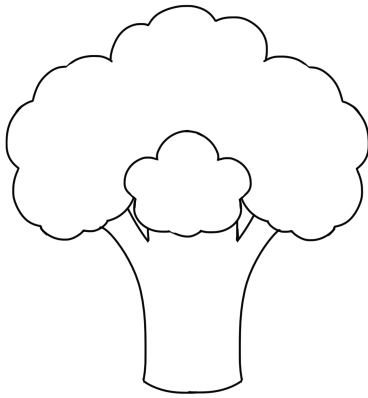


Using the letter

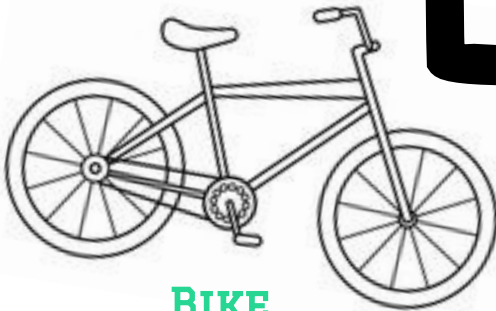


BROCCOLI

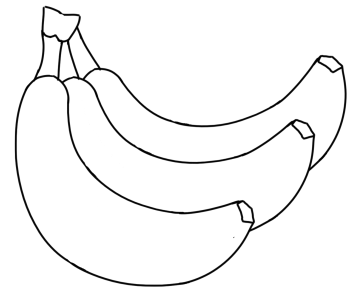


BALL

Bb

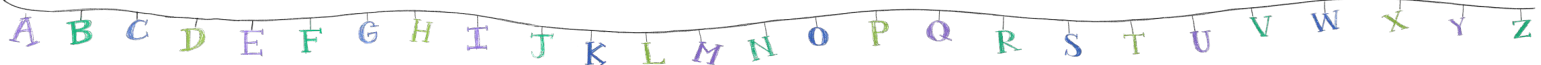


BIKE




BANANAS

to be more healthy



Bb



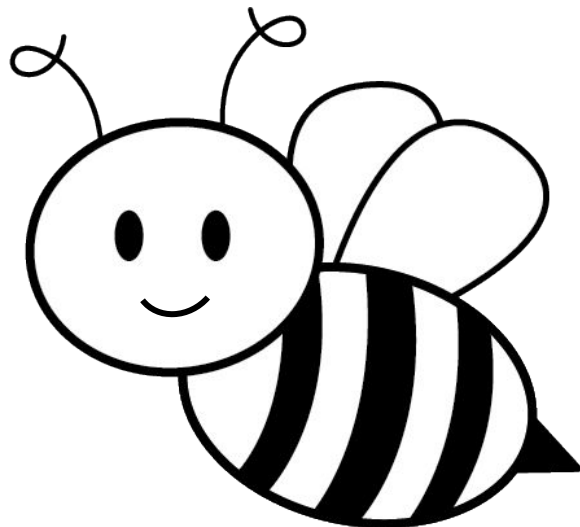
SMED
uses the letter **B**
to make his **brain**
healthy **by**
learning words
that start with **B**.

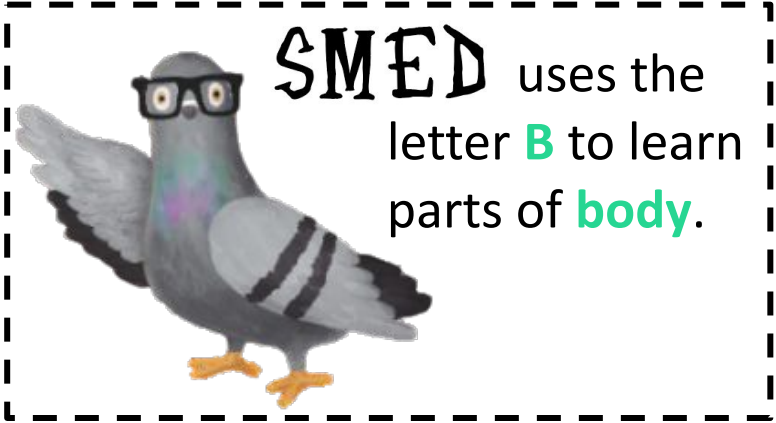
Trace and write these words two times each.

