



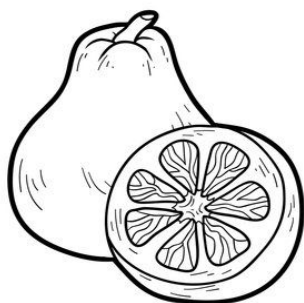
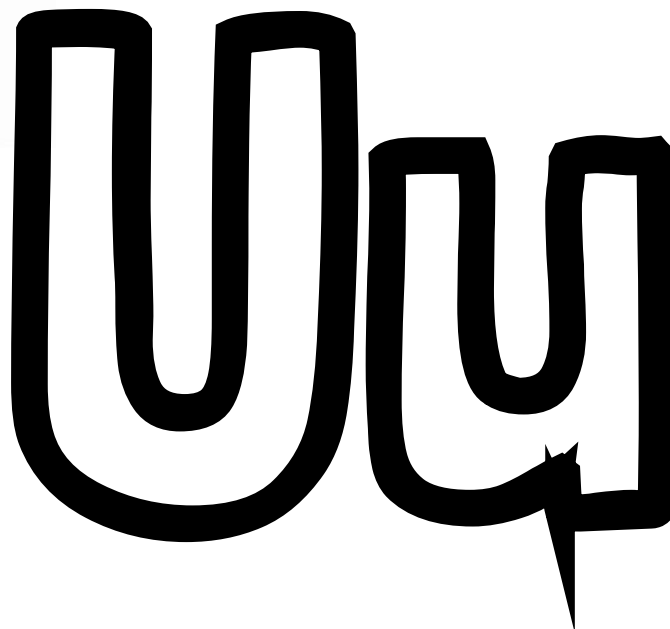
Using the letter



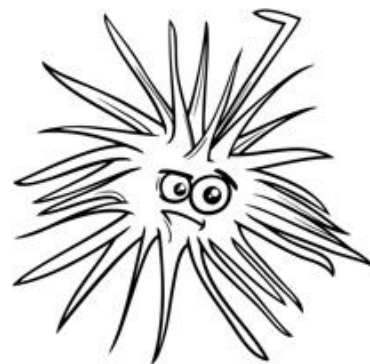
UKULELE



UMBRELLA



UGLI FRUIT



SEA URCHIN


to be more healthy





Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

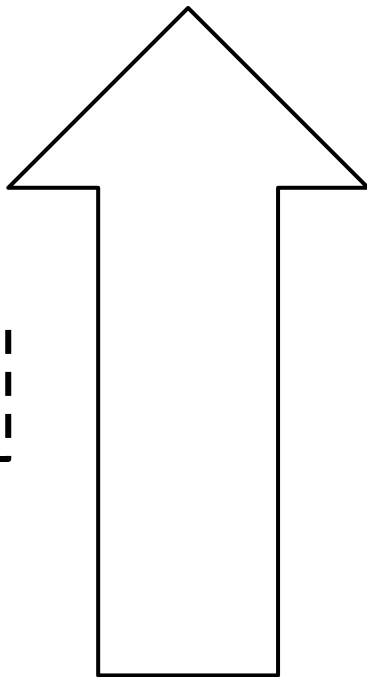


SMED uses the letter **U** to make his brain healthy by learning words that start with "U".

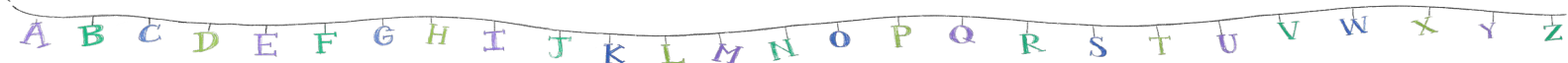
Uu

Trace and write these words 3 times each.

