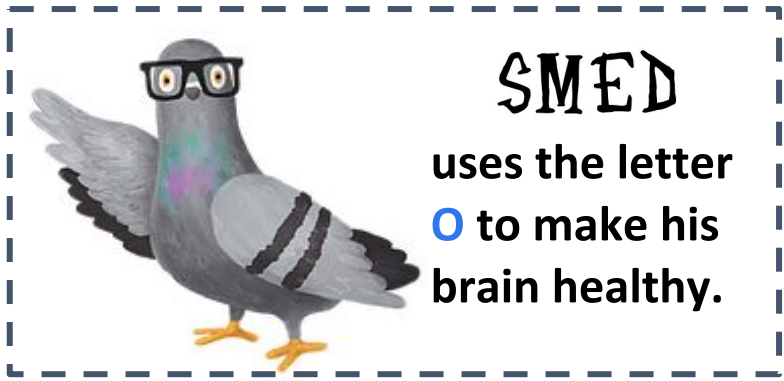
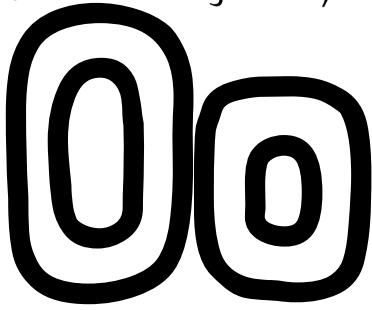
# to be more healthy





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**SMED**

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

Trace and write these words three times.

One One

\_\_\_\_\_

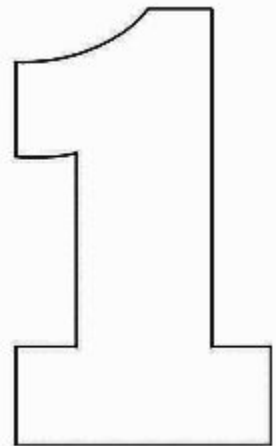
Of Of

\_\_\_\_\_

On On

\_\_\_\_\_

Decorate the number **one**.





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# SMED

also uses the letter **O** to be healthy by identifying trust adults.

# Oo

There are trusted adults that start with the letter **O**:

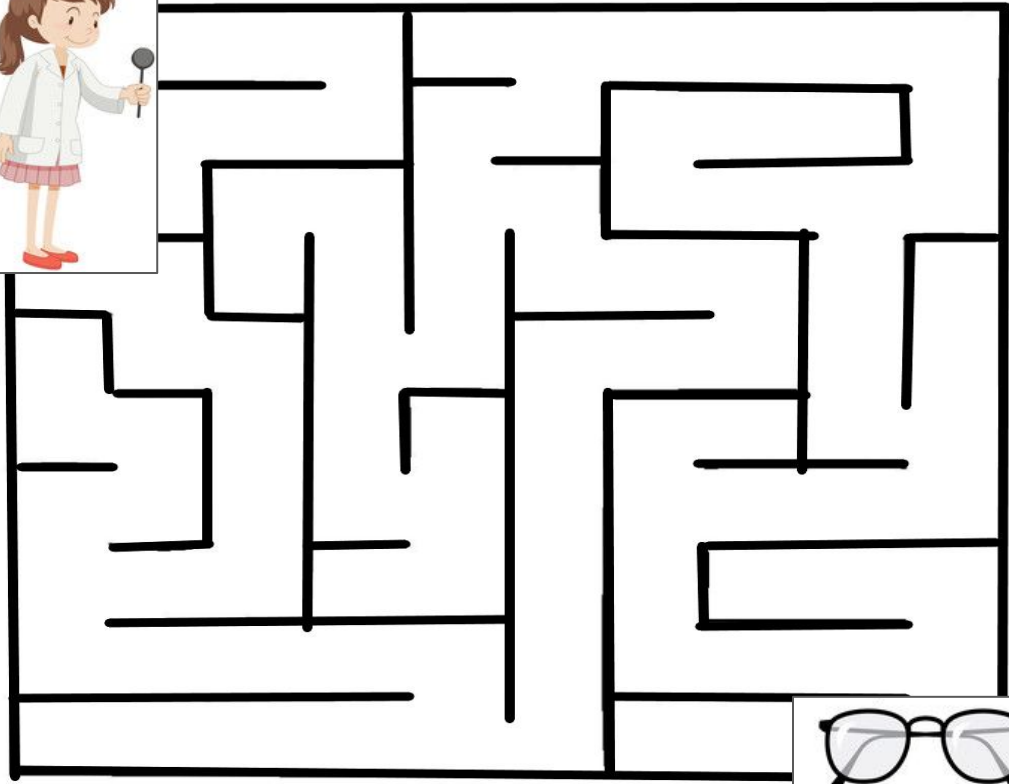


**OPTOMETRISTS** help you care for eyes and give you glasses.

**OPHTHALMOLOGISTS** are medical doctors that specialize in the eyes.



Can you help the **optometrist** find her glasses?



