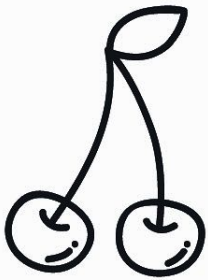




# Using the letter

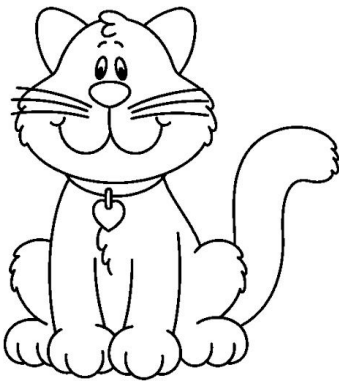


**CHERRIES**

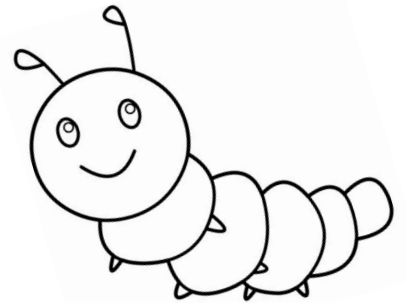


**CABBAGE**

**Cc**

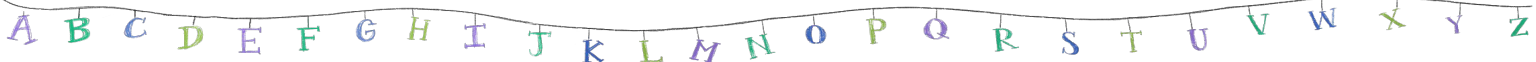


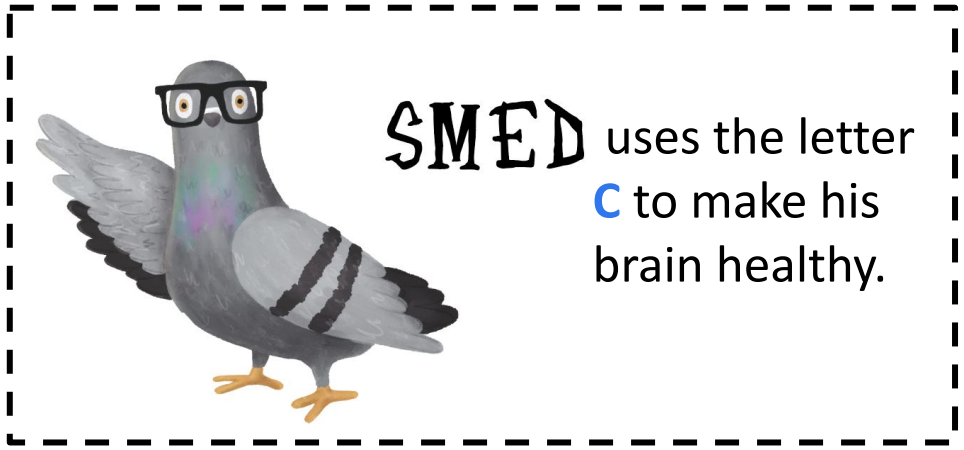
**CAT**



**CATERPILLAR**

# to be more healthy





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

**Cc**

Trace and write these words two times each.

Cat Cat

\_\_\_\_\_

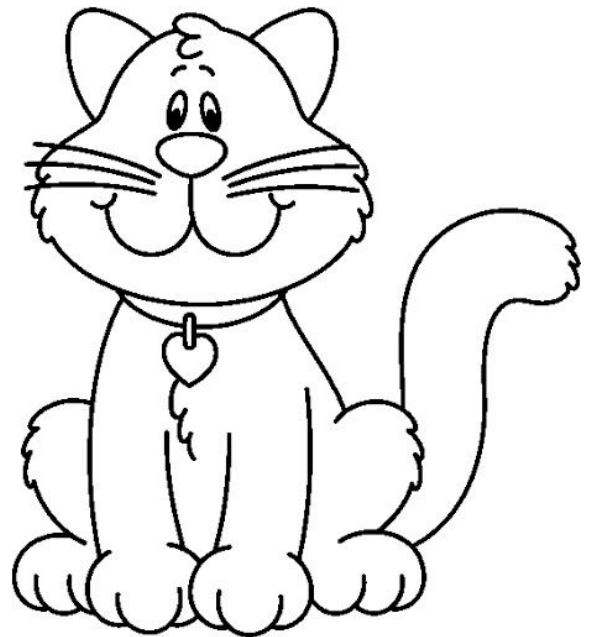
Can Can

\_\_\_\_\_

Come Come

\_\_\_\_\_

Color in the cat!



