

# Using the letter

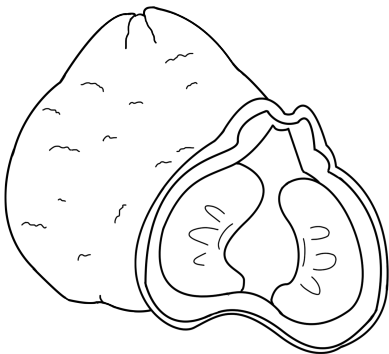


UKULELE

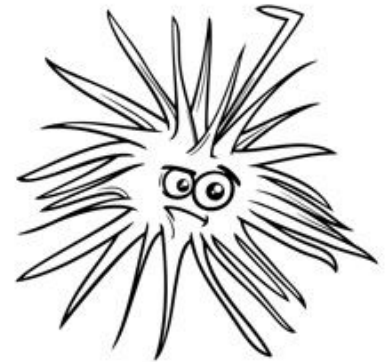


UMBRELLA

U u



UGLI FRUIT



SEA URCHIN

# to be more healthy

Up



SMED

makes his brain healthy by learning words that start with "U".

Trace and write this word 3 times.

Up Up

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Up Up

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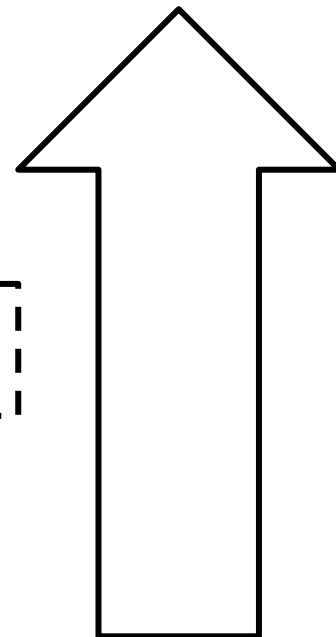
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Up Up

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Color in the arrow pointing up.



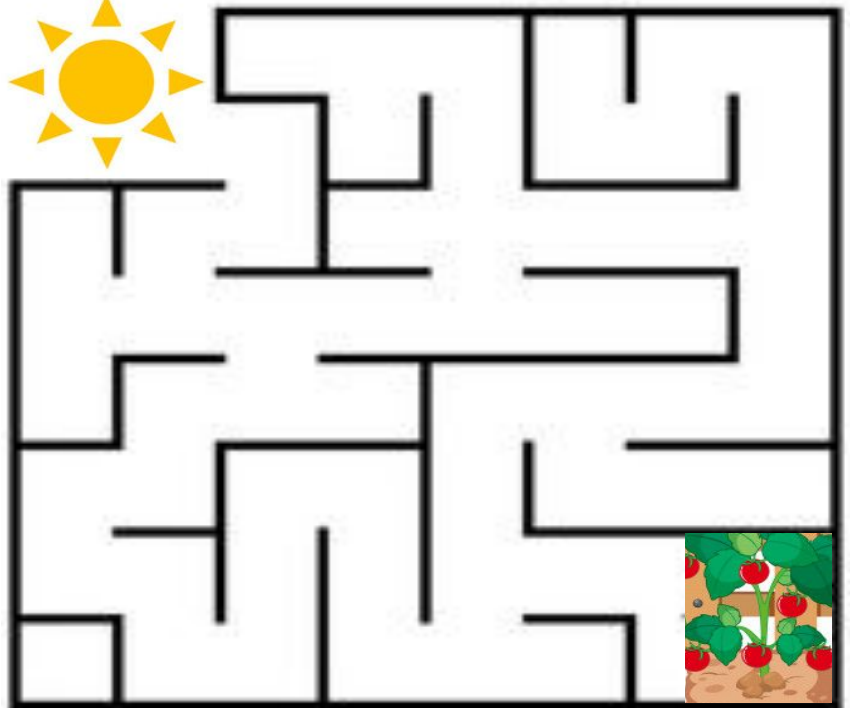
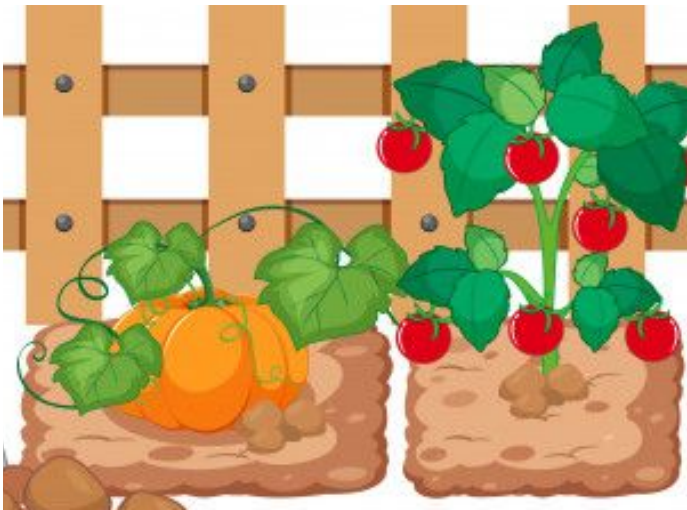
Uu