By By _____

Be Be _____

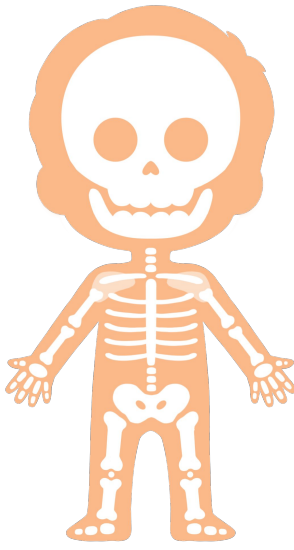
Color in the **bee**.



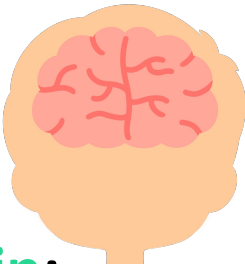
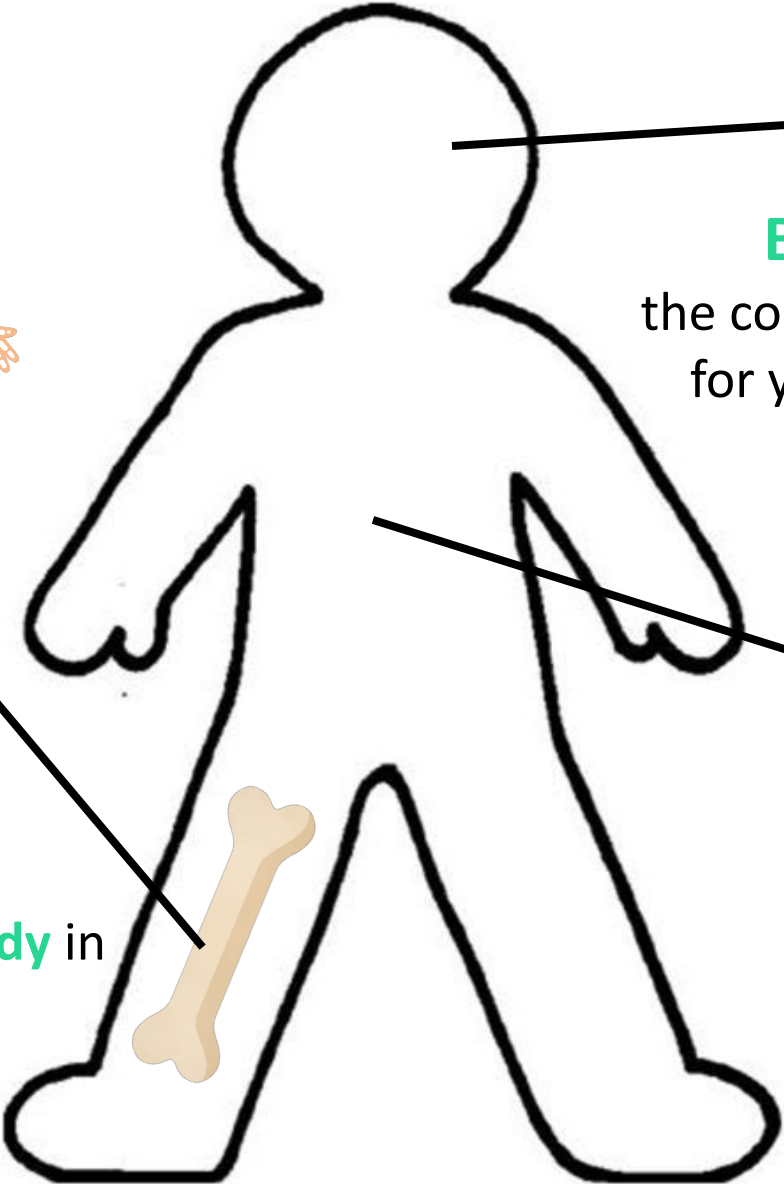


Bb

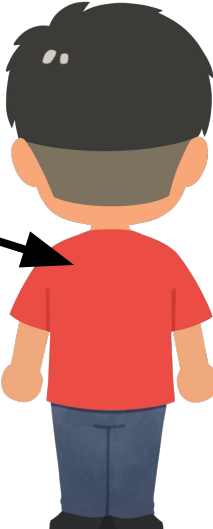
The letter **B** is the first letter of many parts of your **body**.