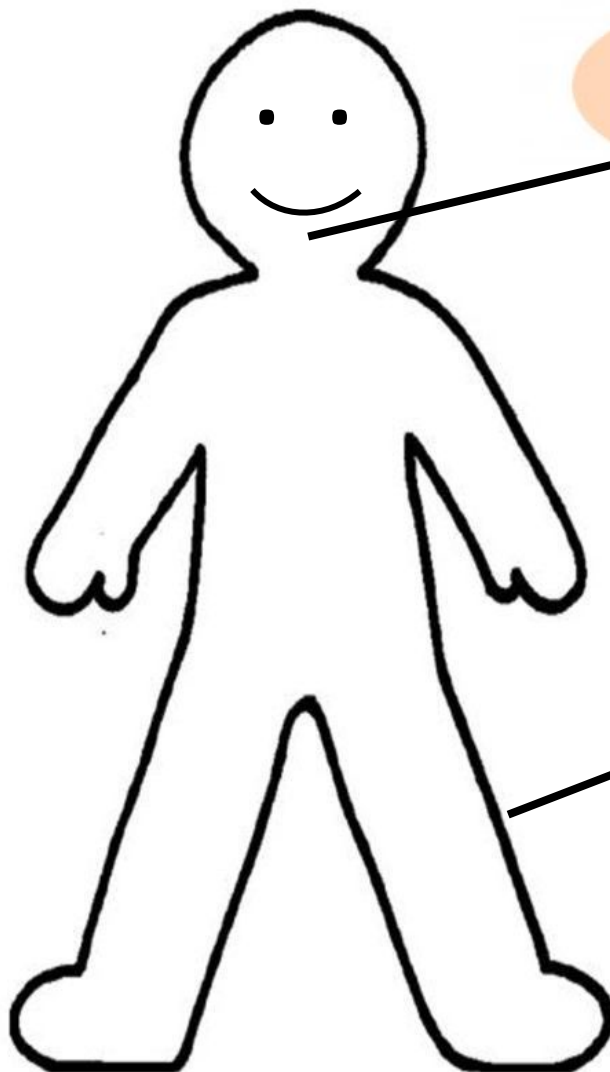


**S M E D**

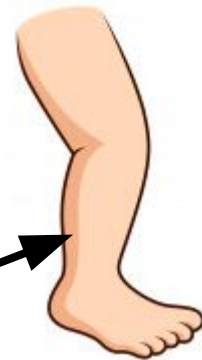
**can** use the letter **C** to learn about the body!

**Cc**

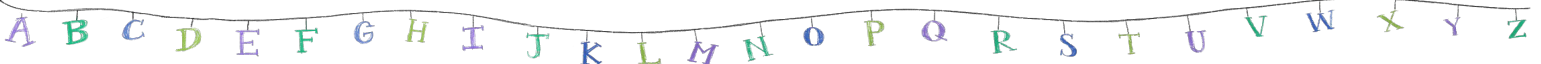
The letter **C** is the first letter of many parts of the body.



**Chin:** helps you **chew** your food



**Calf:** back of the leg





# Cc



## Sport

uses the letter **C** to be active by playing **catch**, **cricket**, going **cycling** or doing the **Chicken** Dance!

Can you match the activities with their names?

Playing **catch**



Playing **cricket**



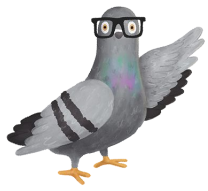
**Chicken** dance



**Cycling**



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



During a **camping** trips he found a **caterpillar**.

