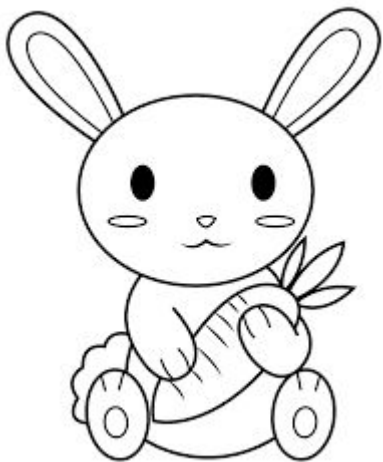




Using the letter



RABBIT



RAIN COAT

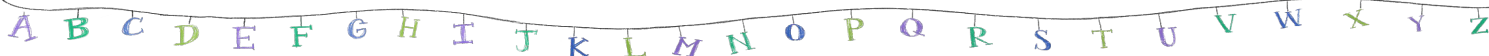


RASPBERRY



RADISH

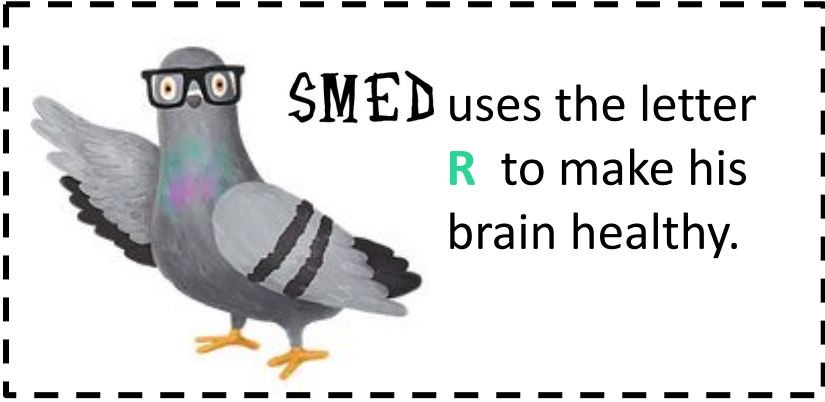
to be more healthy





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SMED uses the letter **R** to make his brain healthy.

Rr

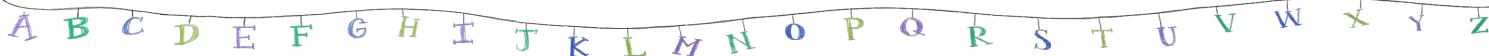
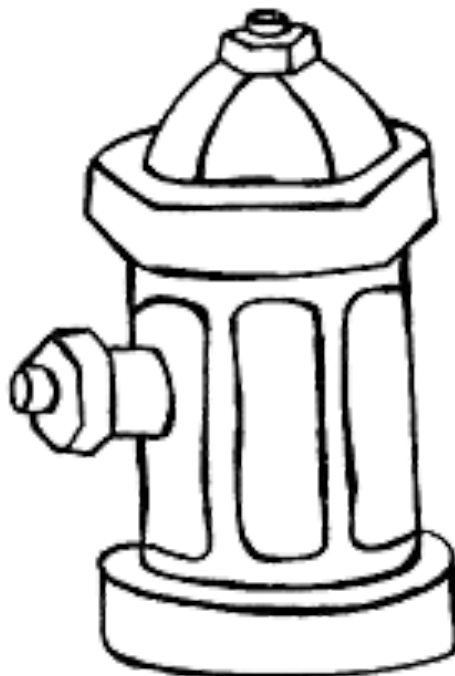
Trace and then write these words 3 times.

Run Run

Ride Ride

Red Red

Color this fire hydrant **red**.



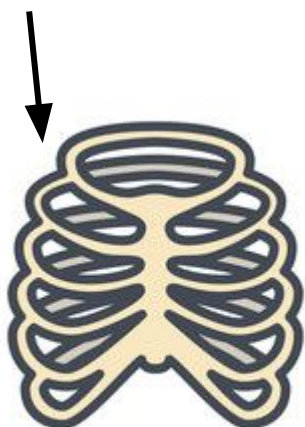


SMED 'S Science Lesson:
Anatomy with the
Letter **R**!