Up	Up	_____	_____	_____
Use	Use	_____	_____	_____
Us	Us	_____	_____	_____



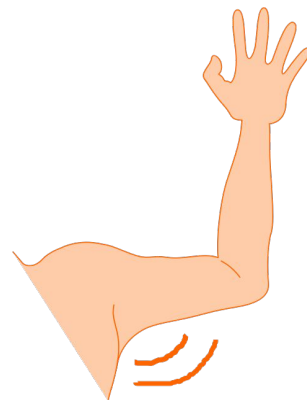
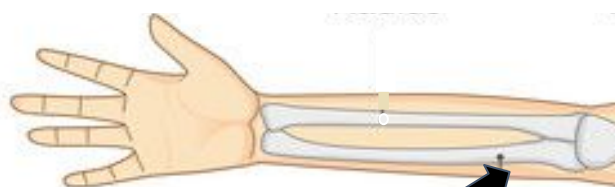
Color in the arrow pointing **up**.





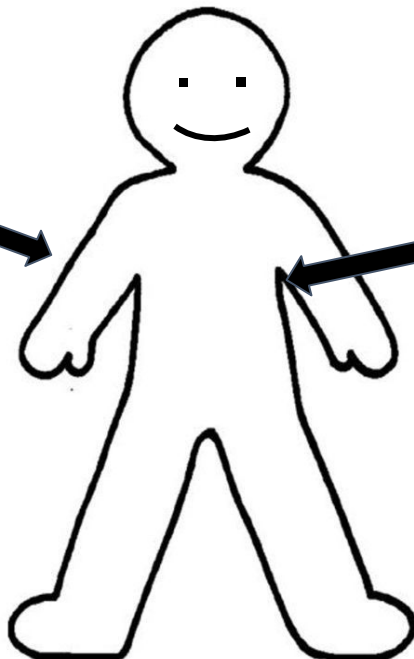
Uu

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



Ulna:
helps you rotate your wrist and arms

Underarm:
also called armpits!
They help protect body parts **under** your skin



Try to find your **ulna** in your arm!



Uu



Fun facts about **ugli** fruit!



It is also called a tangelo!

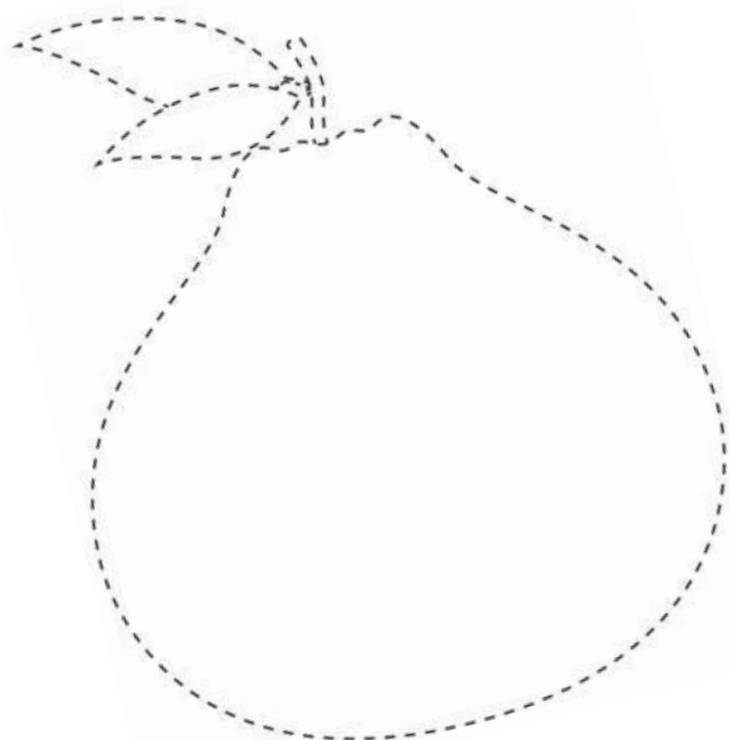
Ugli fruit mostly grows in Jamaica!

This fruit tastes very sweet, but is very healthy!

It is a cross between grapefruit, orange, and tangerine!

Its name came when someone said "Give me more of that **ugly** fruit!"

Trace and color in the
ugli fruit!