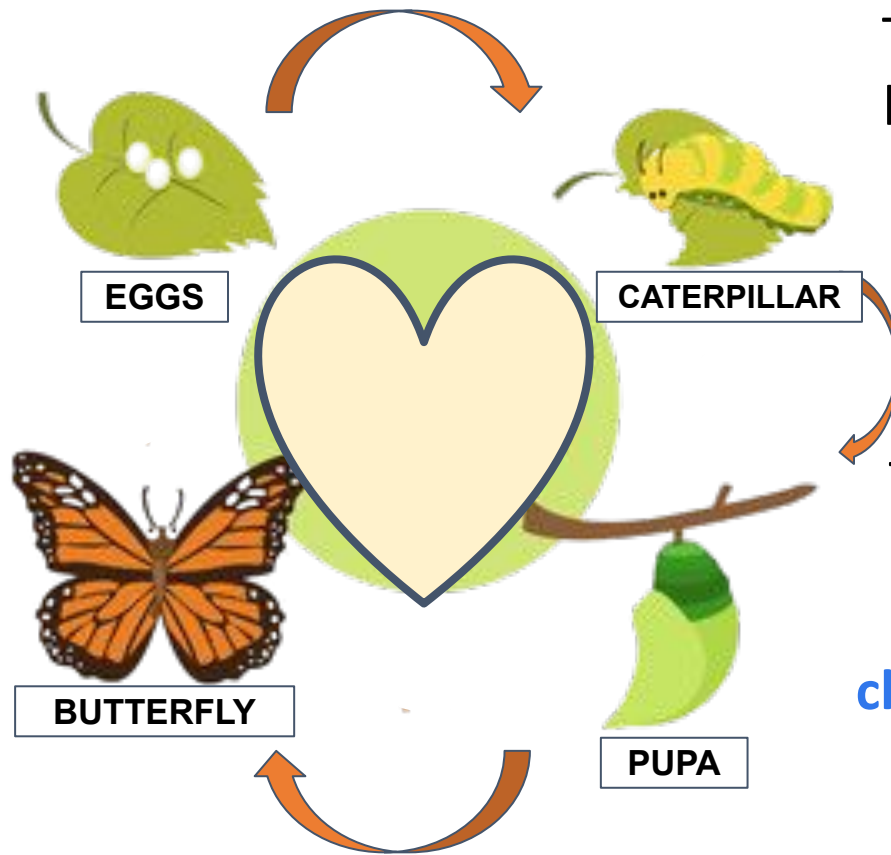


**O** loves being outdoors!



**O** wants to show you the amazing **caterpillar** grow.

**Caterpillars** starts off as an egg.

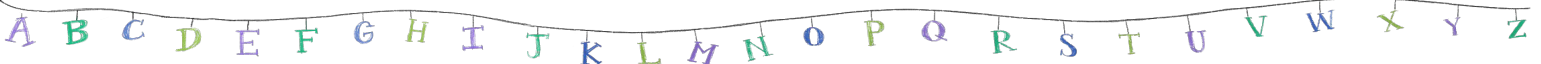


The egg will hatch into a fuzzy **caterpillar**

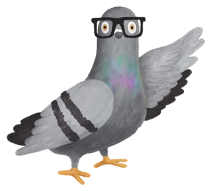
They build a protective **cocoon** to **change** into a butterfly.

Finally, the **caterpillar** will bloom into a beautiful butterfly!

