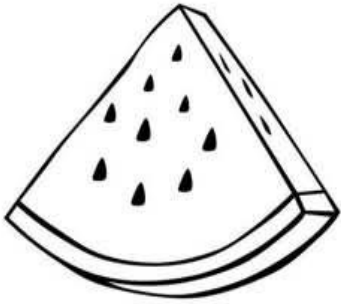




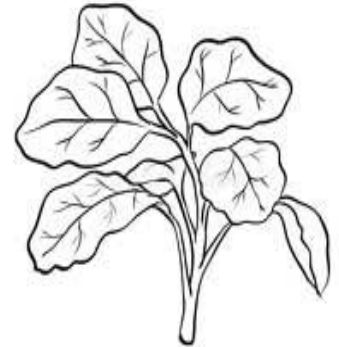
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Being Healthy from A to Z

Using the letter

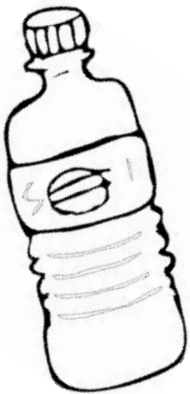


WATERMELON

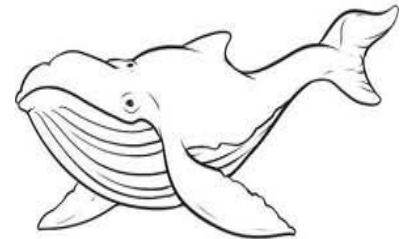


WATERCRESS

Ww



WATER BOTTLE



WHALE

to be more healthy





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Being Healthy from A to Z

Ww



SMED

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

Trace and **write** these **words** two times each.

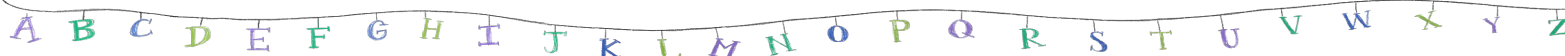
We We

With With

Was Was

Color in the the **word** "WE".


WE





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SMED
uses the letter **W** to
be healthy by
learning **words** to
ask questions.

Ww

Trace and **write** these **words** two times each.

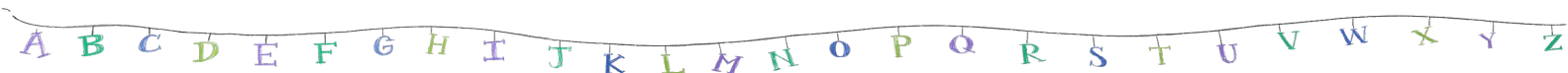
What What

When When

Where Where

Why Why

Which Which





Ww



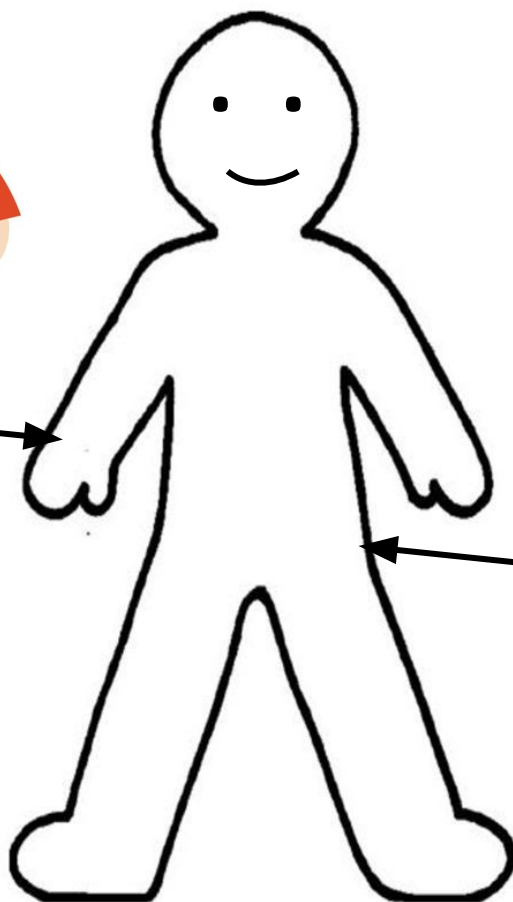
SMED'S Science Lesson:
Anatomy **with** the
Letter **W**!