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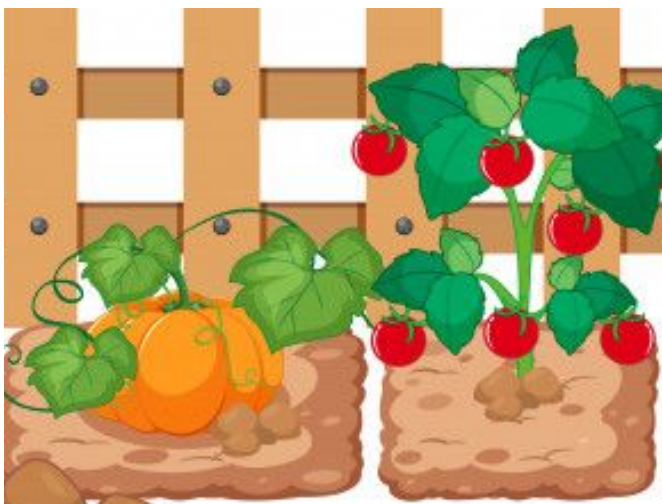
Uu



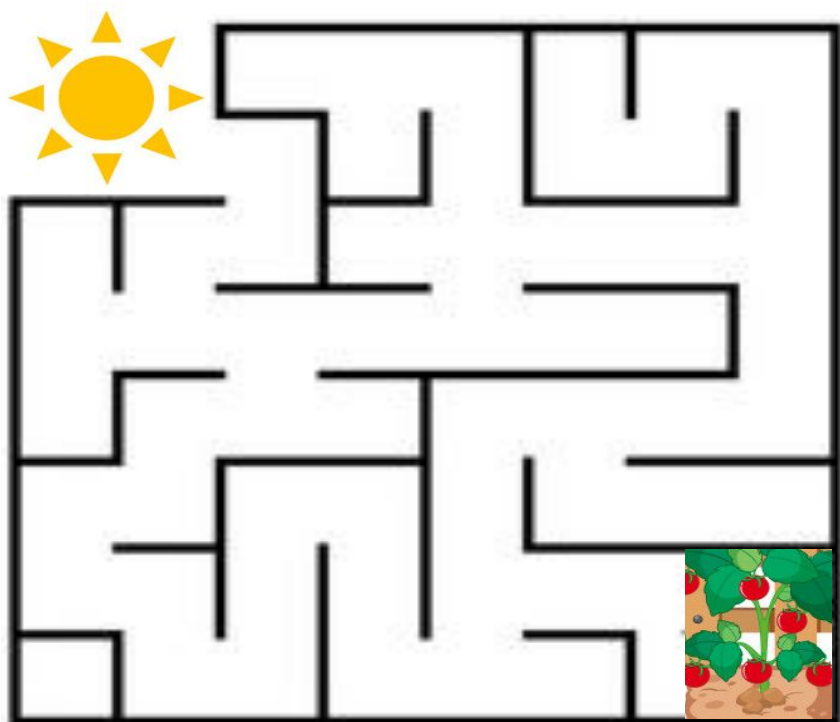
BROC

uses the letter **U** to be healthy by eating vegetables that grow **underground**.

Some vegetables grow **up** from the ground, and some grow **under** the ground.



Help the tomato grow **up** to the sun!



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 **U** to be healthy by riding a **unicycle!**

U

A **unicycle** is like a bike, but it only has one wheel! To ride it, you need to balance very carefully.