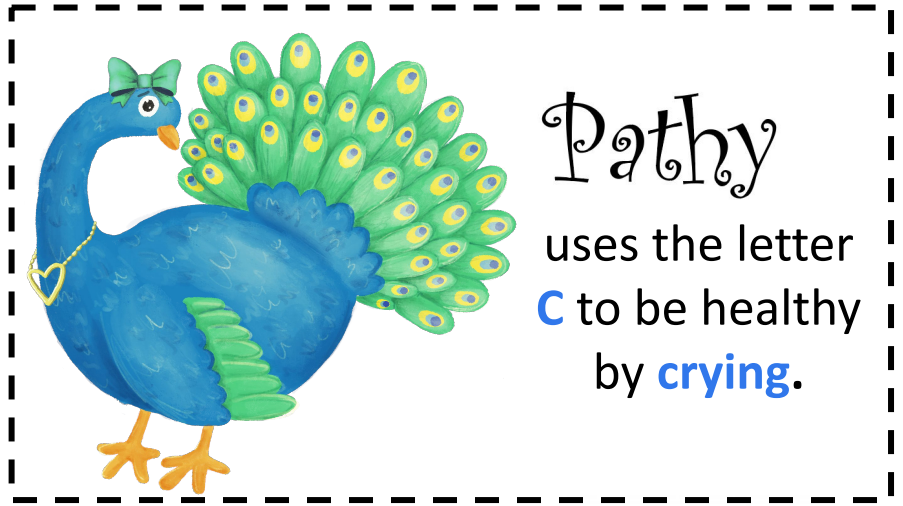
**Circle** your favorite stage of the **caterpillar** growing.







Cc



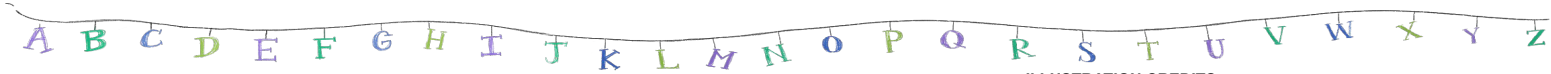
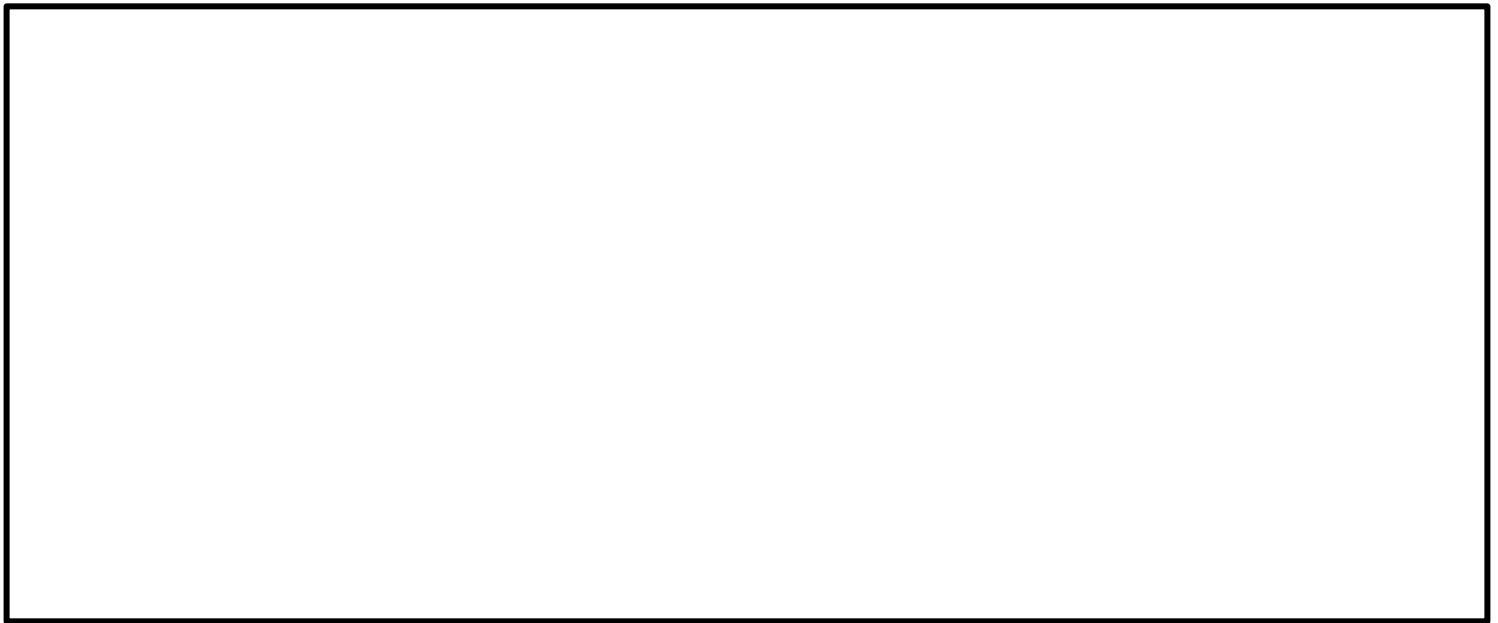
Pathy  
uses the letter  
**C** to be healthy  
by **crying**.

