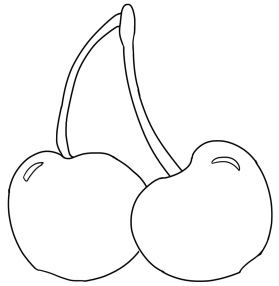
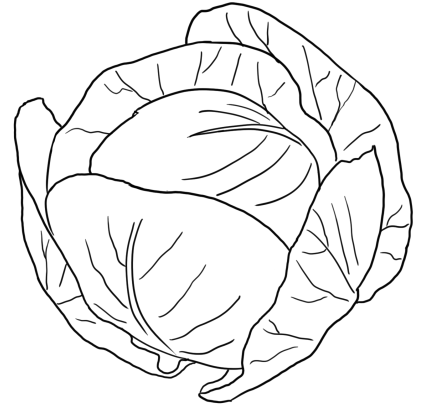


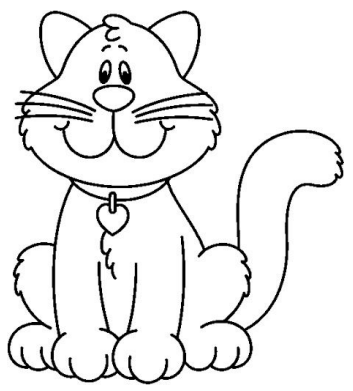
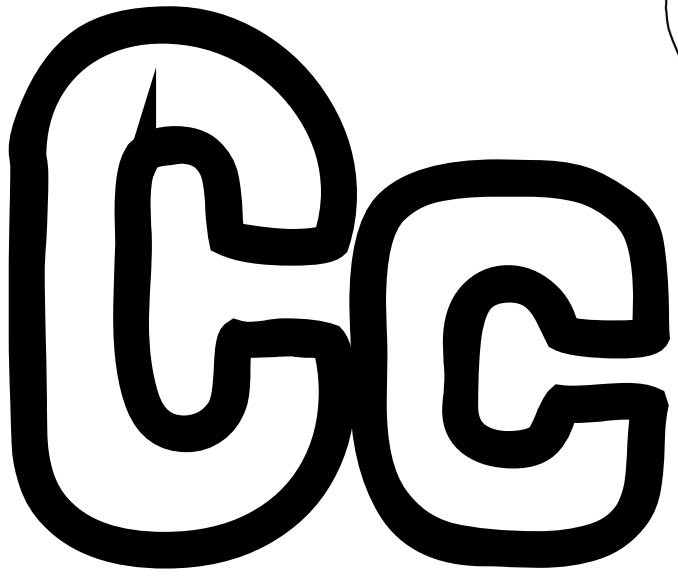
Using the letter



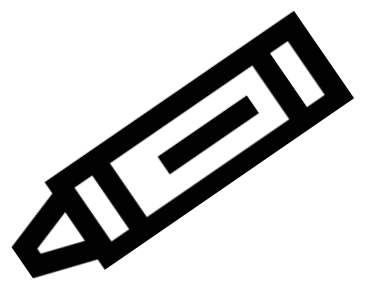
CHERRIES



CABBAGE

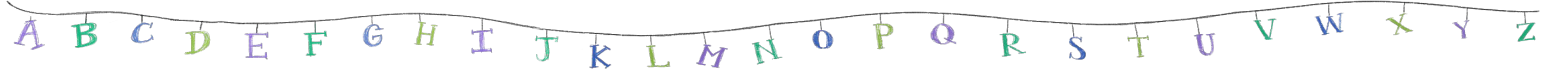


CAT



COLORING

to be more healthy



Cc



SMED

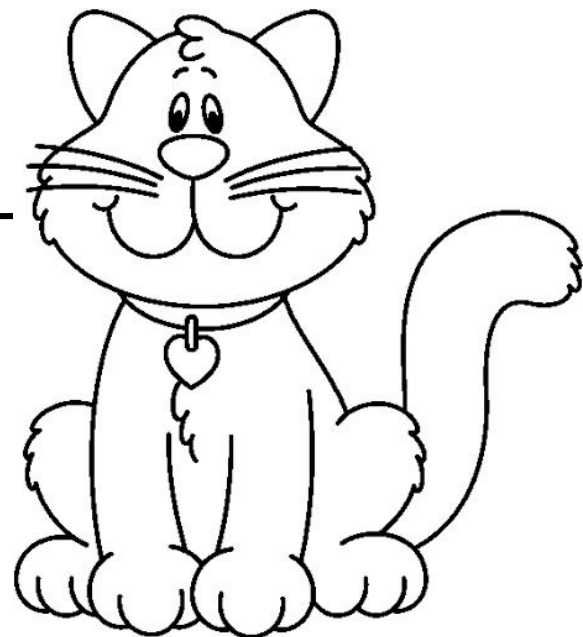
uses the letter
C to make his
brain healthy.

