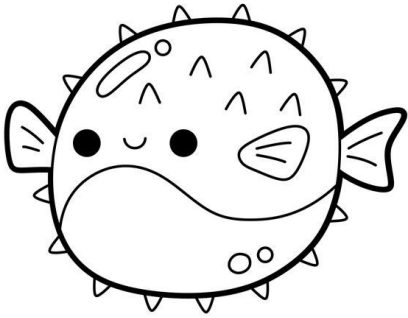


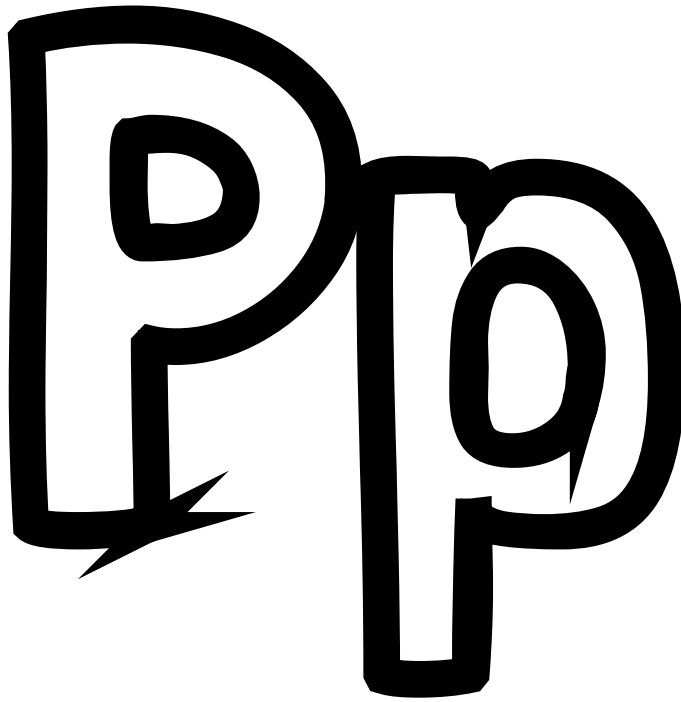
Using the letter



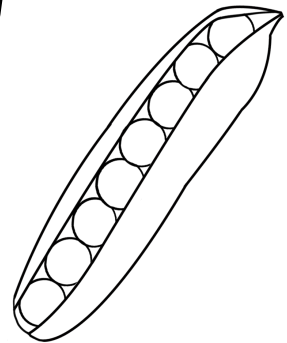
PUFFER FISH



PAINTING

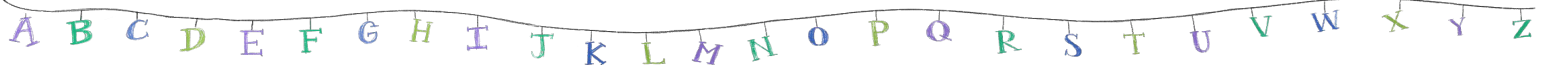


PUMPKIN

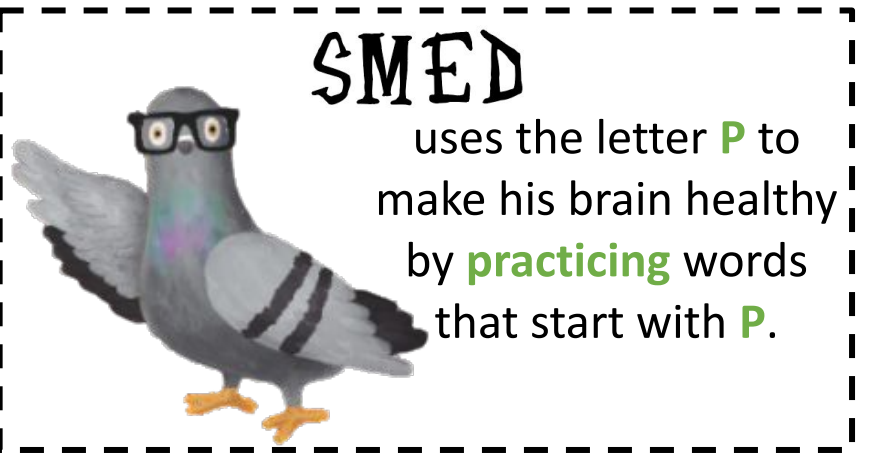


PEAS

to be more healthy



Pp



uses the letter **P** to
make his brain healthy
by **practicing** words
that start with **P**.