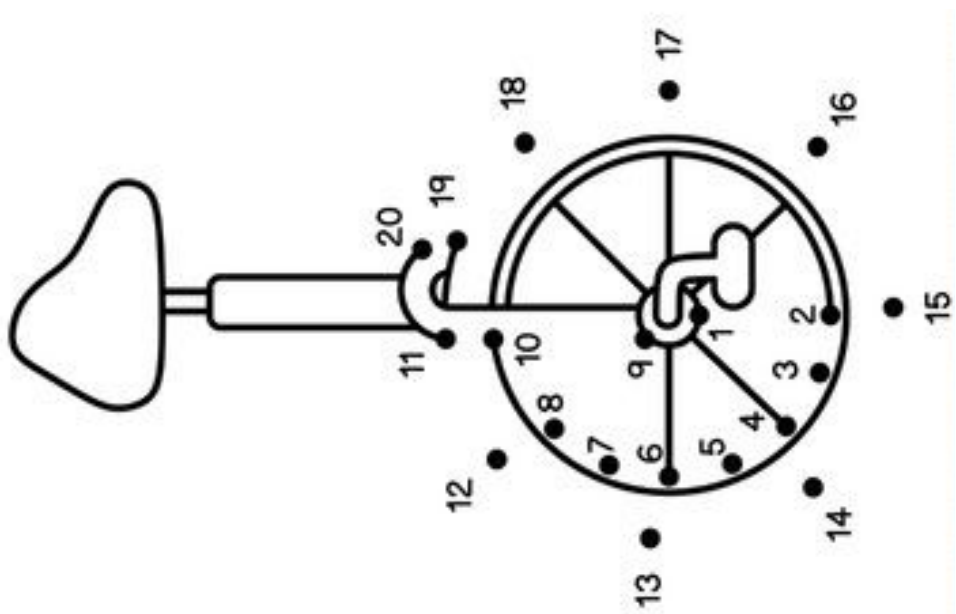


If you visit a circus, you might see clowns riding **unicycles!**



Caw Caw*
Wear a helmet when you ride a **unicycle!**

Connect the dots to make the **unicycle**, then color it in!



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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Uu



Sport

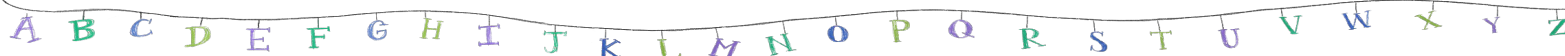
uses the letter **U** to be healthy by wearing a **uniform** when she exercises!

You wear a **uniform** when you are doing a sport with a team!

Different sports have different **uniforms**!



Design and color in a **uniform**!





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Uu



Sport
uses the letter **U** to be healthy by jumping **up** and down!

Jumping **up** and down is a good way to make your leg muscles stronger!



Color in the number of times you can jump up.

1	2	3
4	5	6
7	8	9
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



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Uu



AGUA
uses the letter **U** to be healthy by swimming **underwater**.

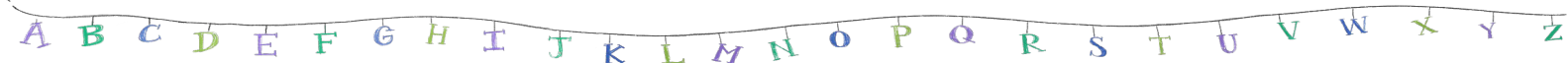
Swimming is a great way to exercise!



Caw Caw*
Have an adult or lifeguard nearby before you go in the pool!

How many kids are swimming **underwater** in the picture?

Answer: 4





Spoon

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



Uu

How to Eat **Ugli** Fruit!



You can eat an **ugli** fruit by peeling off the skin like an orange, then eating the pieces!

Another way to eat an **ugli** fruit is by eating it like a grapefruit. This means cutting it in half, then using a spoon to scoop out and eat the insides!






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Uu

Umbrellas keep you safe and dry when it's raining.

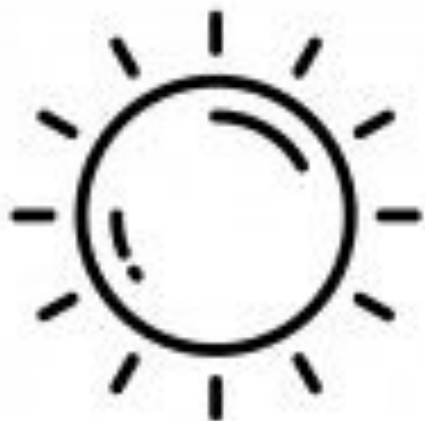



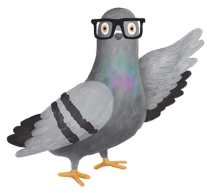
WARNER
uses the letter **U** to be healthy by **using** an **umbrella** to protect himself from the sun and rain.