Trace and write these words two times each.

Cat Cat

Can Can

Color in the cat!



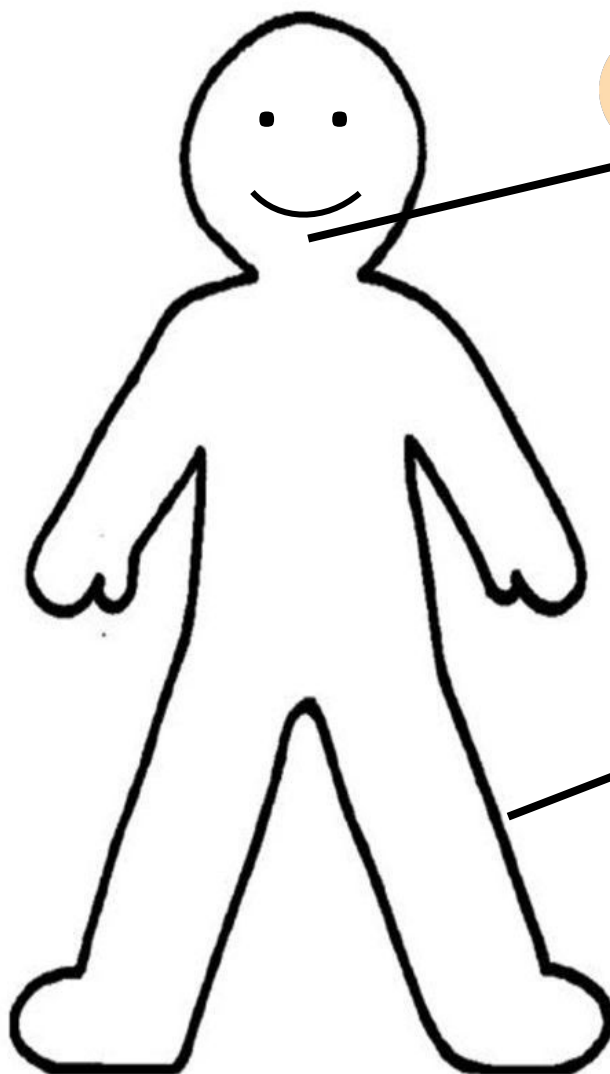
Cc



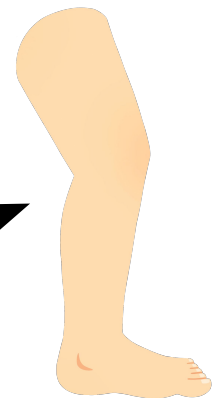
SMED

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

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



Chin: helps you
chew your food



Calf: back of the
leg

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



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