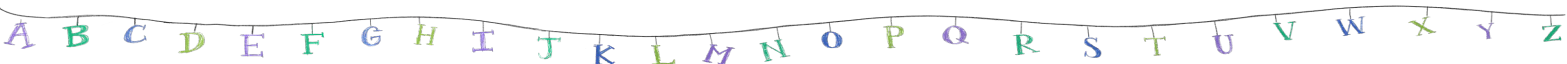
Bones:
hold your **body** in place



Brain:
the control center for your **body**



Back:
supports your arms and legs



Bb

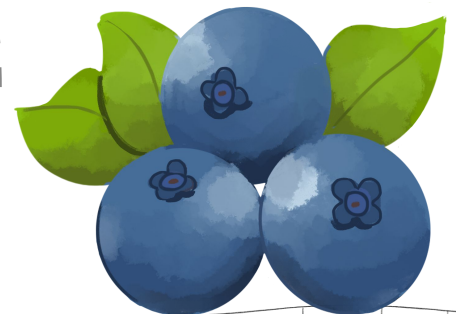


Can you match the fruits?

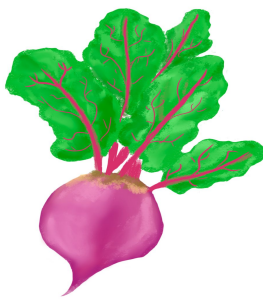
Blueberries

Bananas

Blackberries



Bb



Beets

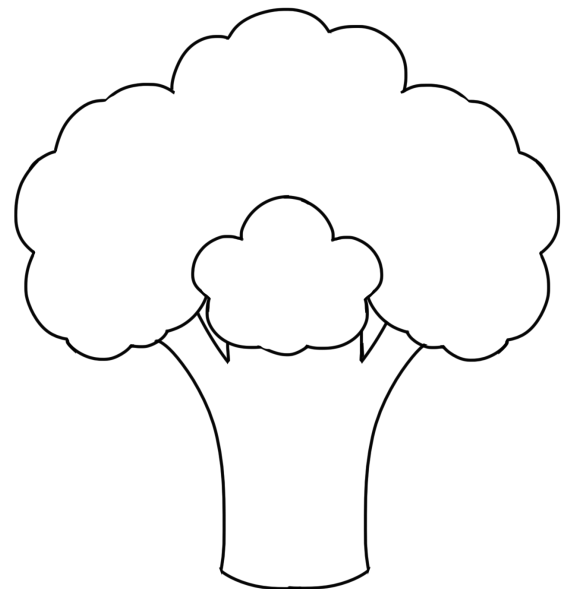
Beets help your blood move easier through your body.



Broccoli

Broccoli boosts your brain to keep it healthy.

Color in the broccoli.



Bb



O uses the letter **B** to **be** healthy **by** learning about animals in the outdoors.