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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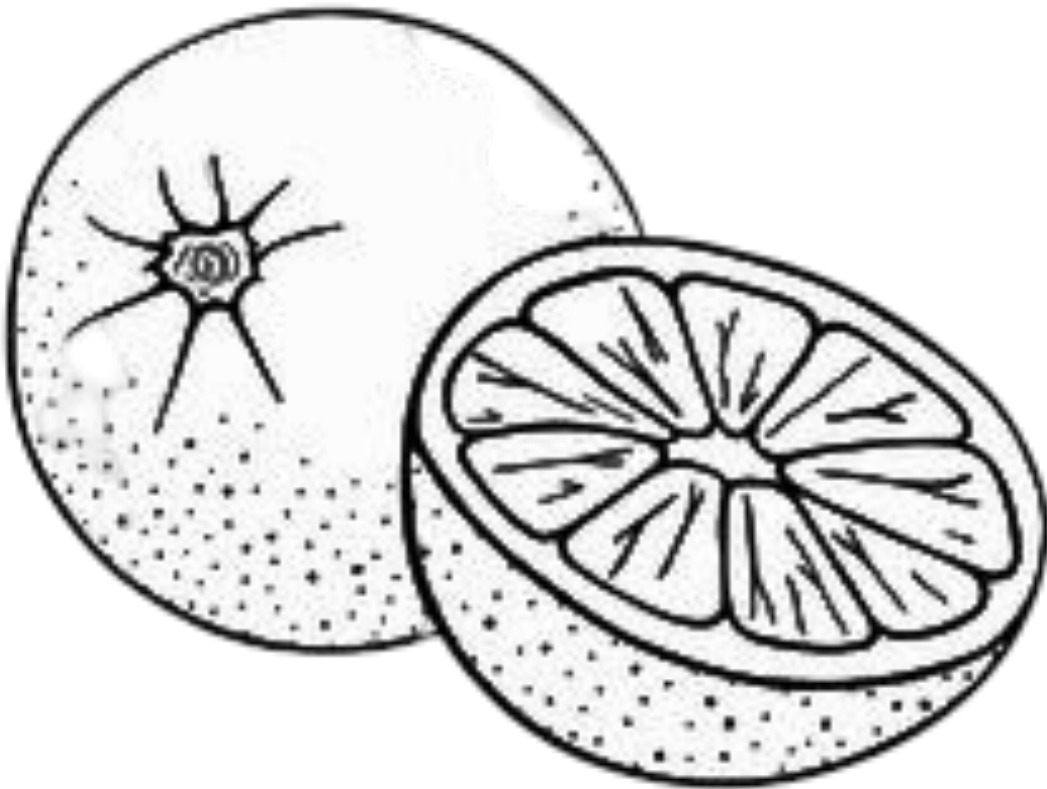
**BERRY** uses the letter **O** to be healthy by eating this fruit.



**Oo**

**Oranges** have lots of vitamin C which keeps your body extra healthy.

Count and color the number of orange slices.