New Slide

Crawl

- Get down on hands and knees and crawl around

Cc



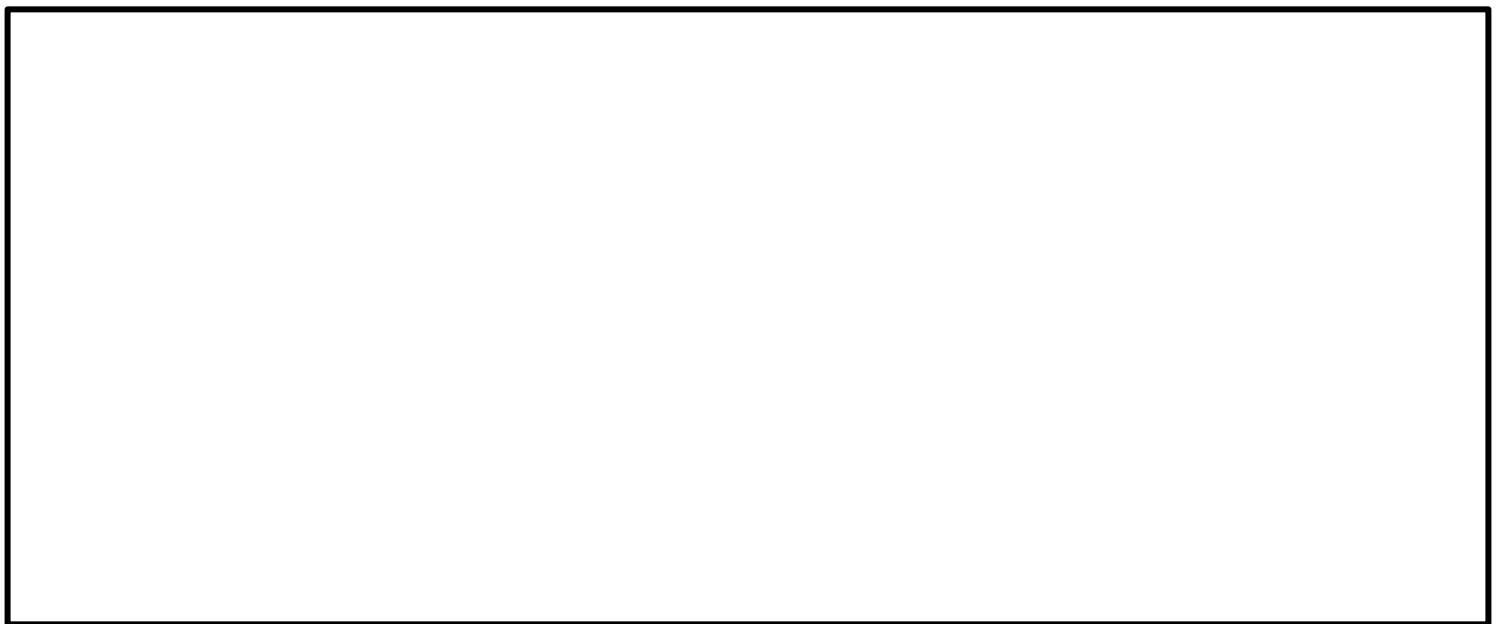
Pathy
uses the letter
C to be healthy
by crying.

Crying is a healthy way to show 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.

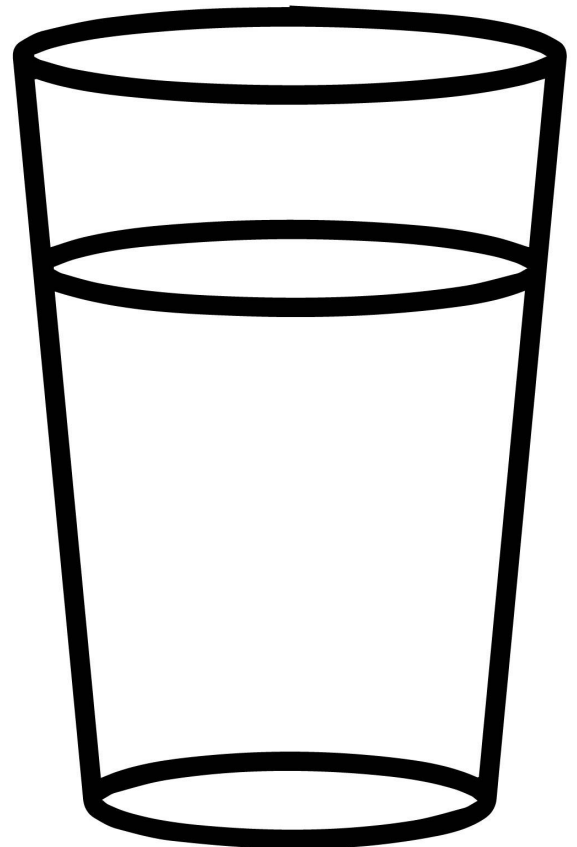
Can you count the number of ice cubes?



of ice cubes: _____

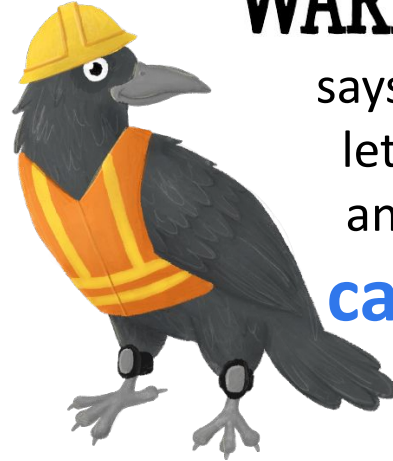


Draw 5 ice cubes in this glass of water!