Trace and write write these words two
times each.

put put

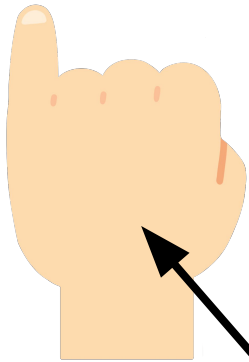
play play

Pp

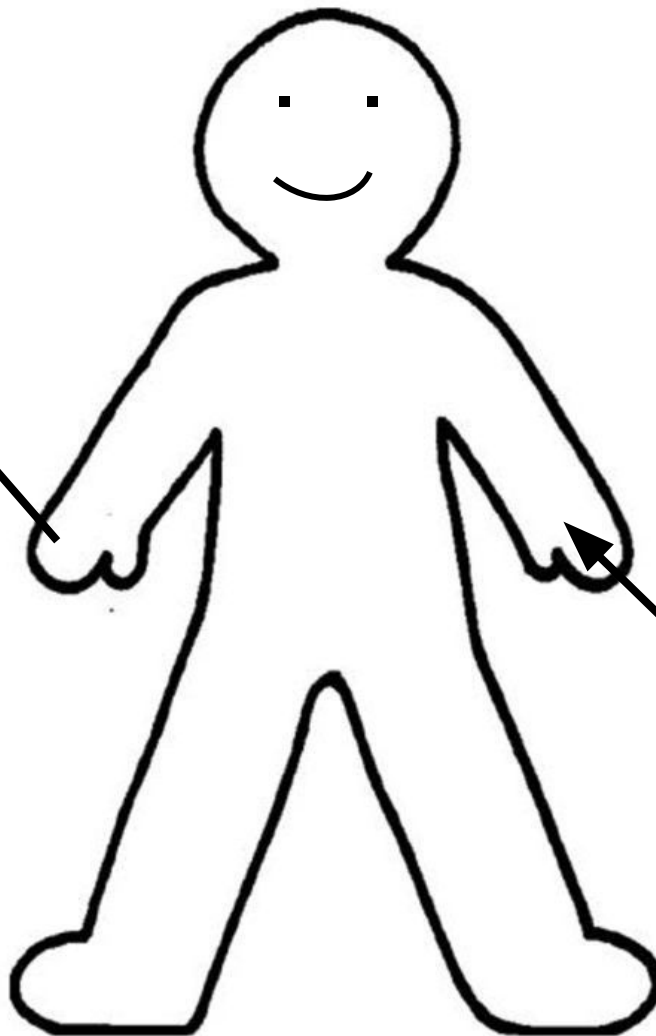


SMED'S Science Lesson:
Anatomy with the
Letter **P**!

The letter **P** is the first letter of many **parts** of your body.



Pinky finger



Palm

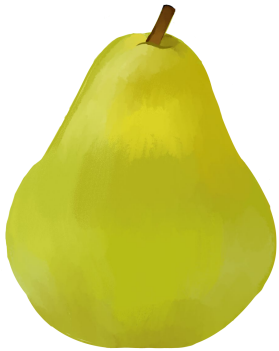
Pp



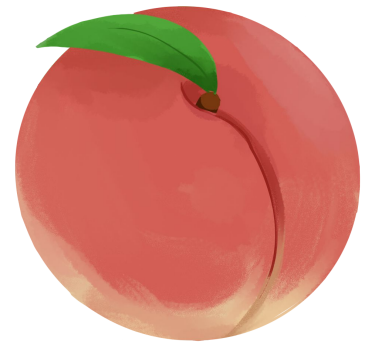
BERRY uses the letter **P** to be healthy by **picking** yummy fruits to eat.



Circle your
favorite "P" fruit!



Pears



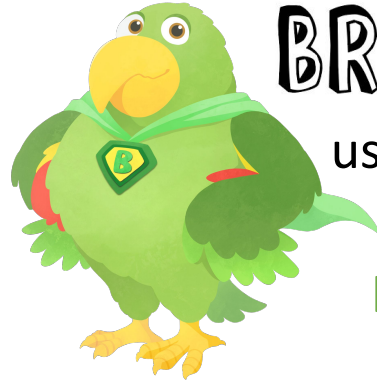
Peaches



Pineapple

These fruits **protect** you from getting sick!

Pp



BROC

uses the letter **P** to
be healthy by
picking healthy
veggies.