Some important parts of your body start **with** the letter **W**.



Wrist:

allows you to
move your hand
all around



Waist:

separates the top
half of your body
from the bottom



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Being Healthy from A to Z

Ww



AGUA

uses the letter **W** to be healthy by having fun in the sun and playing **with water!**

It's always fun to do **water** activities **with** friends!



Water balloons

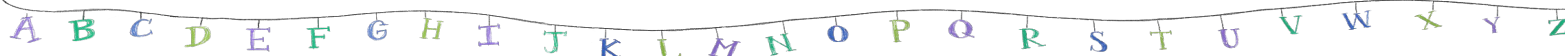


Water guns



Water slides

Which water activity would you rather do with your friends?





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Ww



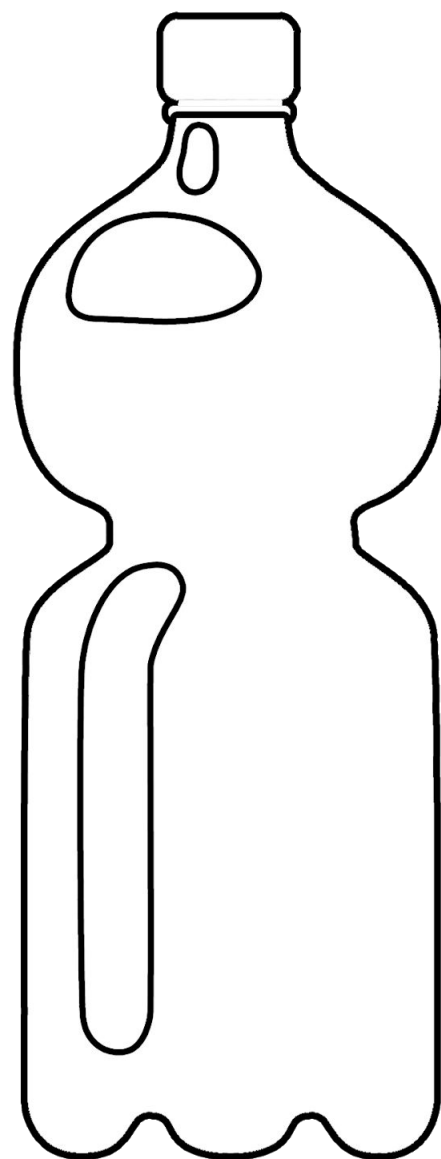
AGUA

also uses the letter **W**
to be healthy by
bringing his **water**
bottle **with** him
wherever he goes!

Remember, **water** is the healthiest drink you can have!

You can also add fruit to your **water** if
you **want** it to have a yummy flavor!

Color in this **water** bottle!



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

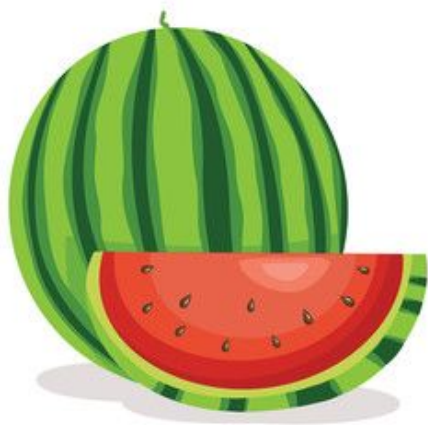


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Being Healthy from A to Z

Ww

BERRY uses the letter **W** to be healthy by eating **watermelon** and **water apples**.