Rr

The letter **R** is the first letter in these body parts:

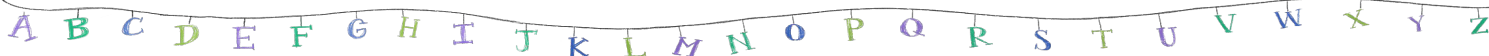
Ribs/rib cage:
Help protect the
heart and lungs.



Ring finger:
the finger next to your
pinky



Can you wiggle your **ring** finger?





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Being Healthy from A to Z



BERRY uses the letter **R** to be healthy by **reaching** for the healthy **red** fruits.

Rr



Raspberry

Rambutan and **raspberries** both have lots of fiber and Vitamin C!



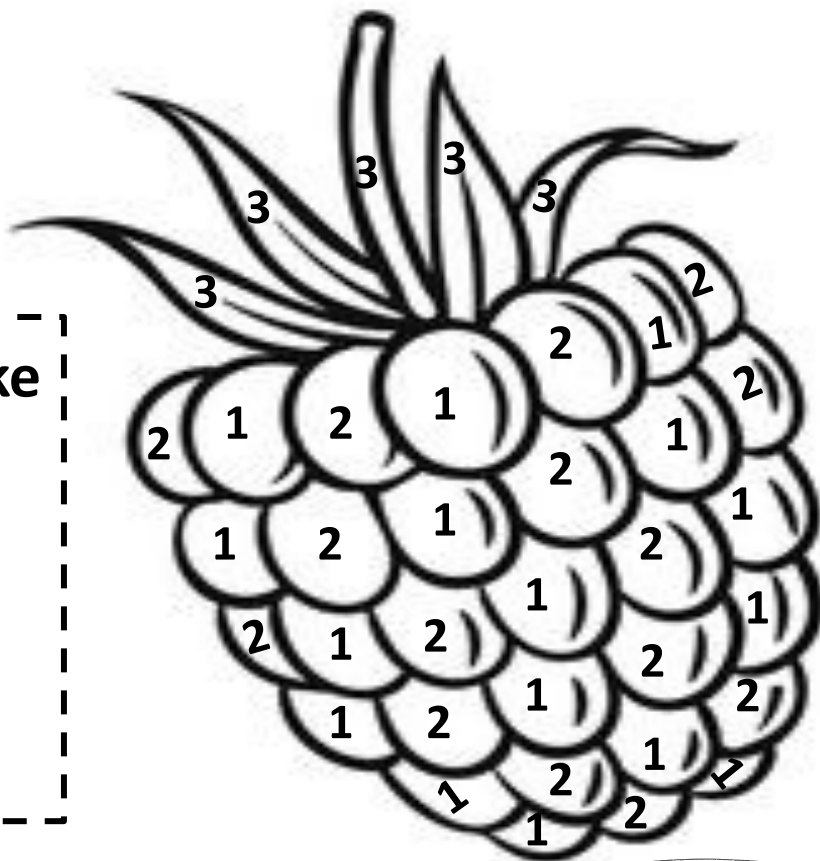
Rambutan

There are over 200 species of **raspberries**!

Rambutan is mostly grown in Southeast Asia!

Color by number to make the **raspberry pretty!**

1 - Red
2 - Pink
3 - Green





BERRY uses the letter
R to be healthy
by eating
raisins.

Rr

Did you know?

Raisins are just dried out grapes!

Raisins have vitamins and minerals in them!