Pumpkin



Potatoes

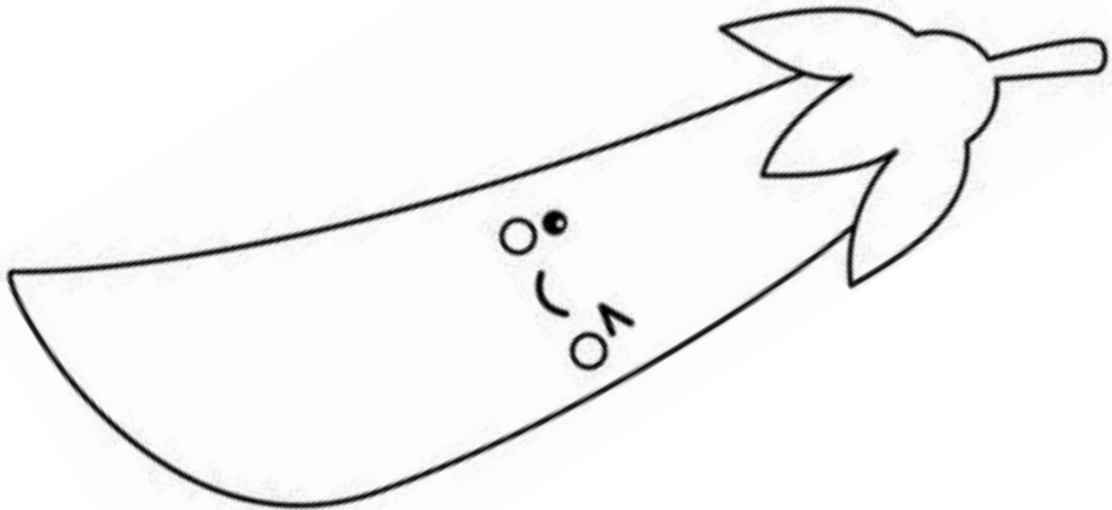


Peas



Pickles

Color in the **pea pod**.



Pp



Dig a hole, **plant** your seed, and make sure to water it!

Draw what you want to **plant**!



Pp

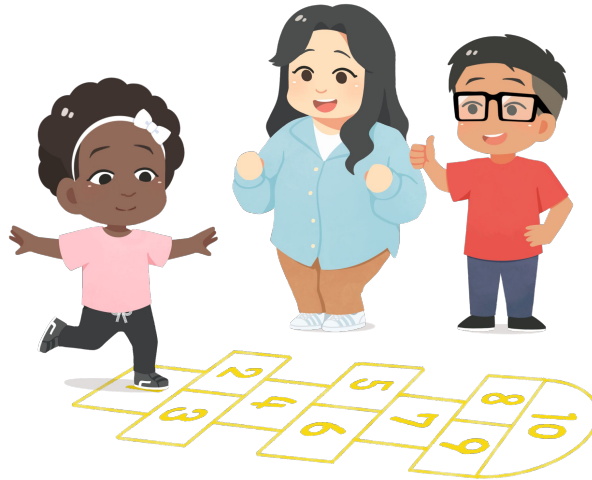


Pathy
uses the letter **P**
to be healthy by
doing her three
P's.

Practice



Patience



Perseverance

Draw a **picture** of you **practicing** one of your three **P's**.

Pp



AGUA

uses the letter **P** to be healthy by **playing** in the **Pacific** Ocean with other animals.

Penguins and **puffer** fish both live and **play** in the **Pacific** Ocean!

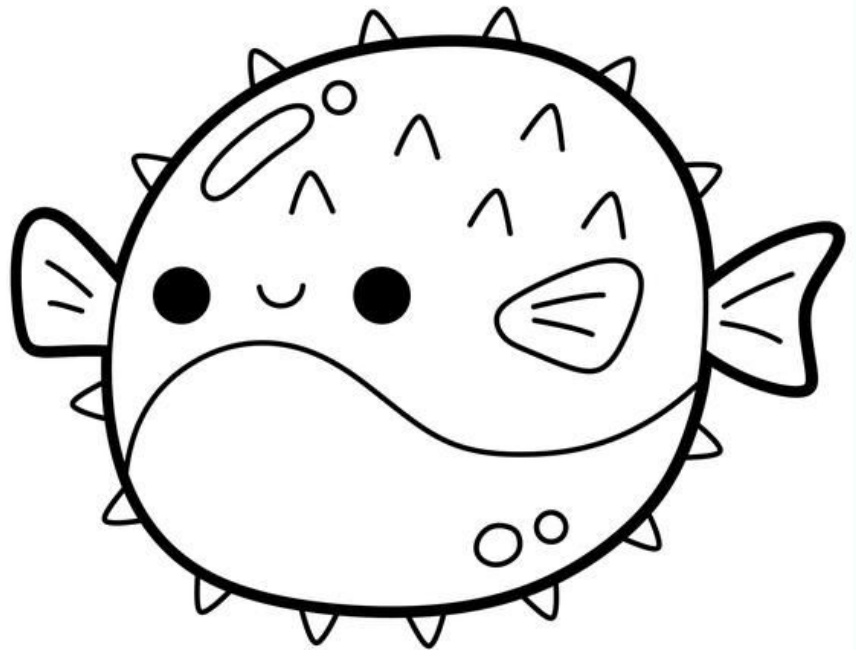


Penguin



Puffer fish

Color in the **puffer** fish!