Watermelon

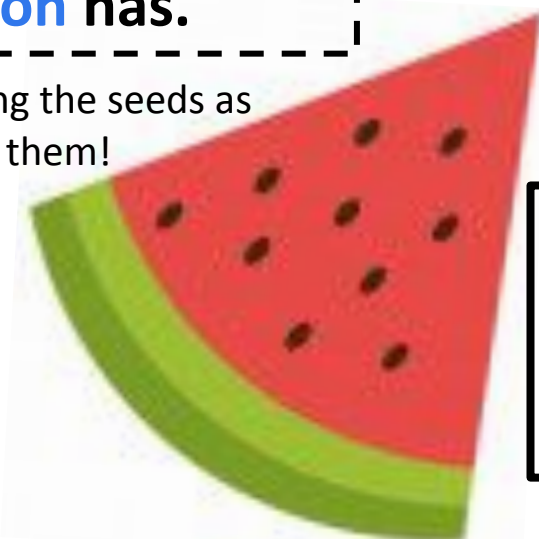


Water apples

Both **watermelon** and **water** apples are very yummy after playing in the sun!

Count how many seeds this **watermelon** has.

Hint: Try connecting the seeds as you count them!



Answer:

Answer: 10





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Ww



Wasabi

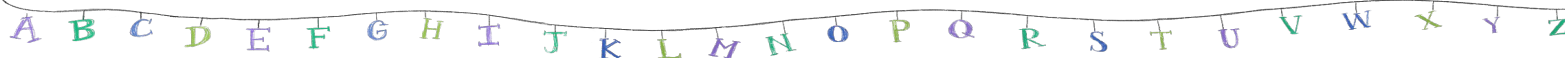
Wasabi helps prevent cavities!



Watercress

Watercress helps your eyes see better!

Which veggie would you rather eat?





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Ingredients:

- 8 slices of **wheat** bread



- ½ cup of hummus



- 1 bunch of **watercress**



- Salt and pepper



- Knife or scissors



Instructions:

Parental Supervision Required

- **Wash** your hands **with** soap and **warm water**.



- Spread hummus on top of each slice of **wheat** bread



- Cut off the **watercress** stems **with** a knife or scissors



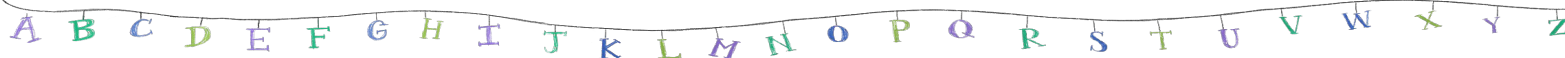
- Lay the chopped **watercresses** on a slice of bread



- Sprinkle salt and pepper on top



- Enjoy!





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Ww



Spoon
uses the letter **W** to be healthy by eating healthy foods that start **with W**.



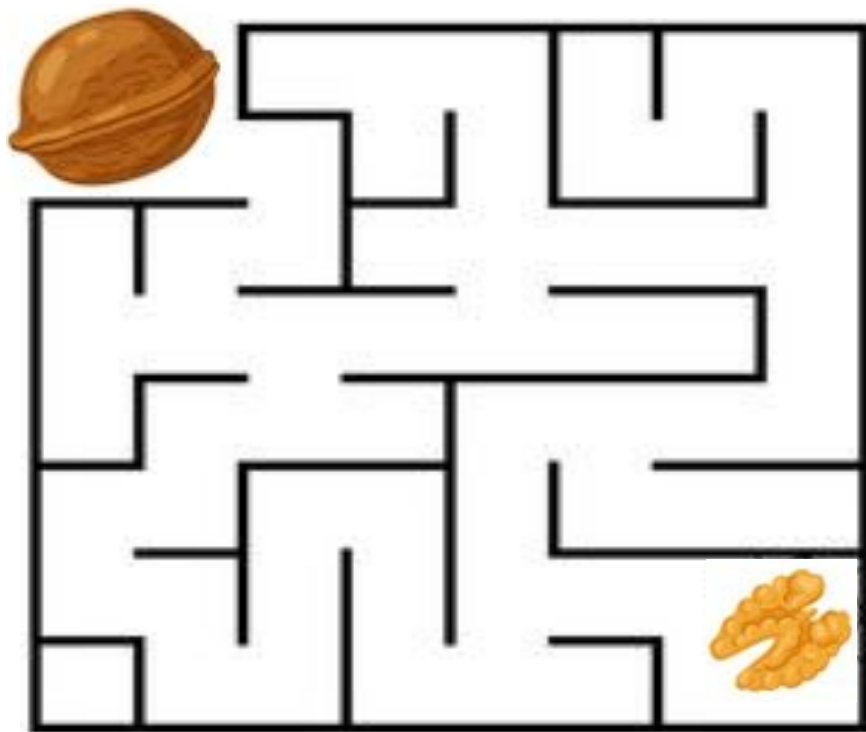
Whole wheat bread



Walnuts

Walnuts and **whole wheat** bread both help keep your heart healthy.