Answer: 9



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# BROC

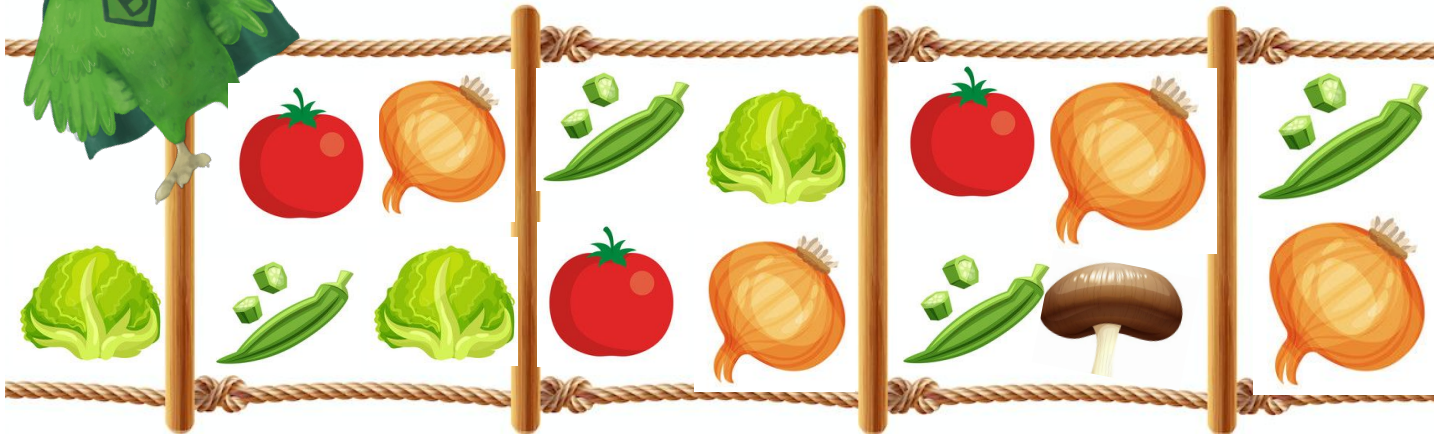
uses the letter **O** to be healthy by eating these veggies.

# Oo



**ONIONS** are healthy for your belly and **OKRA** is healthy for your eyes.

Help Broc cross the bridge **only** stepping **on** vegetables that start with **O**.



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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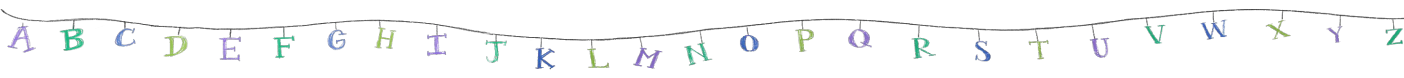
Oo



**Sport** uses the letter **O** to be healthy by doing these activities.



An **obstacle** course is made up of many different activities.



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# Oo



**O** uses the letter **O** to be healthy by going **outdoors**.

During his morning walk, **O** saw many animals who start with **O**.

Match the animal to their name.

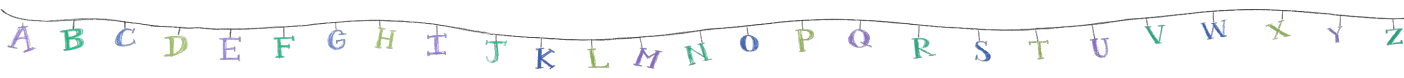
Owl



Ostrich



Otter



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



# O O

## OVERNIGHT OATS

### INGREDIENTS:

- 1 cup oats



- 1 cup almond milk



- 1 tsp cinnamon



- ½ cup fruits (fresh or frozen) of your choice

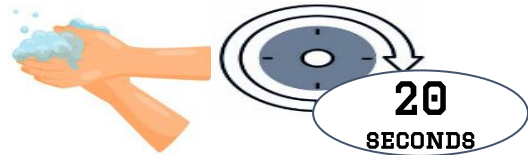


- ⅓ cup chopped walnuts



### INSTRUCTIONS:

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



2. Mix oats & milk together; Add to the bottom layer of a jar.



3. Add fruits, cinnamon & nuts on top.



4. Mix and seal; Let sit for a couple hours in the fridge.



5. Enjoy chilled.







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**WARNER** uses the letter **O** to be healthy by being safe.

# Oo



**CAUTION:** Be careful when around the **oven**.



Always make sure the **oven** is **off** when it is not being used.

Never use the **oven** without adult supervision.

Put an 'X' on items that you should **NOT** touch when using the **oven** without adult permission. Circle items you **CAN** touch.



Hot pots and pans



Oven Mit



Knives



Plates



Cups



Boiling Teapot

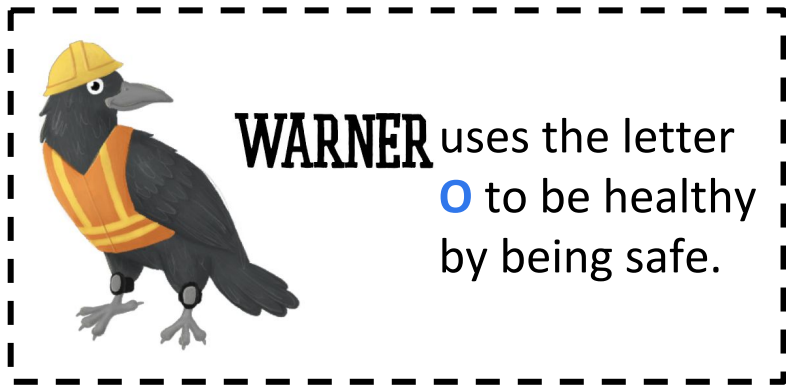




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Oo



**WARNER** uses the letter  
O to be healthy  
by being safe.

**Outdoor** play should  
be supervised by a  
trusted adult.



Never play **outdoors**  
alone. It is easy to get  
hurt when there are  
no adults around.