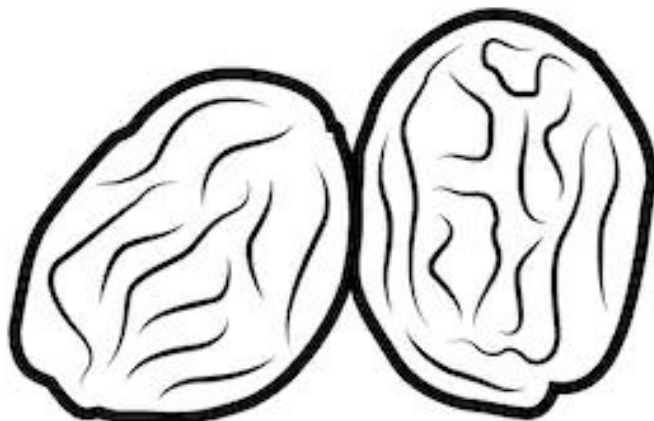
AND

Raisins also protect your teeth!



Raisins can come in six different colors: either purple, yellow, blue, black, brown, and green!

Color these raisins.





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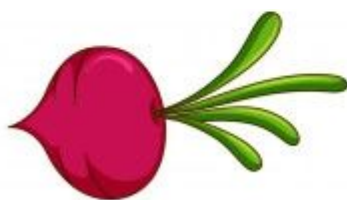
Being Healthy from A to Z



Rr



Radicchio

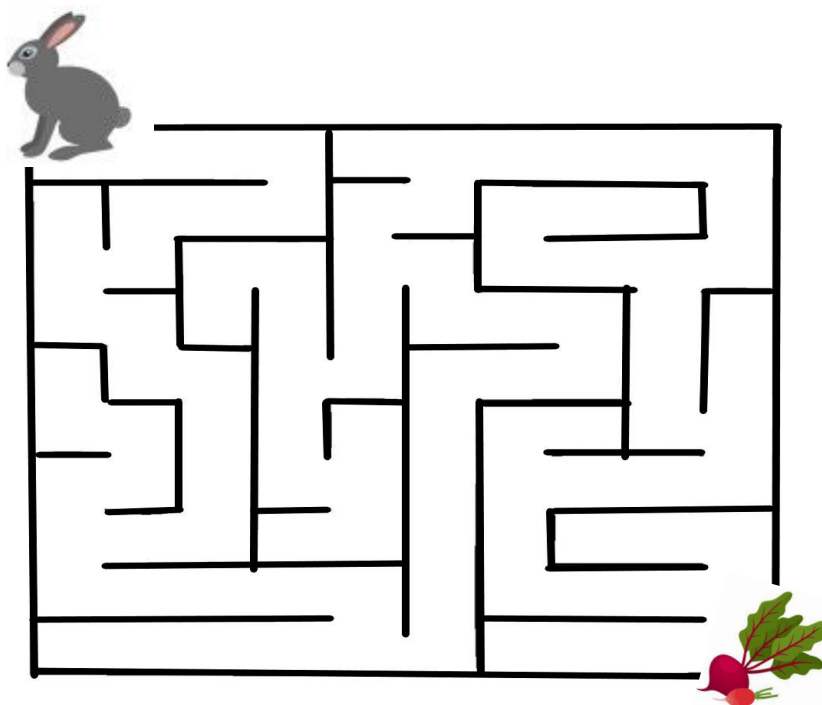


Radish



Red Leaf Lettuce

Can you help the **rabbit** get to his **radish**?



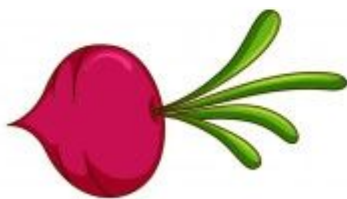
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



Garlic Roasted Radishes

Ingredients:

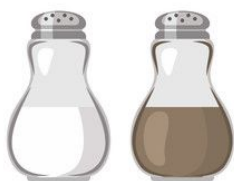
- 1 pound of radishes



- 1 tablespoon olive oil



- ½ teaspoon sea salt & ¼ teaspoon pepper



- 2-3 garlic cloves, minced



- ¼ teaspoon dried parsley



Spoon

has some delicious **recipes** that start with the letter **R**.