Help the **walnut** get out of its shell!



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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Ww



Sport

uses the letter **W** to
be a good **winner!**



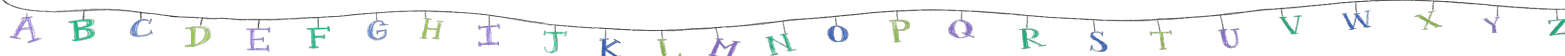
Being a good **winner** means being
happy you **won**. It also means
you're happy for everyone **who**
participated.

Write three ways that you can be a good winner.

- _____

- _____

- _____





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Being Healthy from A to Z

Ww



Sport uses the letter **W** to be active by going for **walks** and **wrestling**!



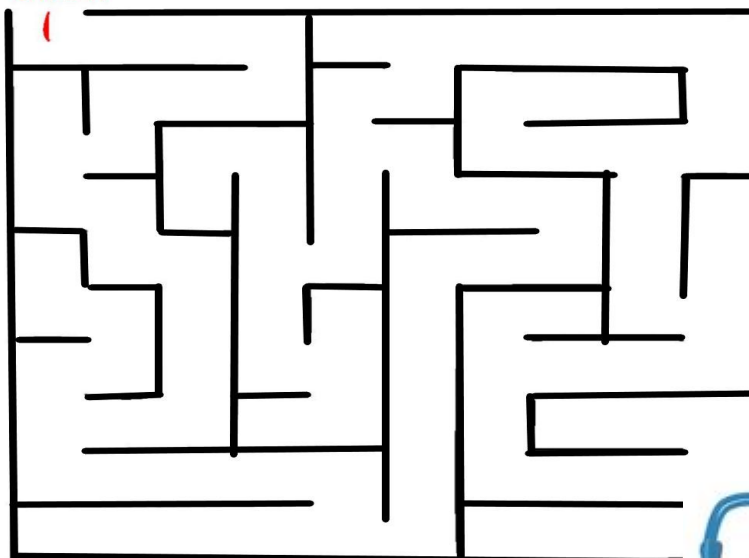
Going on **walks with** your family is an easy and fun **way** to exercise!



Caw Caw*
Always **wear** protective gear **when** you're **wrestling**.

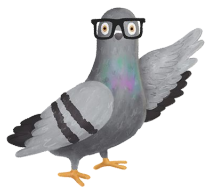


START



Help the **wrestler** get to his head gear!