Umbrellas also protect your skin from being sunburned when you're in the sun.

Color in the sun, the cloud, and the **umbrella**.





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Uu



O uses the letter **U** to be healthy learning about animals that start with the letter **U**.

Can you match these animals with their names?



Unicorn fish

Umbrella bird

Sea urchin

Unicorn

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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Uu



Pathy uses the letter **U** to be healthy by doing her best to **understand** the people around her.

You can **understand** the people around you by listening to them and by making friends with them.



Listen to others



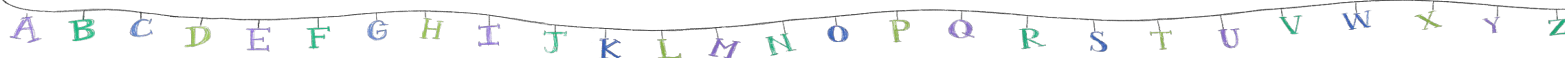
Be a friend to others

Write ways you can **understand** the people around you.

- _____

- _____

- _____





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Uu

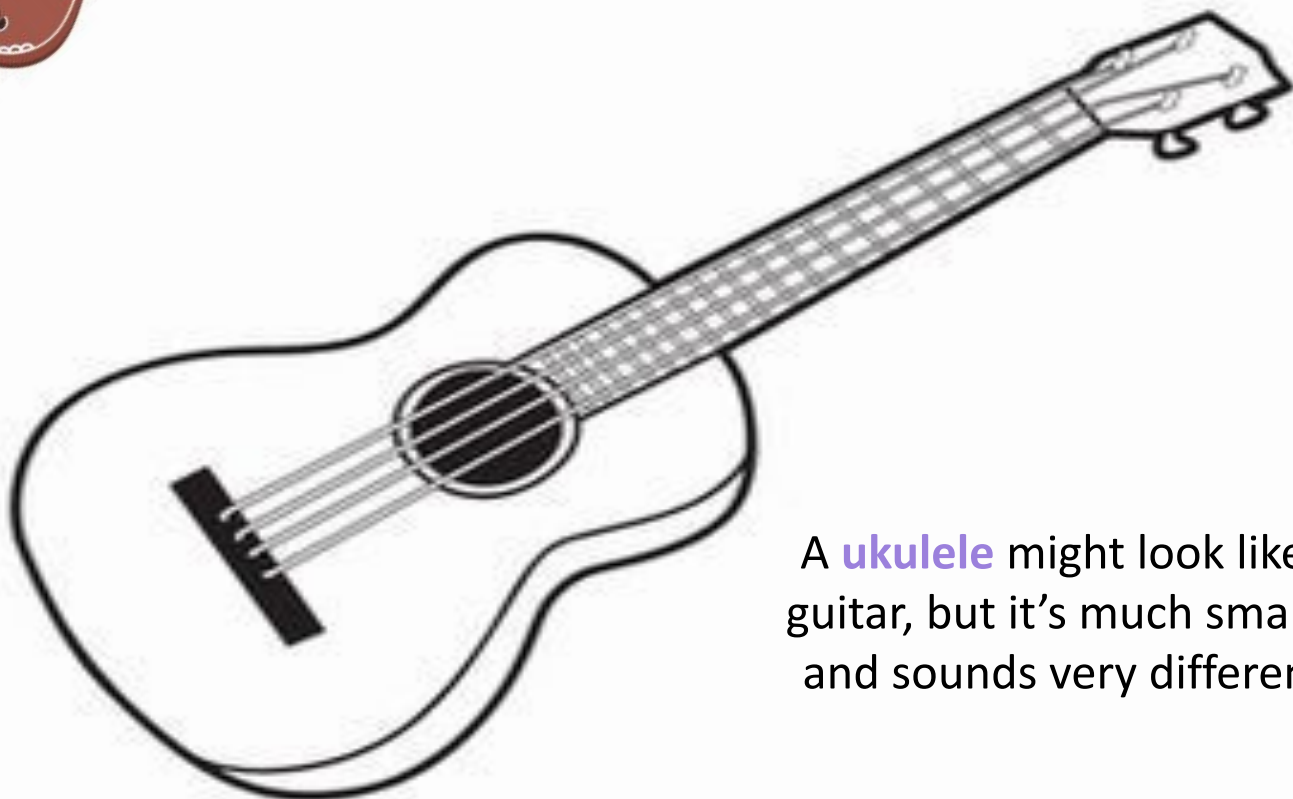


Pathy
uses the letter **U** to
be healthy by
playing the **ukulele**.

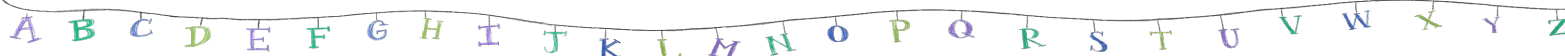
Playing an instrument or making music can help you feel better when you're feeling **upset**.



Color in this **ukulele**.



A **ukulele** might look like a guitar, but it's much smaller and sounds very different.

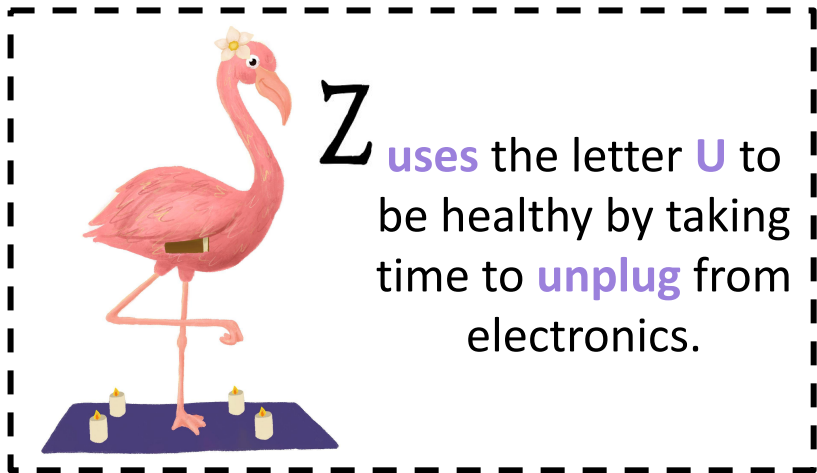




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Uu



Z uses the letter **U** to be healthy by taking time to **unplug** from electronics.



She **unplugs** from the computer and TV so she can be present with the people she loves.

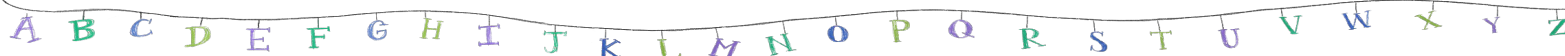


Write fun things you can do when you **unplug**.