Instructions: **Parental Supervision required**

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



2. Preheat oven to 425 degrees.



3. Carefully chop radish. Mix with olive oil and sea salt and pepper and place in baking dish.

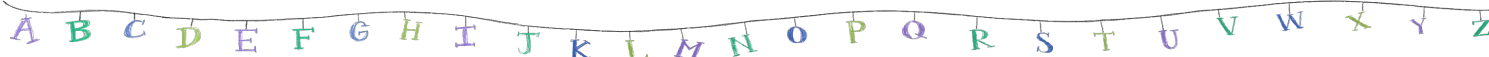


4. Put in oven for 20-25 minutes and mix every 10 minutes. Add in garlic and dried parsley.



5. Bake additional 5 minutes.

6. Finished!





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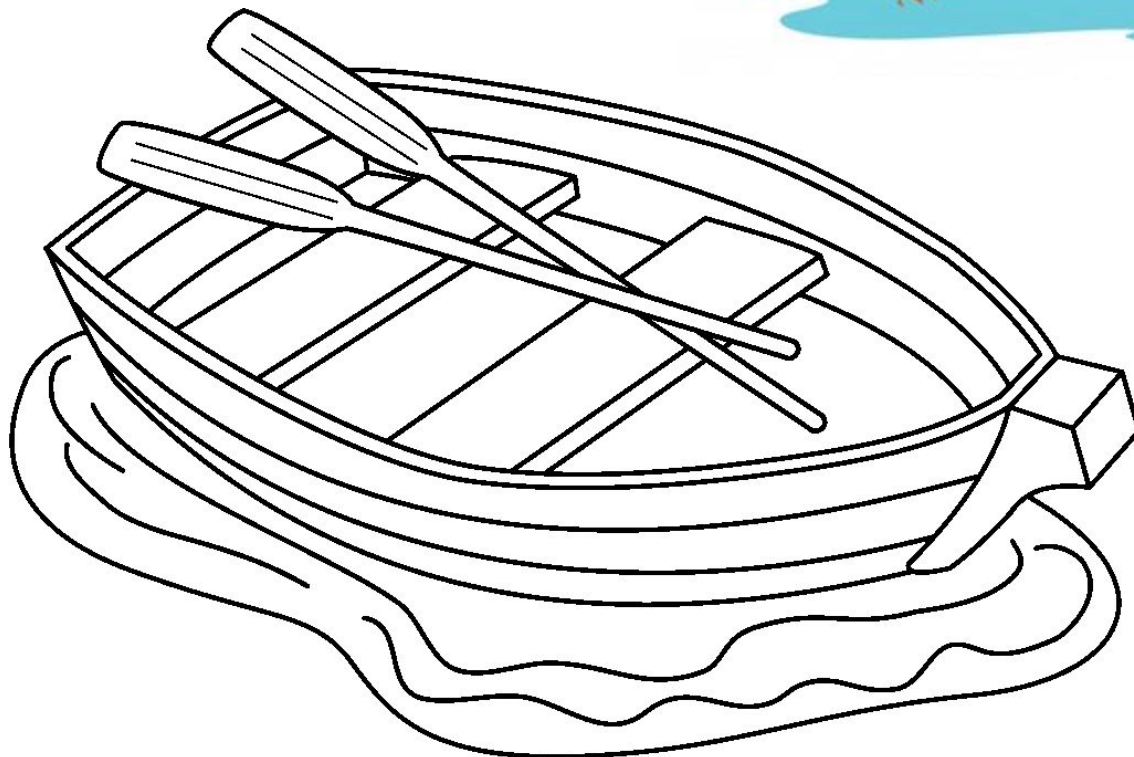
AGUA uses the letter
R to be healthy by
rowing on a **river**.

Rr

Rowing is a healthy exercise!



Color in your **rowboat**.