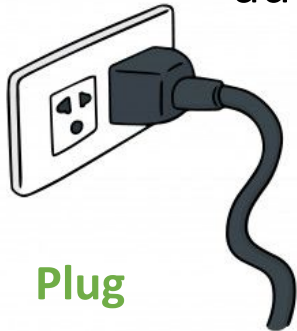
Pp



WARNER

uses the letter **P** to be healthy by never **playing** with unsafe items.

Never touch or **play** with **plugs** or **pins** if you don't have an adult's **permission**.

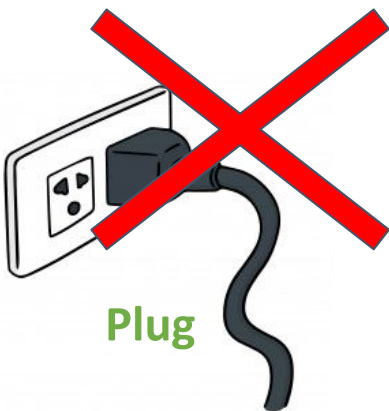


Plug



Pin

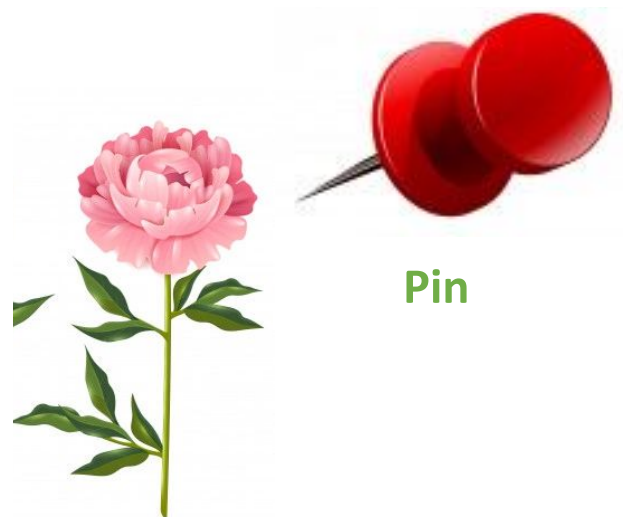
Draw an 'X' through items you can't **play** with if you don't have **permission**.



Plug



Pencil



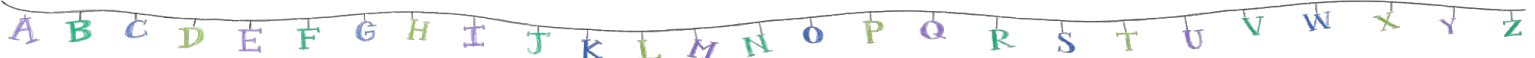
Peonies



Pin



Pillows



Pp



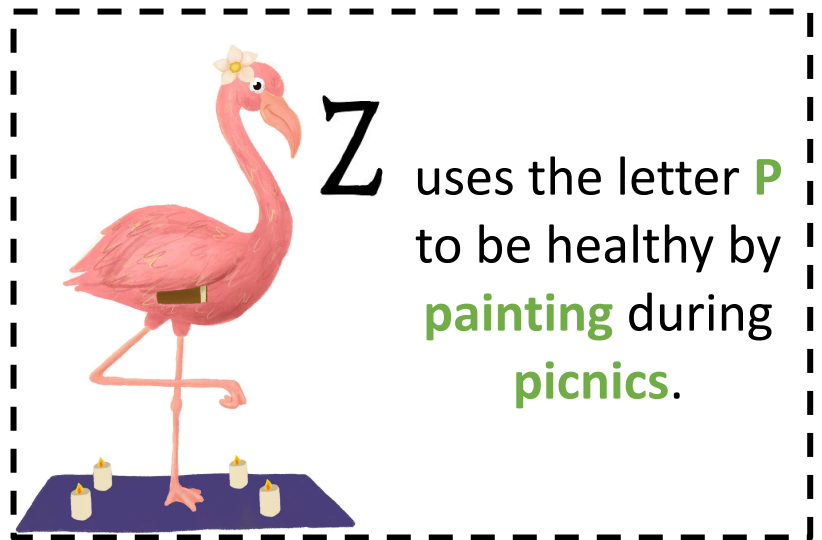
Sport

uses the letter **P** to
be healthy by **playing**
with her friends.