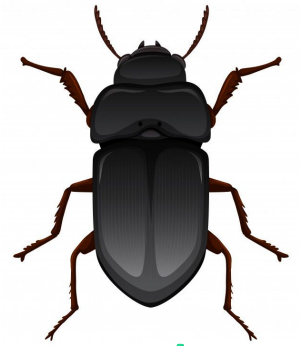
Bees



Butterflies

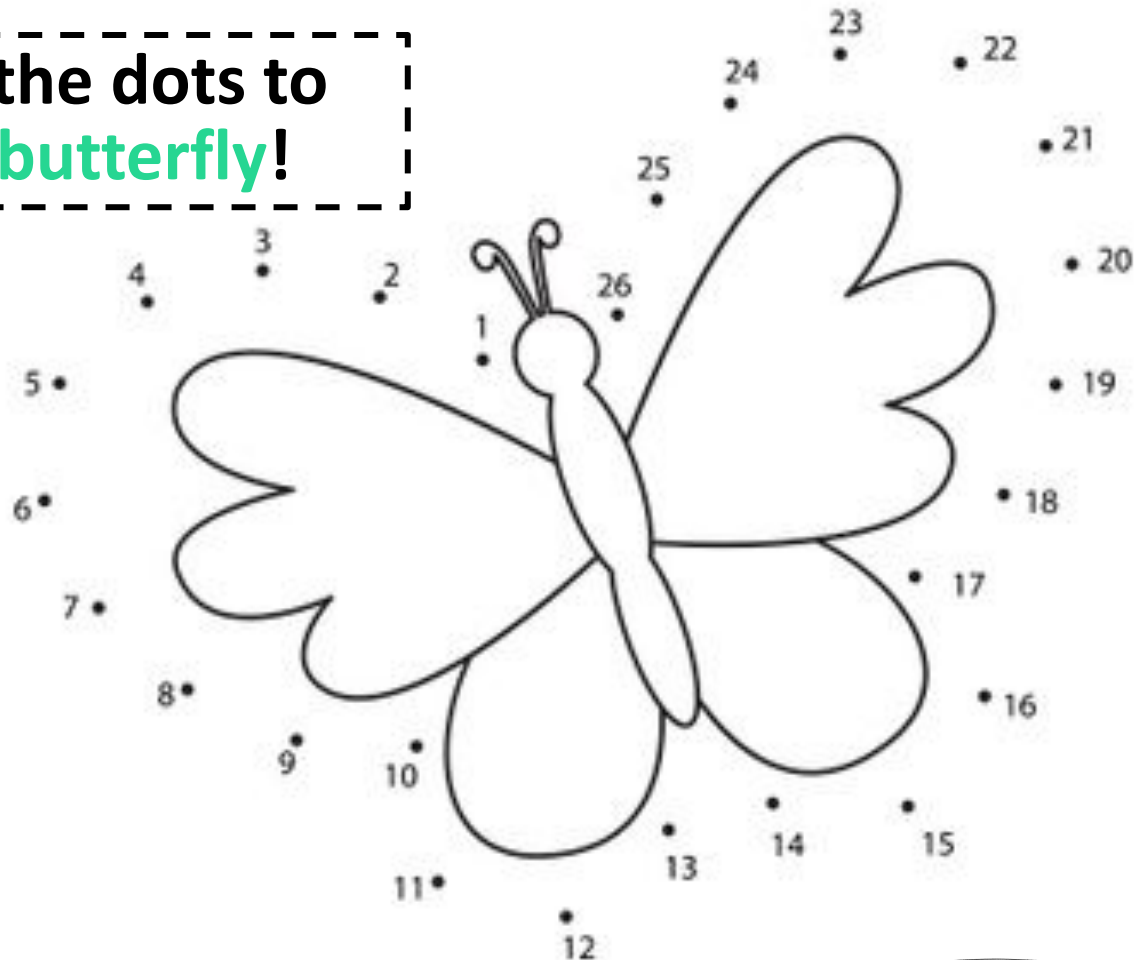


Birds



Beetles

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





Pathy uses the letter **B** to **be** healthy **by** making a "**bored box**".

Bb

A **bored box** is filled with fun items to keep you and your **brain busy**!