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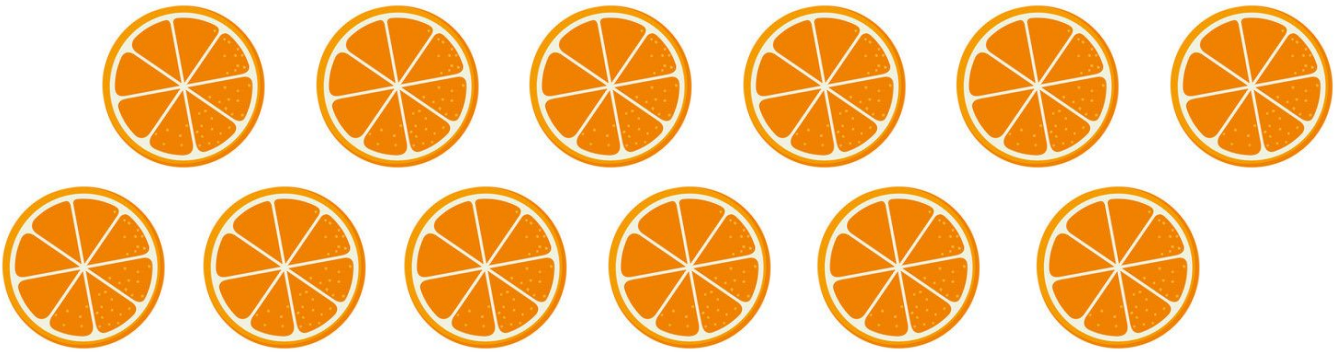
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**AGUA** uses the letter **O** to be healthy by drinking water.

# O O

Agua loves to drink **orange** infused water. **Oranges** give water a yummy, natural taste.



1) Count the **oranges**. # \_\_\_\_\_



2) Count the **water cups**. # \_\_\_\_\_

1) Answer: 12 oranges 2) Answer: 8 cups



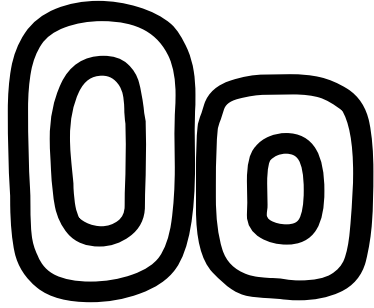
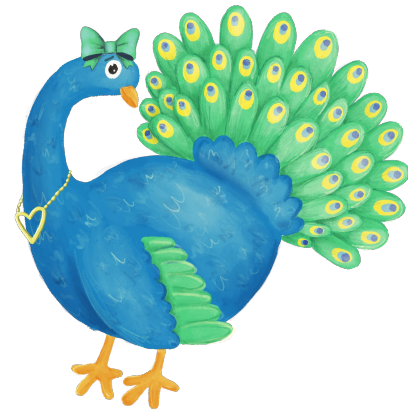


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Pathy

uses the letter  
**O** to be  
healthy by  
**opening** up  
about her  
feelings.



You can **open** up about your feelings by:

1. Finding someone you trust to talk to

2. Finding some fun activities to help you feel better



How are you feeling today? How do you like to **open** up?

---

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Oo



Z uses the letter **O** to be healthy by doing some relaxing activities.

Z likes to go **outside** to relax by:

Going **on** walks.



Playing **on** the playground at the park.



Draw what you can do **outside** to relax:





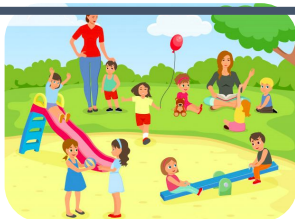
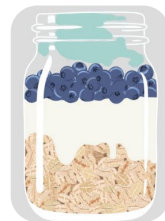
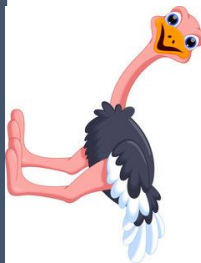


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# Oo

Can you draw a picture of how you can use the letter **O** 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

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