**BROC**

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

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



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

Uu



# Sport

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

Jumping **up** makes your legs strong!



Color in the number of times you can jump **up**.

1	2	3
4	5	6
7	8	9
10		

# Under-Over Maze

- Using tape or string, make a maze in a hallway so children can over and under
- Crawling under tables works too

Uu

**Umbrellas** keep you safe and dry from rain.



**WARNER**

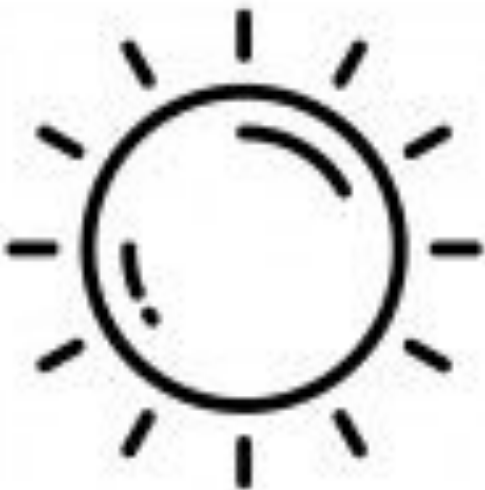


uses the letter **U** to be healthy by **using** an **umbrella**.

They also protect your skin from the sun.



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





# Uu



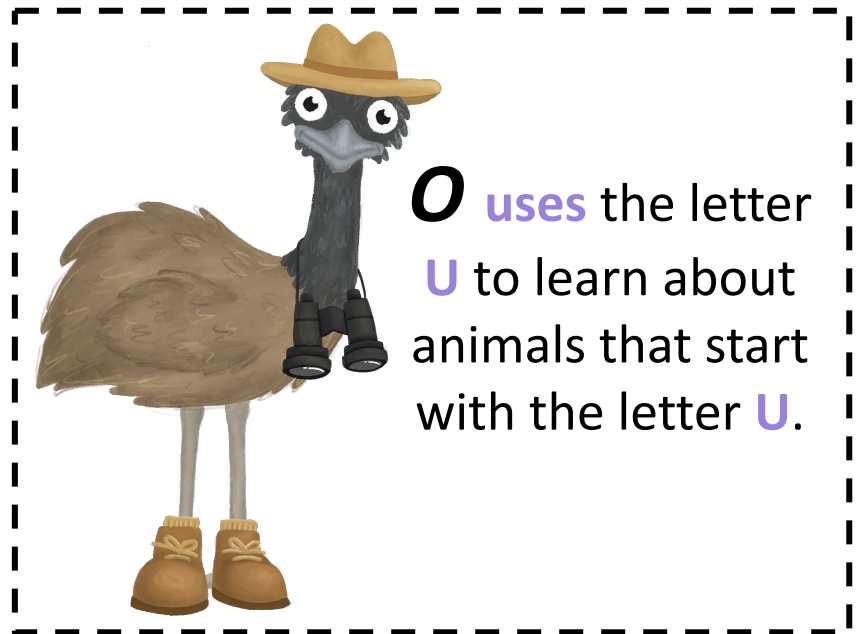
Sea **urchins** live in the ocean! Their outside is very spiky, so don't touch them!