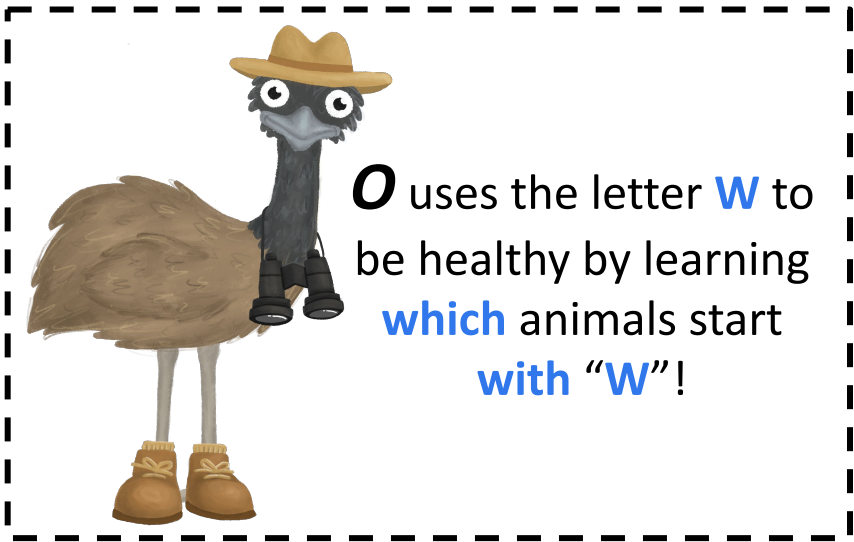
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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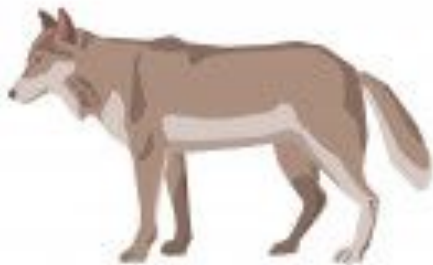
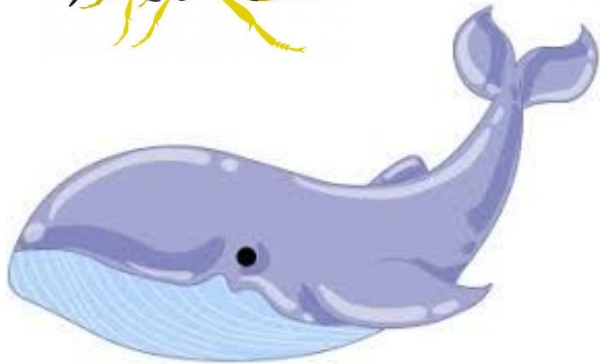
Being Healthy from A to Z

Ww



O uses the letter **W** to be healthy by learning **which** animals start **with "W"**!

Can you match each animal to their name?



Whale

Wasp

Wolf

Walrus



Caw Caw*

Be careful **when wasps** are nearby, because they might sting you.

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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Being Healthy from A to Z

W w



Z uses the letter **W** to be healthy by **writing** out things she is thankful for.



Write some things that you are thankful for.





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Being Healthy from A to Z

Ww



WARNER

uses the letter **W** to be healthy by **wearing** clothes that are appropriate for the **weather** outside.

When it is hot, you should **wear** clothes that let your skin breathe!

When it is cold, you should **wear** clothes that keep you **warm**!



Color in this **warm** hoodie!






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Being Healthy from A to Z

Ww



WARNER
uses the letter **W** to be healthy by **washing** his hands.

Washing your hands gets rid of germs.

Germs are too small for your eyes to see, but they can make you sick.

HOW TO WASH YOUR HANDS



Water & Soap



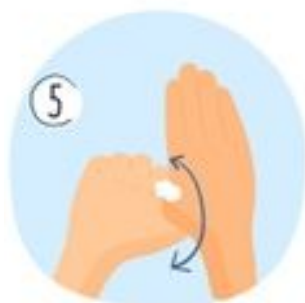
Palm to Palm



Back of Hands



Between Fingers



Focus on Thumbs



Back of Fingers

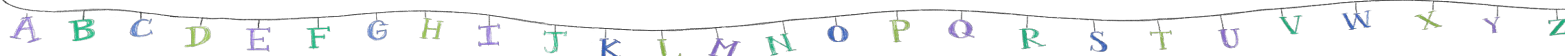


Nails & Fingertips



Rinse Hands

Wash your hands for 20 seconds to get rid of the germs!





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Ww

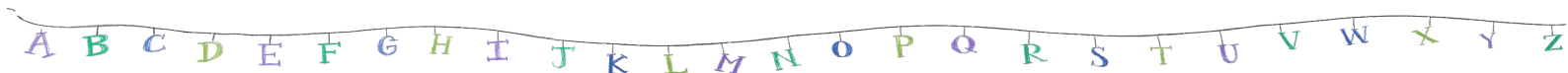


Pathy
uses the letter **W** to
be healthy by **writing**
her feelings down
when she is **worried**.

Writing down your feelings can help you
feel better!



Write about how you are feeling right now.