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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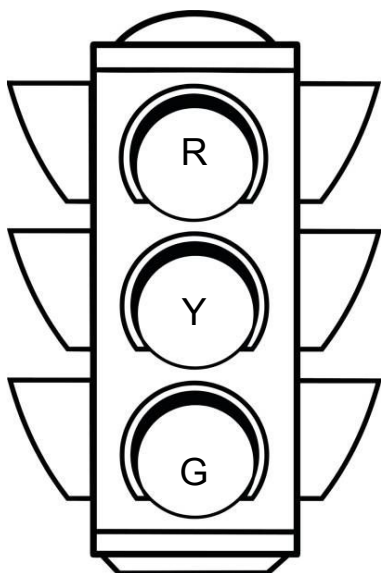
WARNER

uses the letter **R** to be healthy by following safety **rules** around **roads**.

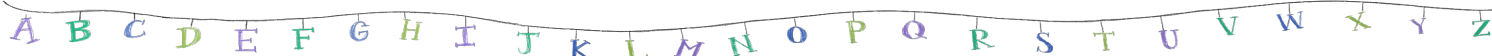
Rr



Always cross a **road** with a trusted adult.



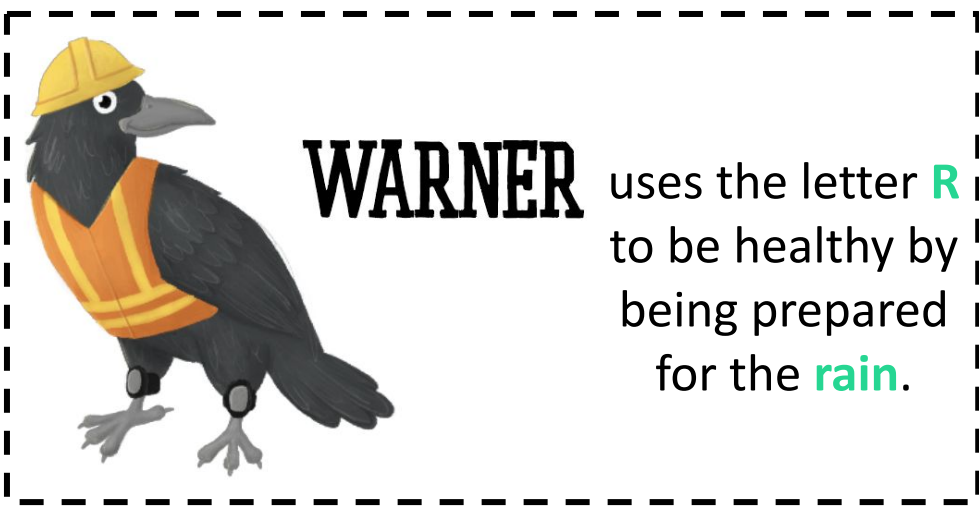
Color in the lights on this traffic light!





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WARNER

uses the letter **R** to be healthy by being prepared for the **rain**.

Rr

Here are a couple items to use in the **rain**:



Rain boots



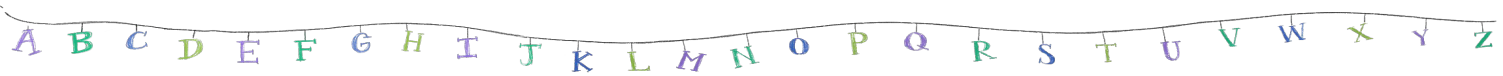
Umbrella

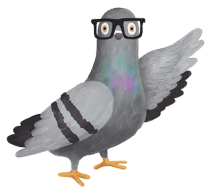


Rain Jacket



Color in your **rain** jacket.