Sea **urchin**

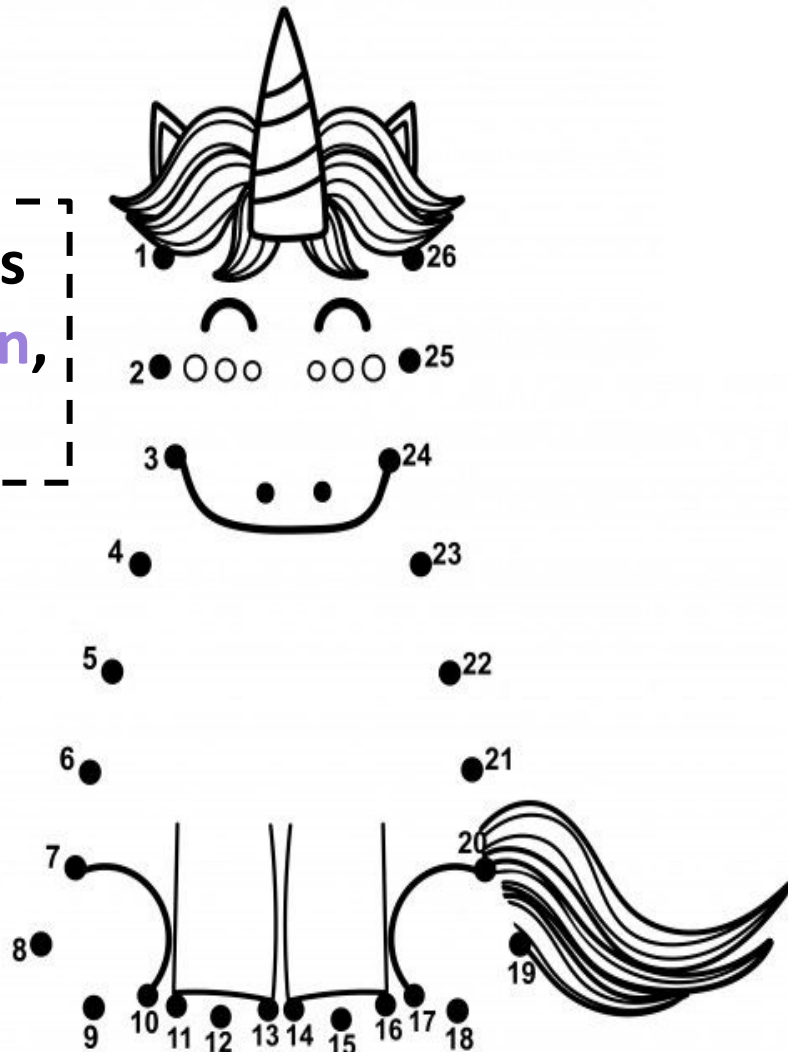
Connect the dots to make a **unicorn**, then color it in!