Building Blocks



Books



Balls



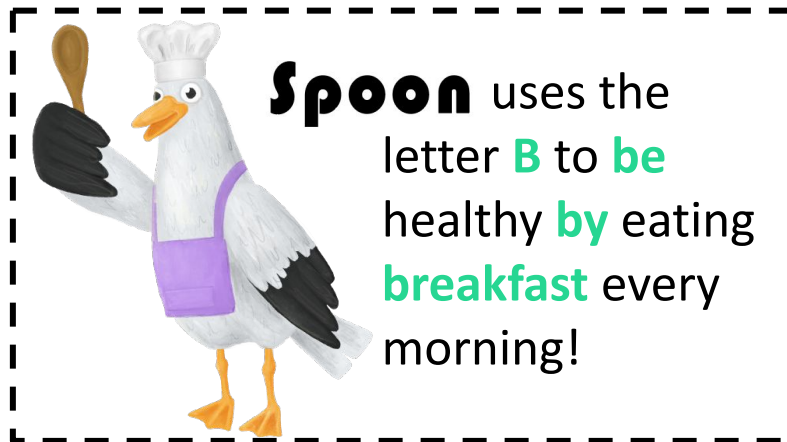
Balloons



Bubbles

Can you make a **Bored Box** today?

Bb



Breakfast is the most important meal of the day!

Breakfast gives your **brain** a **boost**.

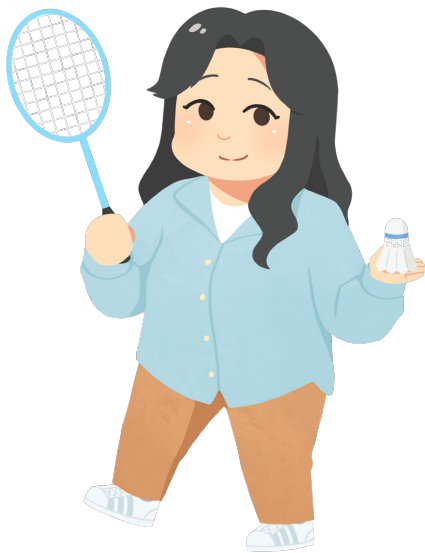
Circle which healthy **breakfast** you want to eat!



Bb



Sport uses the letter **B** to **be** healthy **by** doing activities that start with "**B**"!



Badminton



Ballet



Bowling

Circle which activity you'd like to do!



Playing **ball**

Butterfly Legs

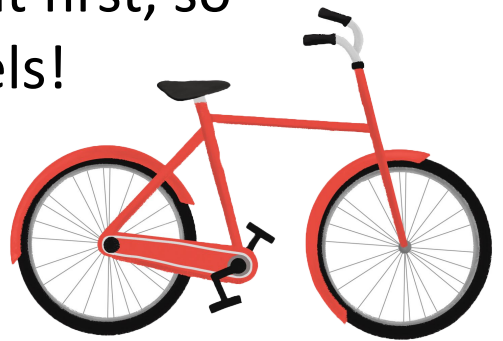
1. Sit on the floor with the bottom of one foot touching the other
2. Flap legs up and down to look like the motion of the wings of a butterfly