**Crying** is a healthy way to express your emotions.



**Coloring** after you **cry can** help  
you feel better.

Can you **color** something?





Cc



**AGUA**

likes to keep his  
water **cool** with  
ice.

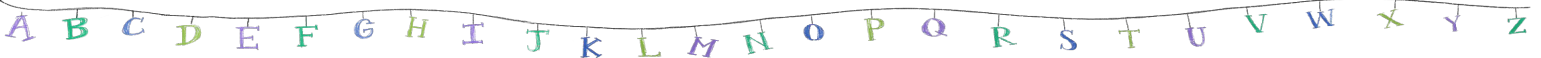
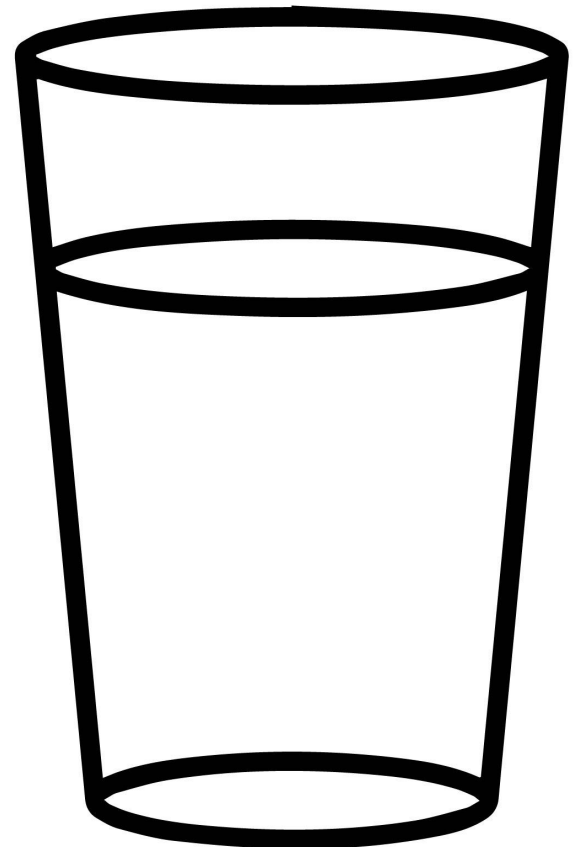
Can you **count** the  
number of ice  
**cubes**?



# of ice **cubes**: \_\_\_\_\_



Draw 5 ice **cubes** in  
this glass of water!