**Unicorn**



**O** uses the letter **U** to learn about animals that start with the letter **U**.



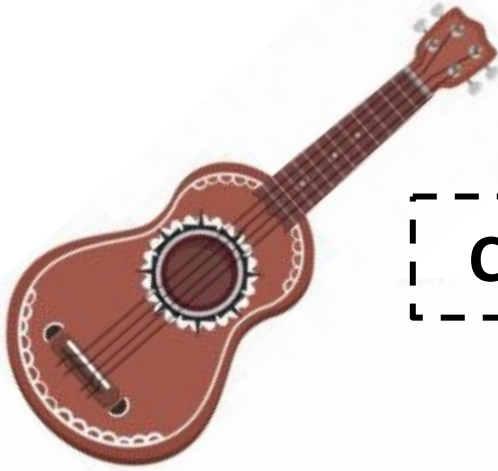


Pathy

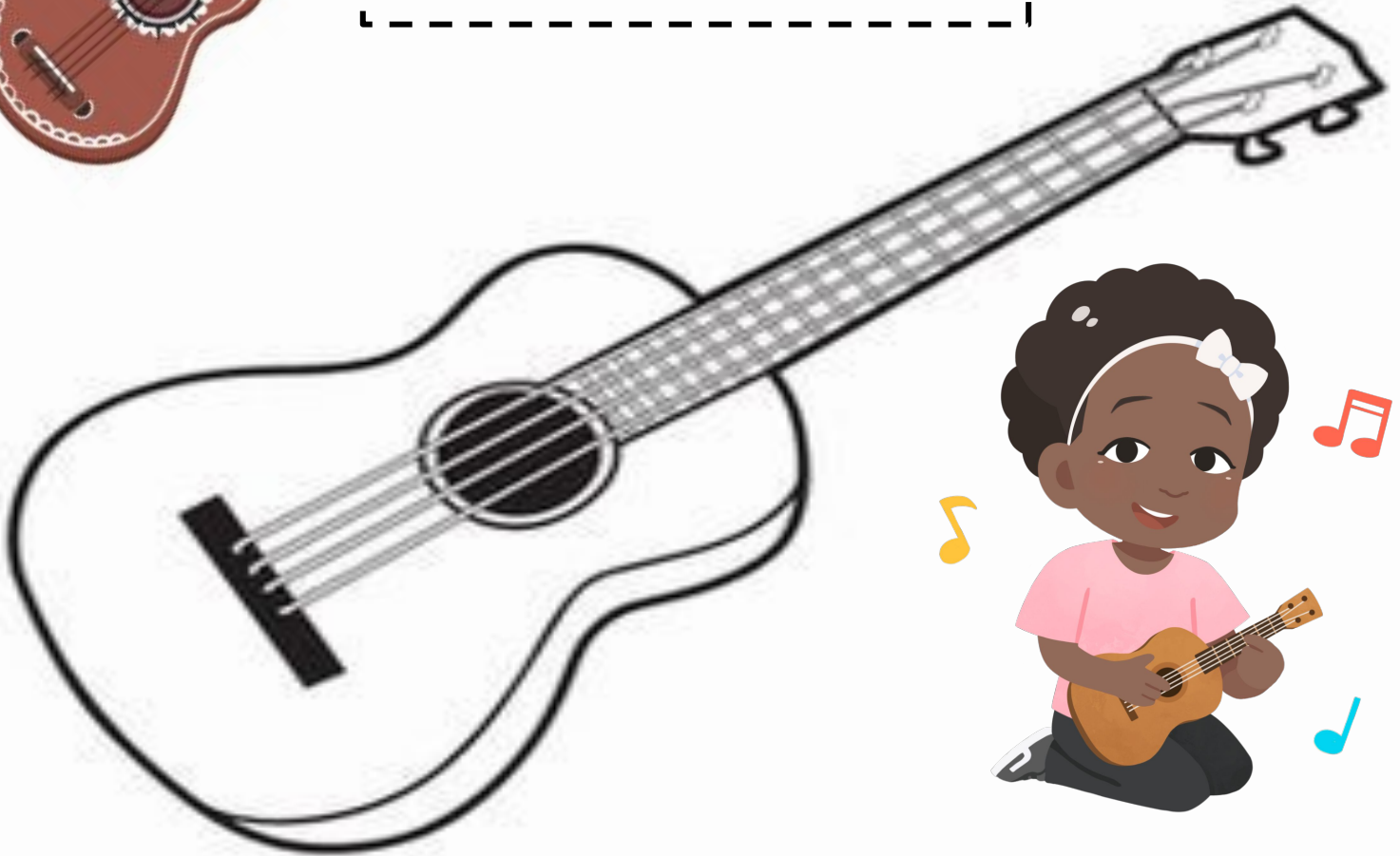
uses the letter **U** to  
be healthy by  
playing the **ukulele**.

Uu

Playing music can help you feel better when you're  
feeling **upset**.



Color in this **ukulele**.