Cc

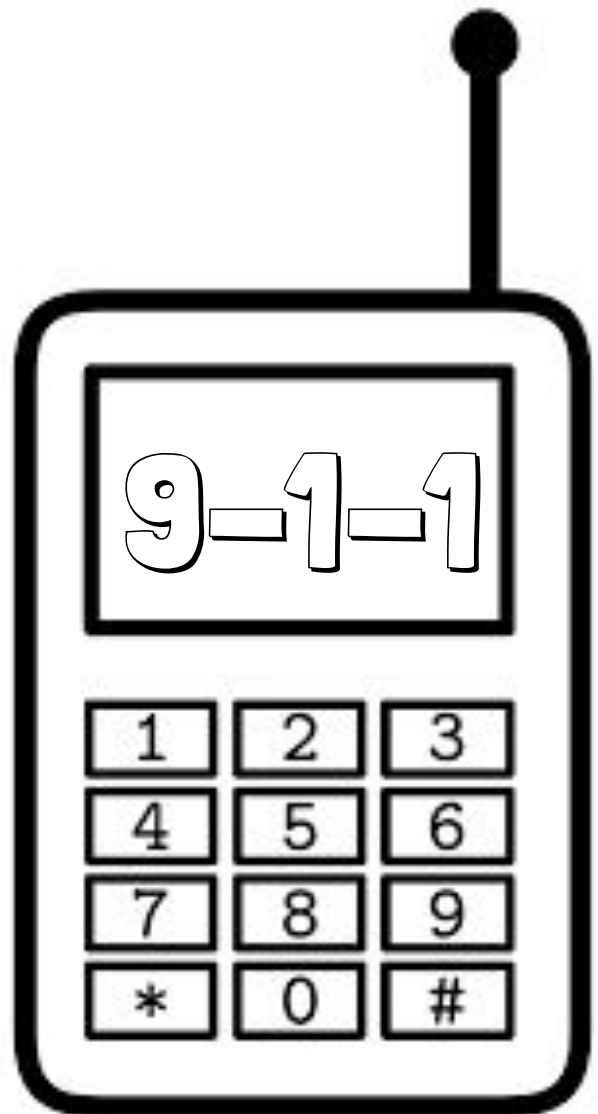
WARNER



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?



Cc



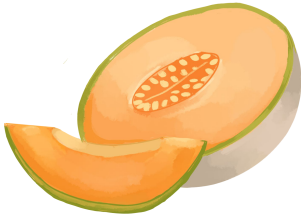
BERRY uses the letter **C** to enjoy healthy fruits with Vitamin **C**.

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

EXAMPLE:

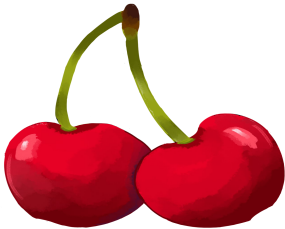


ORANGE



Cantaloupe is

RED



Cherries are

ORANGE



Cuties are

ORANGE

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



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



Corn



Cabbage

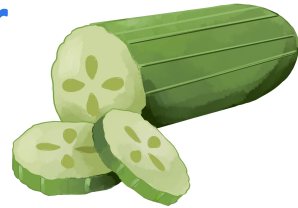


Celery

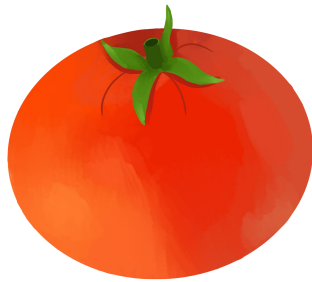
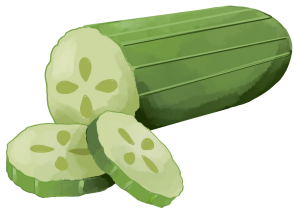
Carrot



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

Cc



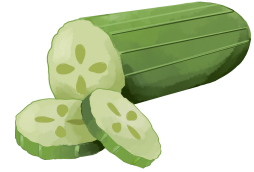
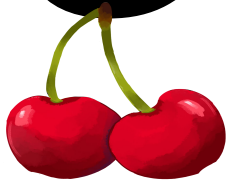
Take a deep breath and count to ten!



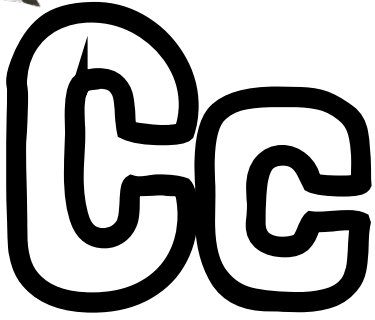
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Cc

Can you draw a picture of how you're going to use the letter C 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
- 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.