Bb

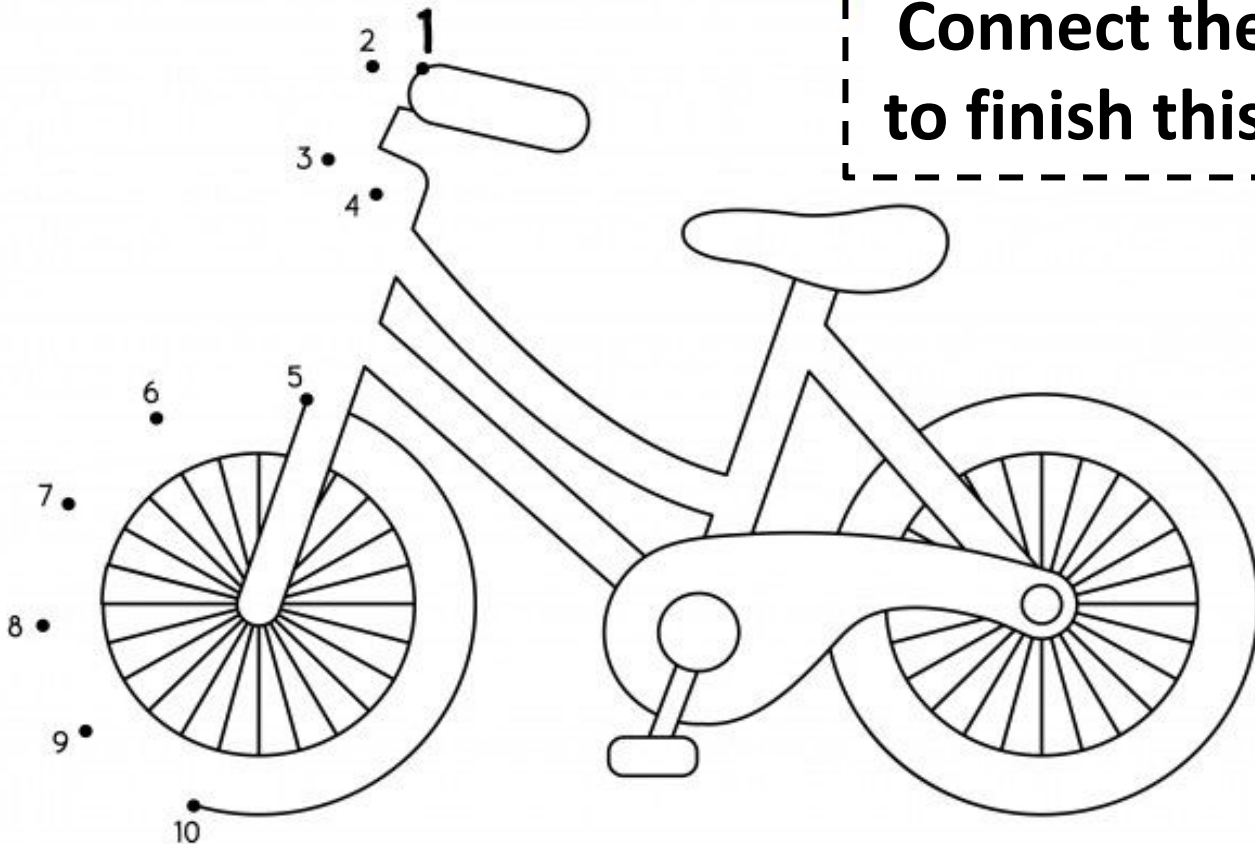


Sport uses the
letter **B** to **be**
healthy **by** riding a
bike!

It can **be** tricky to ride a **bike** at first, so
start with training wheels!