- _____

- _____

- _____



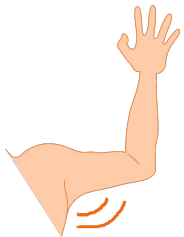
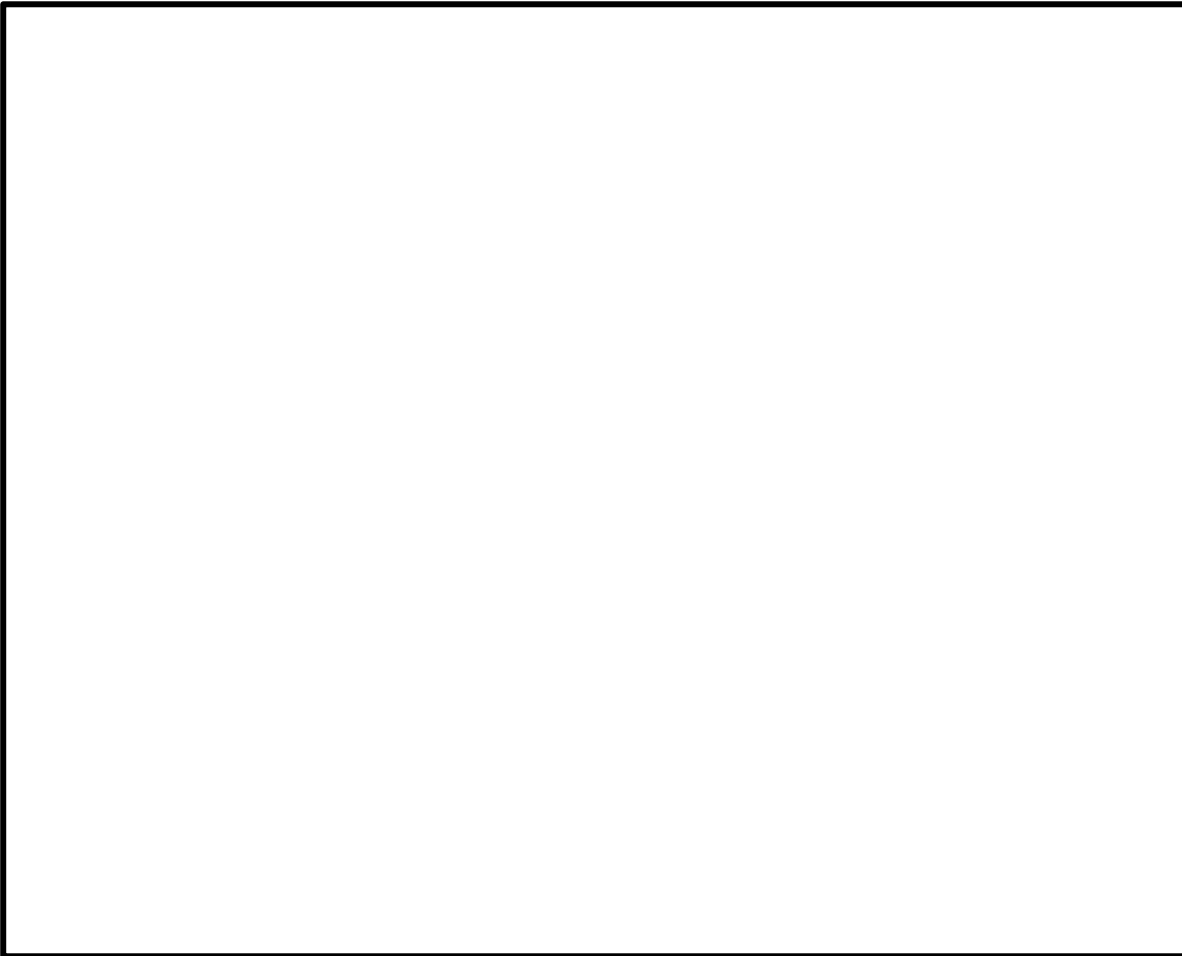
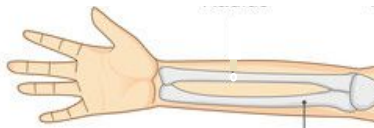


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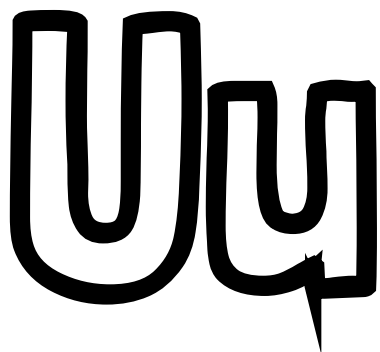
Being Healthy from A to Z

Uu

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



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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.
- 7.1.S Follow rules for safe play and safety routines.
- 1.2.P Describe sun-safety practices.
- 4.2.M Cooperate and share with others.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.