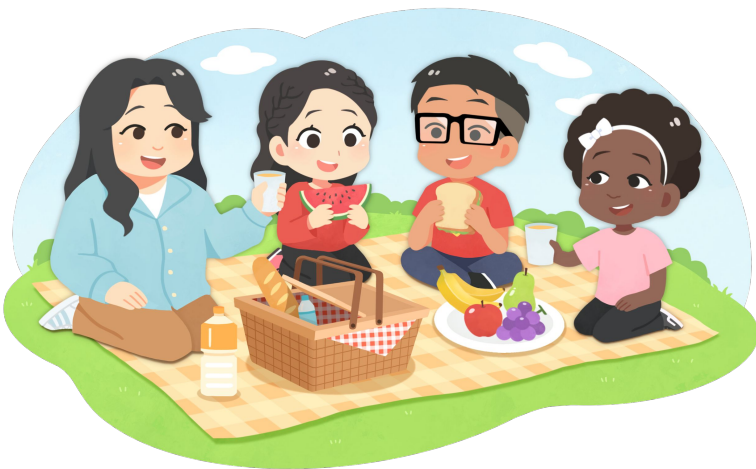


How do you like to **play** with your friends?

Pp

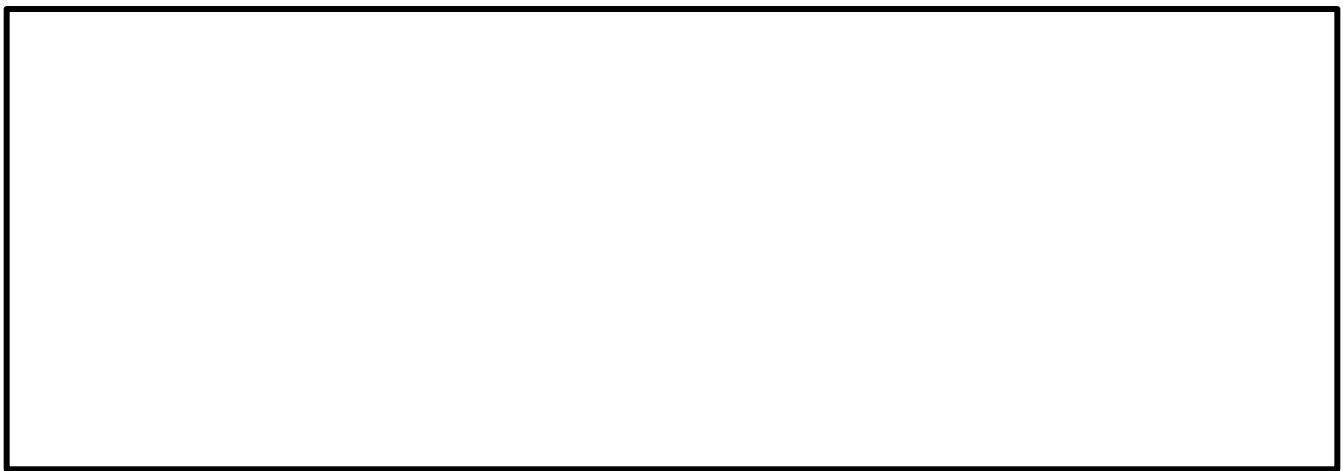


Z enjoys going on peaceful picnics with her friends.



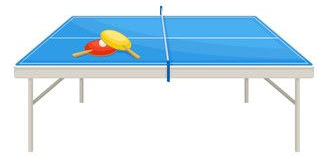
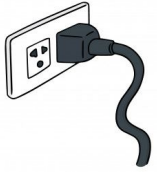
Sometimes, they paint in the park.

Draw what you would paint on a picnic.



Draw a **picture** of how you're going to use the letter **P** to be more healthy.

Pp



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.
- 1.3.N Describe the benefits of being physically active.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.5.G Name body parts and their functions.
- 4.2.M Cooperate and share with others.
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 3.1.P Identify health care workers who can help promote healthy practices.
- 1.3.A Recognize that medicines should be taken only under the supervision of a trusted adult.
- 1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.