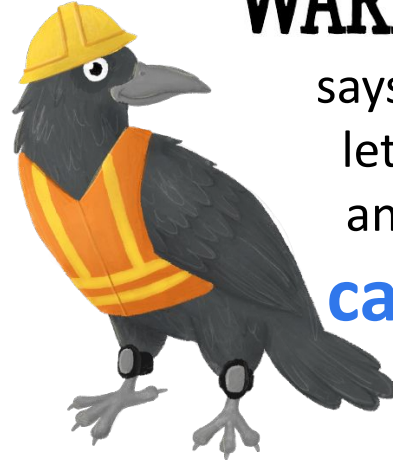


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Cc

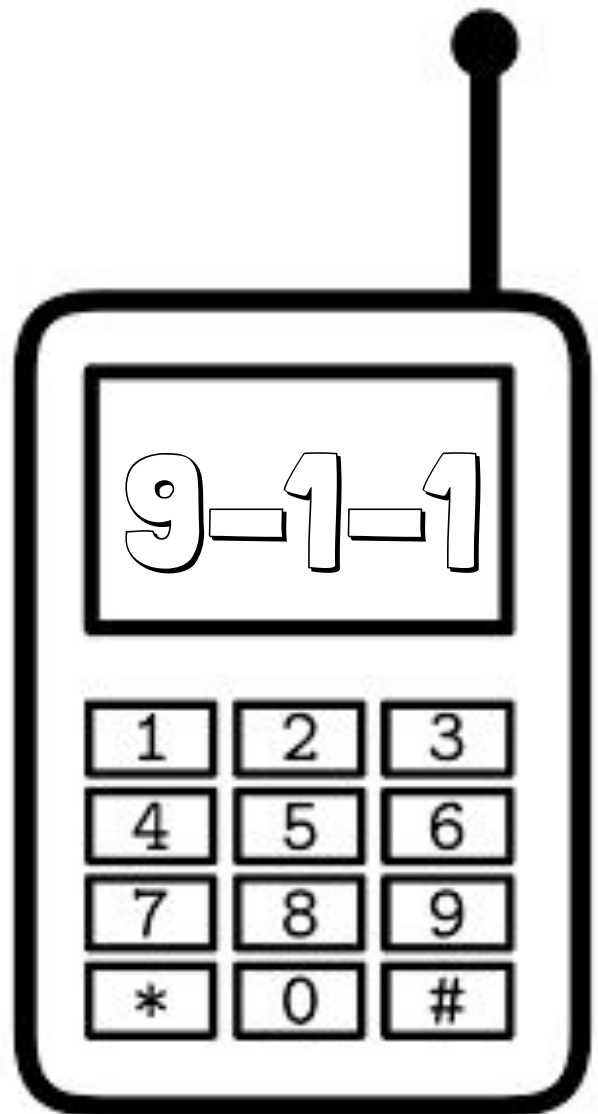
**WARNER**



says you **can** use the  
letter **C** for help in  
an emergency by:  
**calling 9-1-1.**



**Can you color in**  
the numbers you  
would press on  
the phone?



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





# Cc

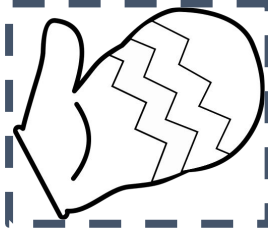
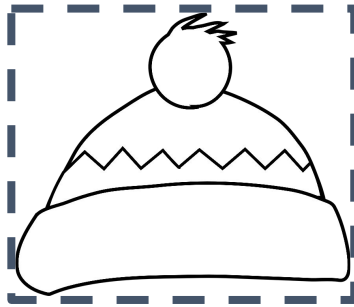


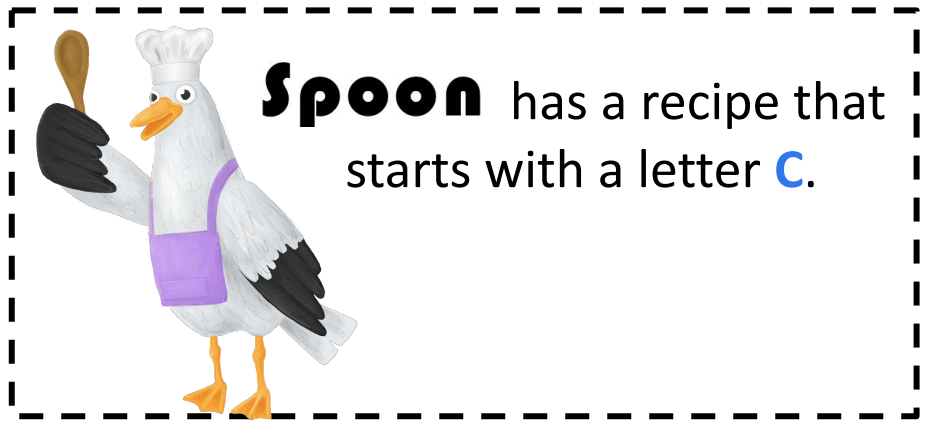
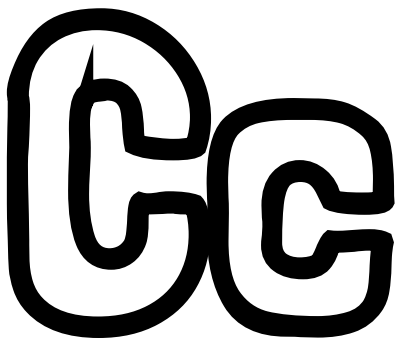
## WARNER

stays safe by always wearing a **cap** and a **coat** when it is **cold** outside.