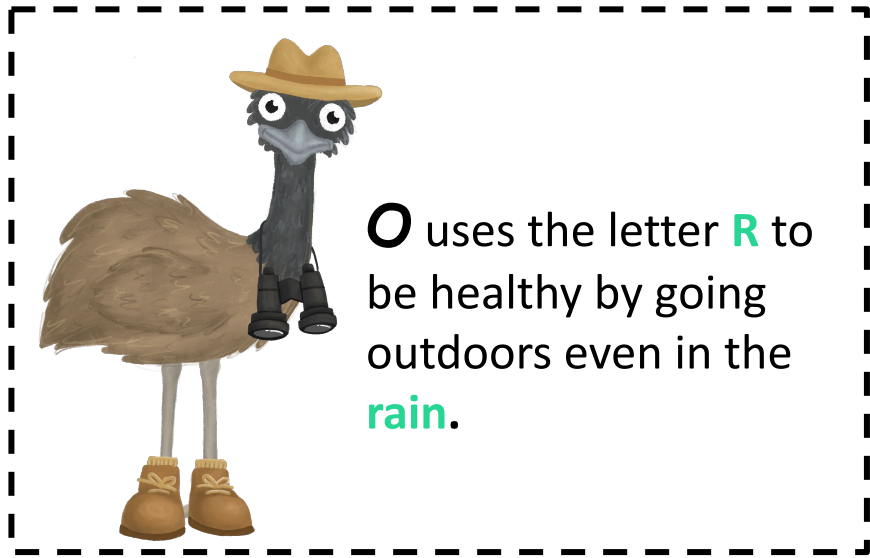




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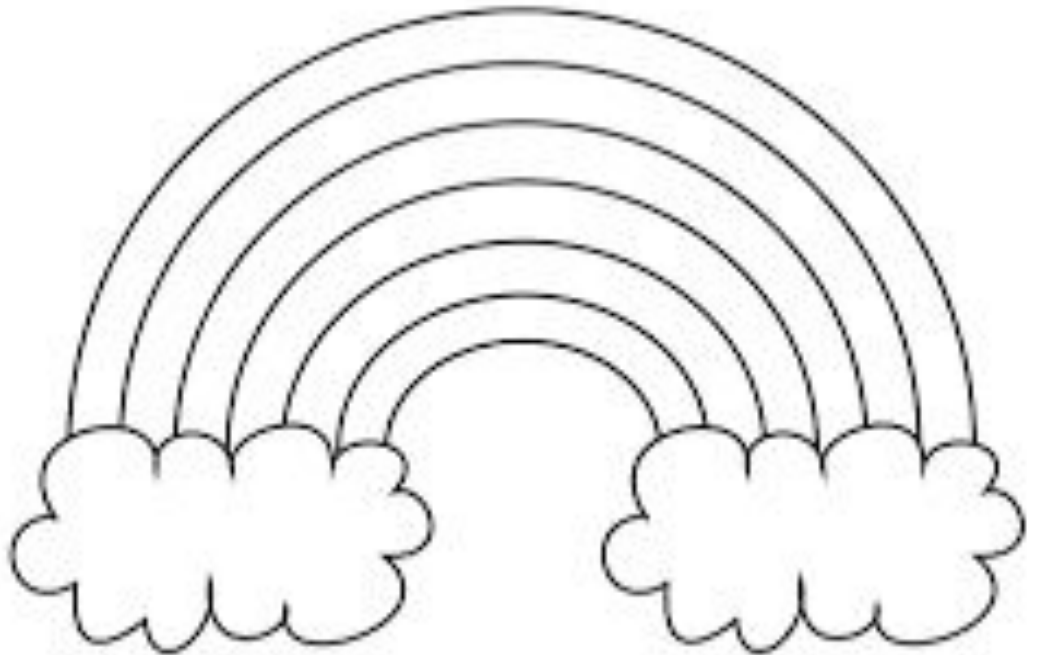
Rr



O uses the letter **R** to be healthy by going outdoors even in the **rain**.



After the **rain**,
O also saw a
rainbow. Can
you color in
this **rainbow**?



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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O uses the letter **R** to be healthy by looking for animals on his walks outdoors.

Rr

Can you match these animals with their names?



RACCOON

RABBIT

RAVEN

RAT

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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Sport uses the letter **R** to be healthy by doing these activities that start with **R**.

Rr



Running

Running is a good way to be active, even if you just **run** in place!



Rock Climbing

Rock climbing is fun! Some playgrounds have a **rock** wall you can climb.