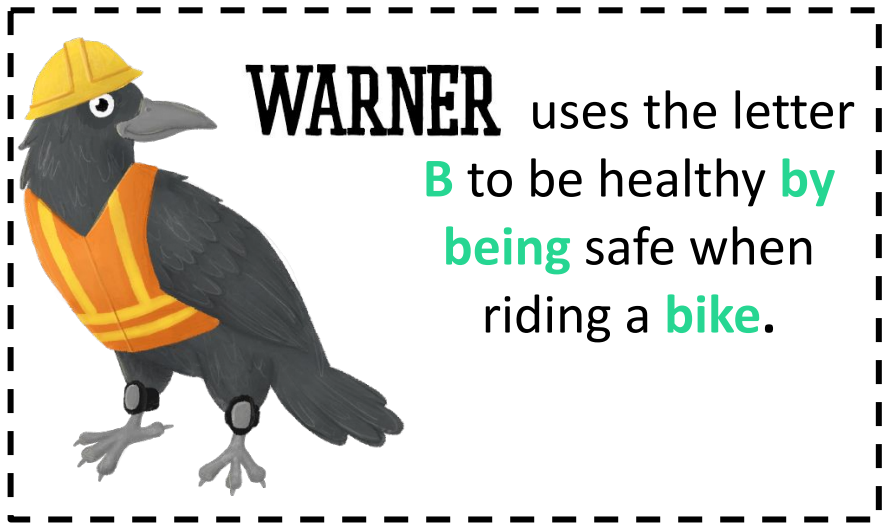


Connect the dots
to finish this **bike!**



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

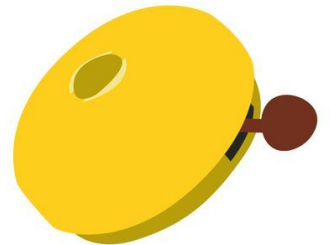
Bb



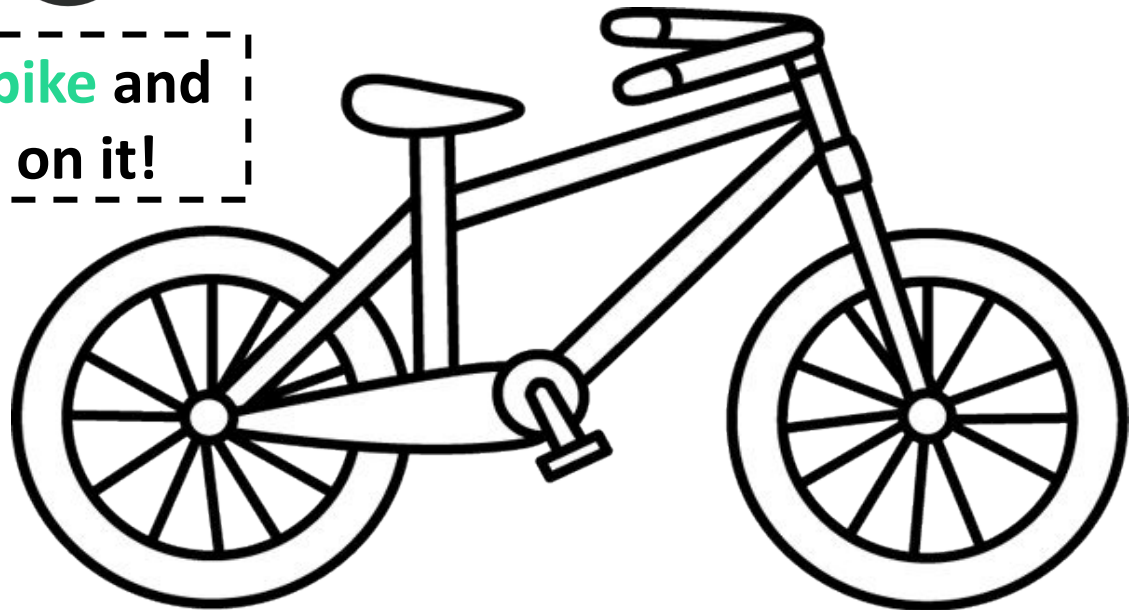
Bike with a helmet on to protect your **brain**.



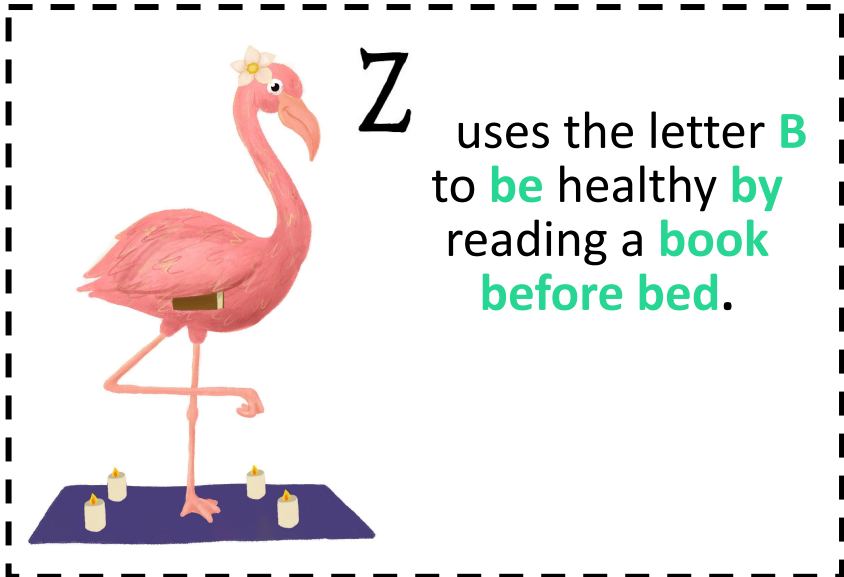
Also, put a **bell** on your **bike** to help others **be** aware that you're nearby.