Help **WARNER** put on his **cap**, **coat**, and mittens. **Cut** and glue his outfit onto him!





## Coco-Cinna-Cherry (N)ice Cream

### INGREDIENTS:

- 1 cup frozen cherries



- ½ frozen banana



- ½ - 1 cup almond milk



- 1 tbsp cinnamon

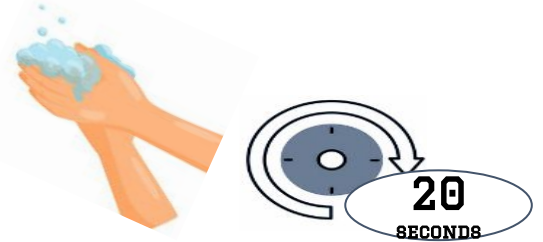


- 1 tbsp shredded, unsweetened coconut



### INSTRUCTIONS:

1. Wash hands with soap and warm water before prepping



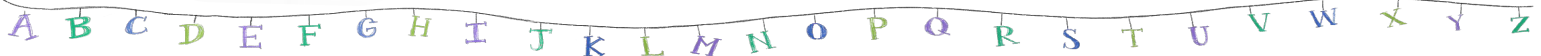
2. Place cherries, banana, milk, cinnamon, and coconut into a blender (never touch the blades, they are very sharp)



3. Press blend until smooth (but still thick)!



4. Scoop into a bowl and enjoy!





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**Cc**

**BERRY** uses the letter **C** to enjoy healthy fruits with Vitamin **C**.

Match these fruits to their **correct colors**.

EXAMPLE:



**ORANGE**



Cantaloupe is

**RED**



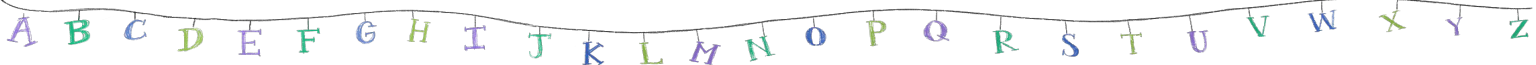
Cherries are

**ORANGE**



Cuties are

**ORANGE**





**BROC** eats healthy  
veggies that  
start with **C**.

**Cc**



Corn



Cabbage



Celery



Cucumber

**Circle** the vegetables that start with **C**.



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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Take a deep breath and **count** to ten!