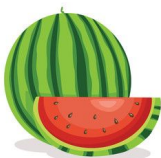
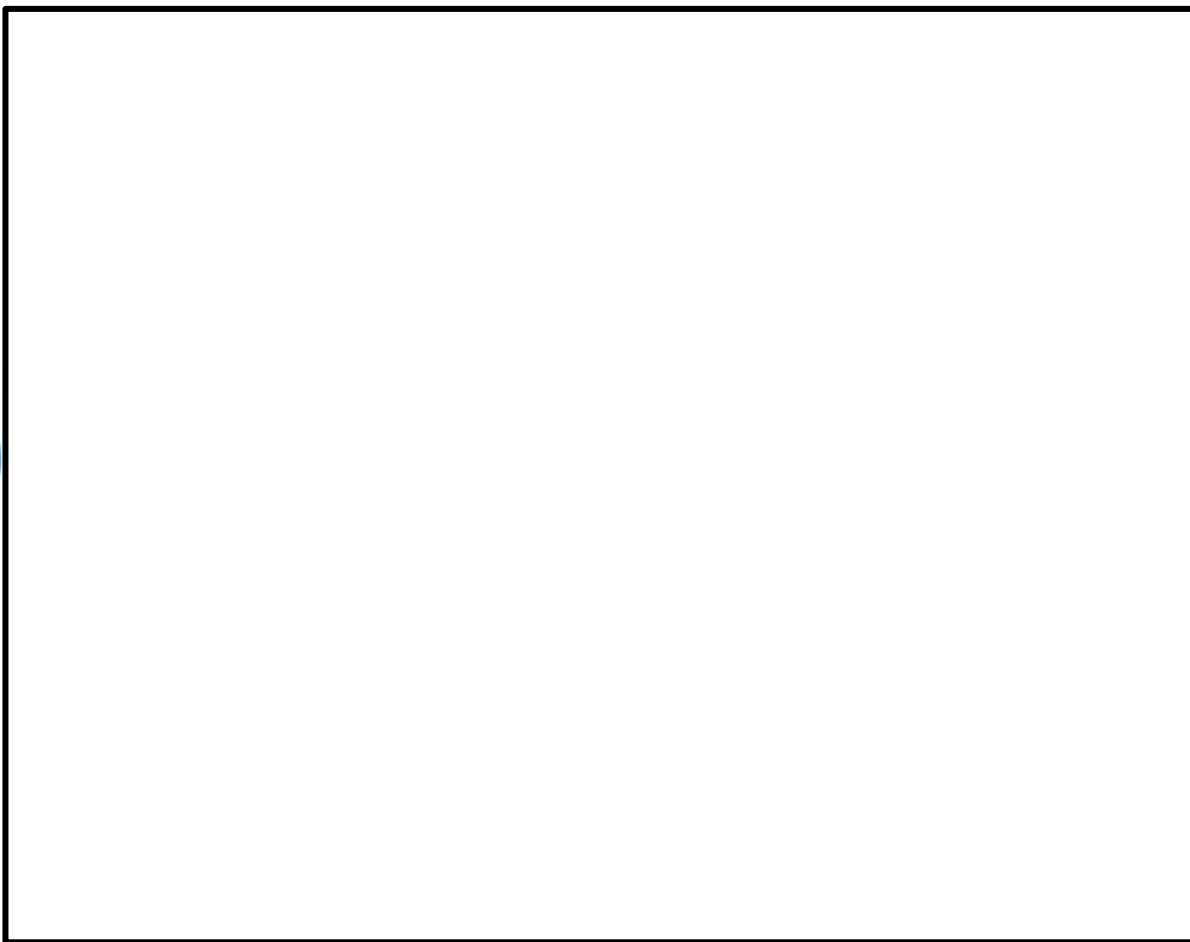


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Being Healthy from A to Z

Ww

Draw a picture of how you're going to use the letter **W** 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



Ww

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.
- 1.5.G Name body parts and their functions.
- 1.1.S Identify safety rules for the home, the school, and the community.
- 7.1.S Follow rules for safe play and safety routines.
- 1.1.M Identify a variety of emotions.
- 4.2.M Cooperate and share with others.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.
- 7.1.M Express emotions appropriately.
- 1.1.P Identify effective dental and personal hygiene practices.
- 1.3.P Define “germs.”
- 1.4.P Explain why the transmission of germs may be harmful to health.
- 7.2.P Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues).