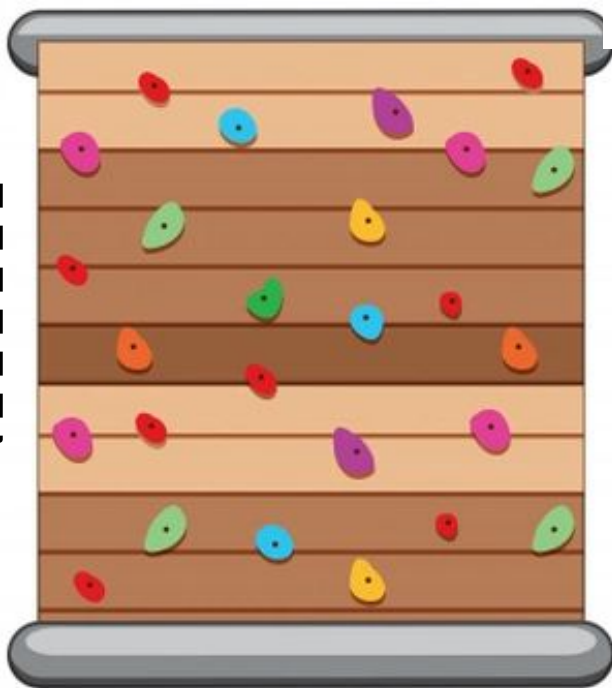
Riding a bike



Caw Caw*

Don't forget to wear a helmet when **riding** a bike.

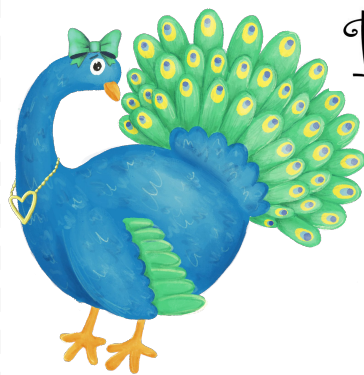
Draw a line to show how you would climb this **rock** wall!





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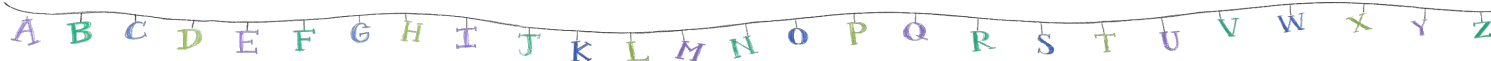
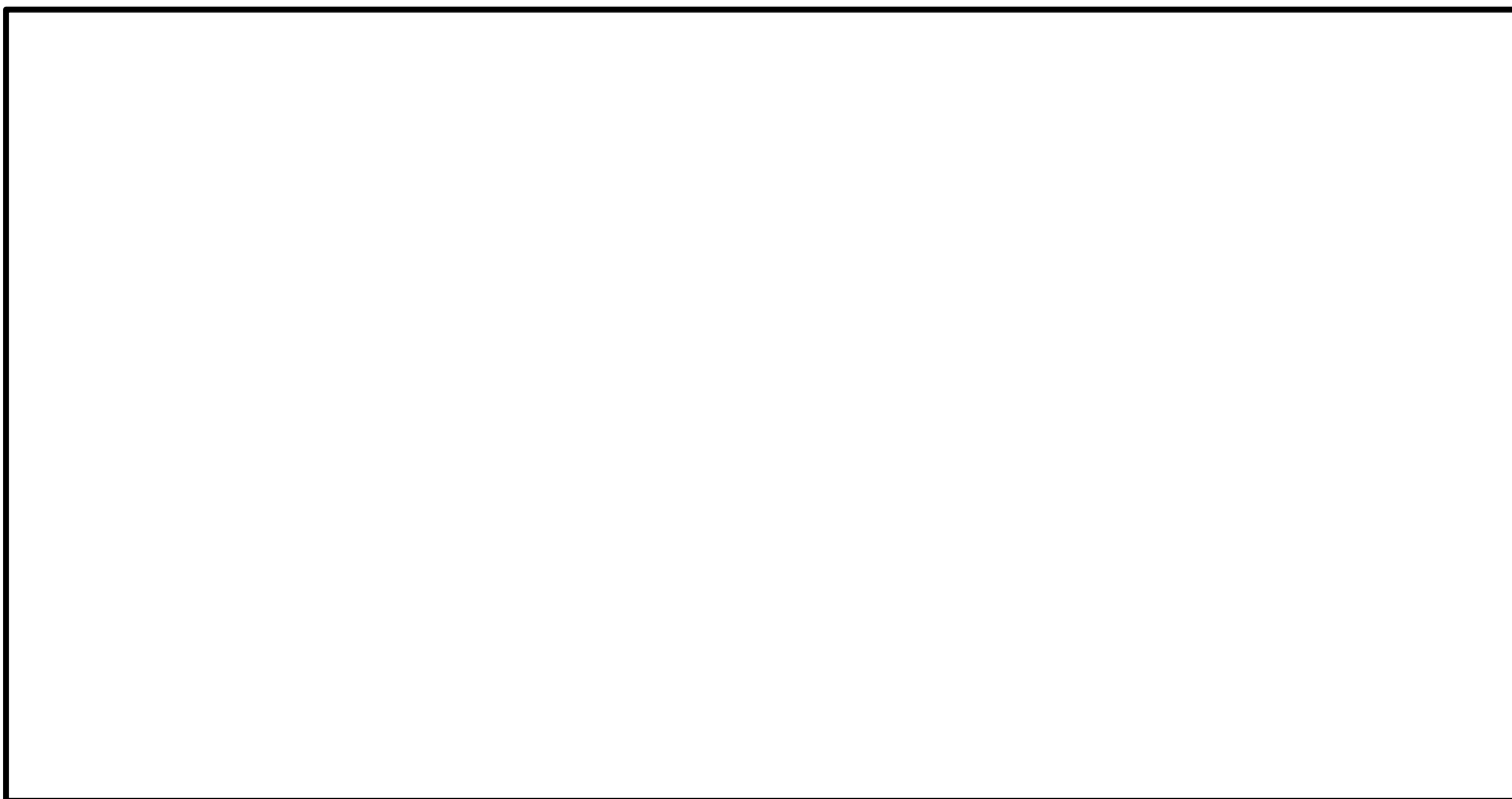