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



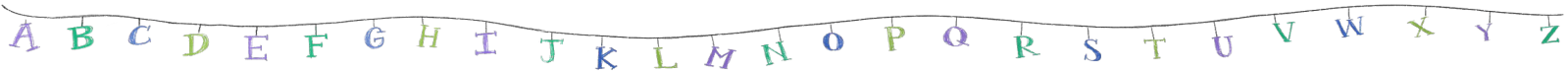
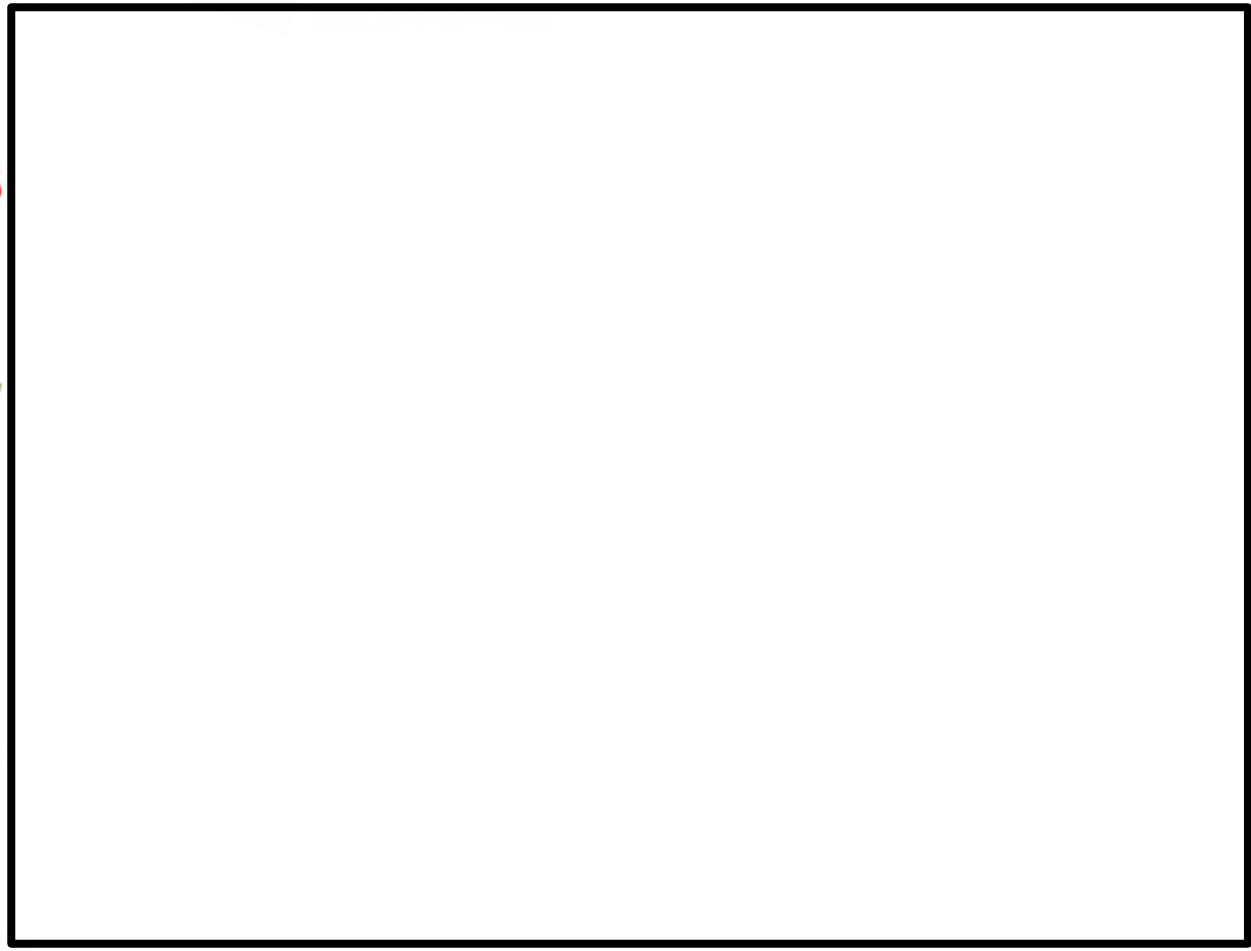
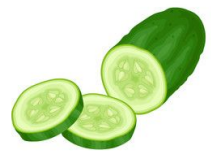


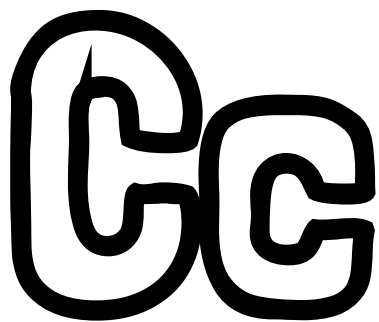
# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Cc

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





## 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
- 7.1.N Select nutritious snacks
- 1.5.G Name body parts and their functions.
- 1.2.M Describe the characteristics of families.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.
- 4.1.S Demonstrate how to ask a trusted adult for help or call 9-1-1.
- 5.1.S Identify situations when it is necessary to seek adult help or call 9-1-1.
- 1.3.N Describe the benefits of being physically active.
- 1.1.M Identify a variety of emotions.
- 7.1.M Express emotions appropriately.