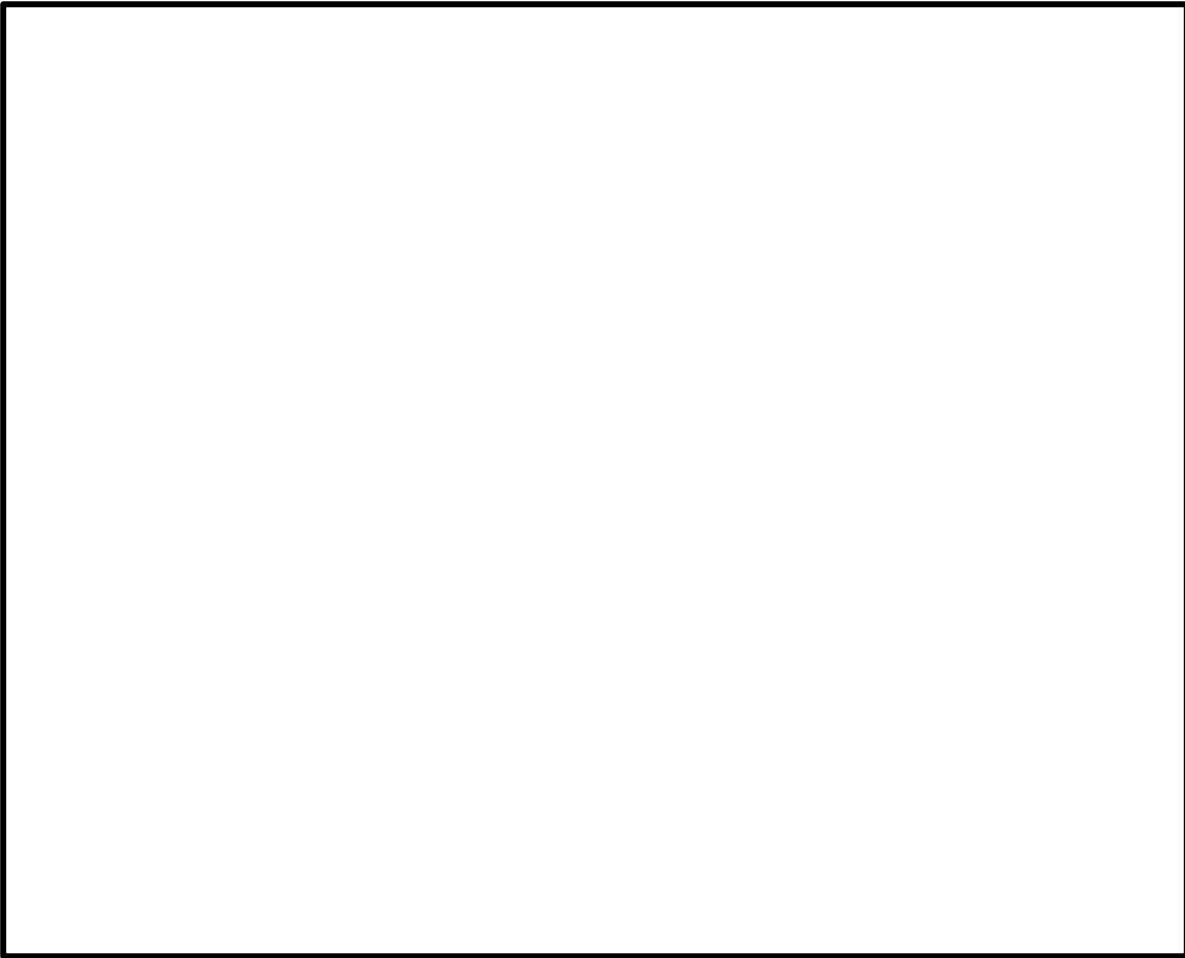
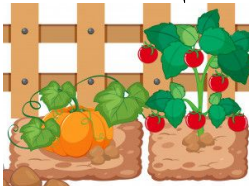


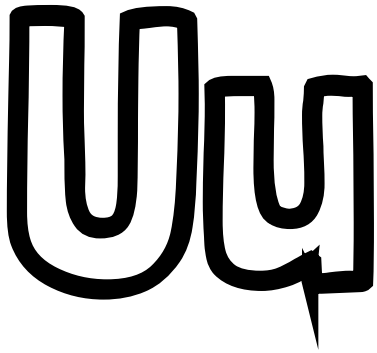




# Uu

Can you draw a picture of how you can use the letter U 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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.2.P Describe sun-safety practices.
- 7.1.M Express emotions appropriately.