Pathy uses the letter **R**
to be healthy by
remembering
happy memories.

Rr



Draw something you enjoy **remembering**.





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Being Healthy from A to Z



uses the letter **R** to be healthy by **reading** a book to **relax**.

Rr

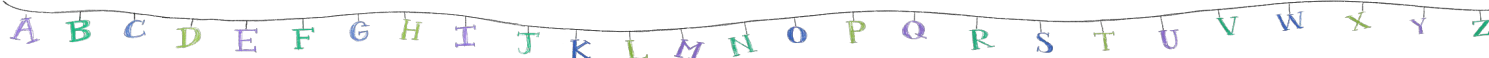
Reading a book is good way to spend time by yourself.

It is also healthy for your brain and body!

Reading helps you with school, too!



Draw your favorite book to read!





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Rr



Z, Pathy and BERRY

all use the letter **R** to be healthy by drinking **rose** hip tea to **relax**.



Rose hip is a fruit that grows on rose plants!



Rose hip tea is very calming, especially when you drink it hot! There is no caffeine in it, which means it won't keep you up late!

The tea can reduce pain, and it also reduces inflammation (swelling).

What color do you think **rose** hip tea is?
Draw it in the cup!



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

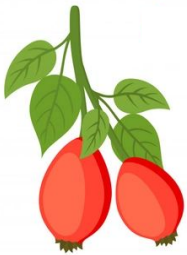
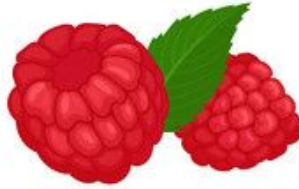


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Rr

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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
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Health Standards

- 1.2.N Identify a variety of healthy snacks.
- 7.1.N Select nutritious snacks.
- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.3.N Describe the benefits of being physically active.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.5.G Name body parts and their functions.
- 1.1.S Identify safety rules for the home, the school, and the community.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.
- 7.2.S Show how to cross the street safely.