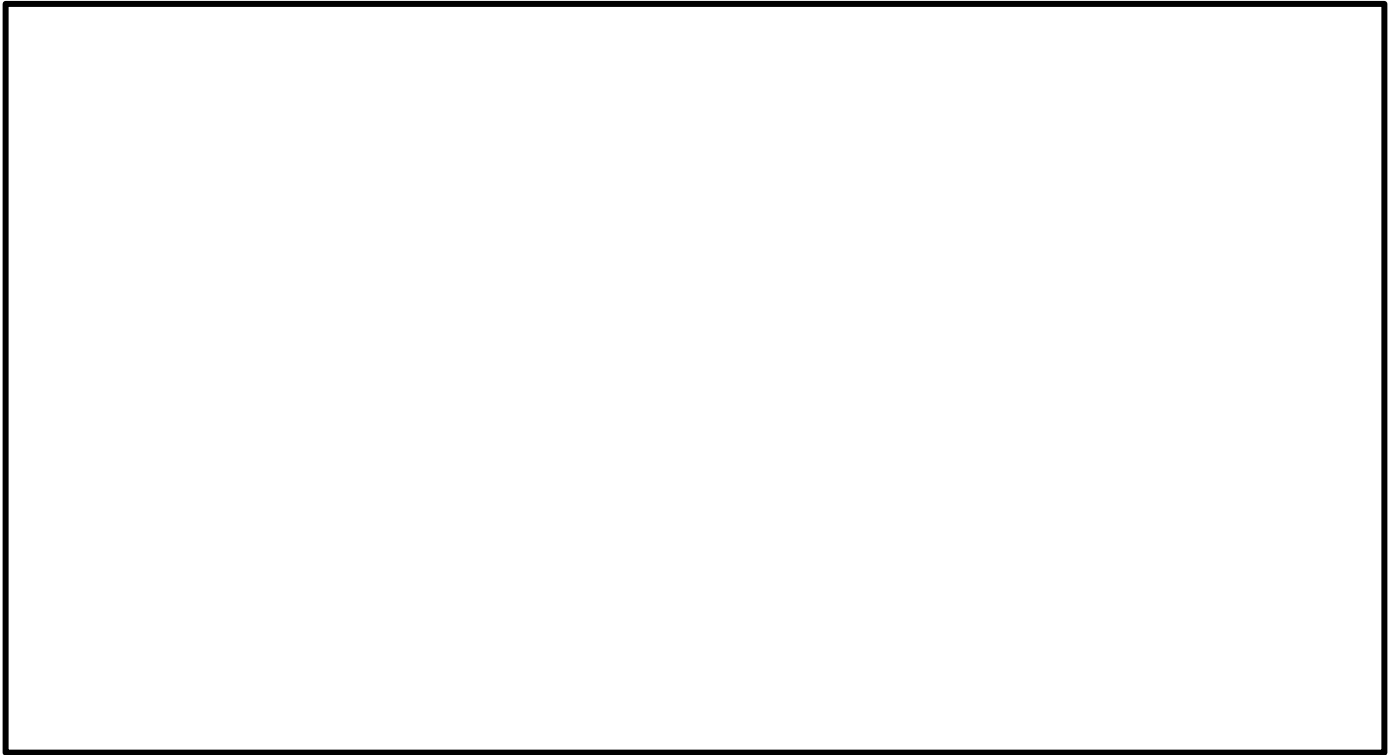
Color in this **bike** and draw a **bell** on it!



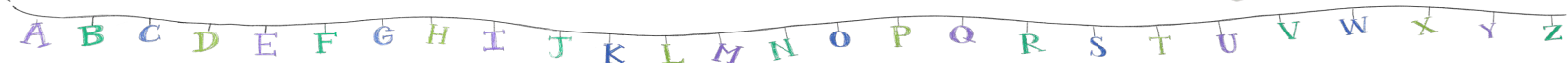
Bb



Draw a picture of your favorite bedtime book.



Take a few deep breaths to help you relax.



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

Bb



Bb

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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.4.N Recognize the importance of a healthy breakfast.
- 7.2.N Plan a nutritious breakfast.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.