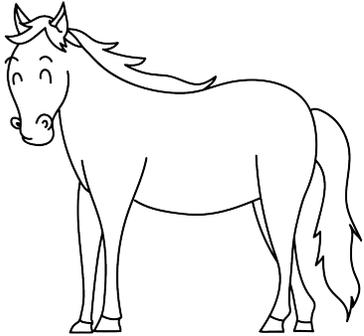
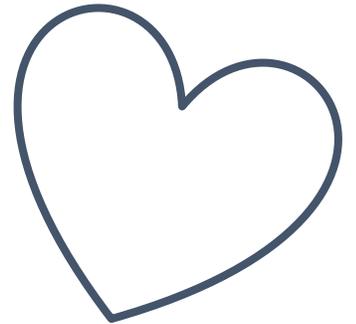


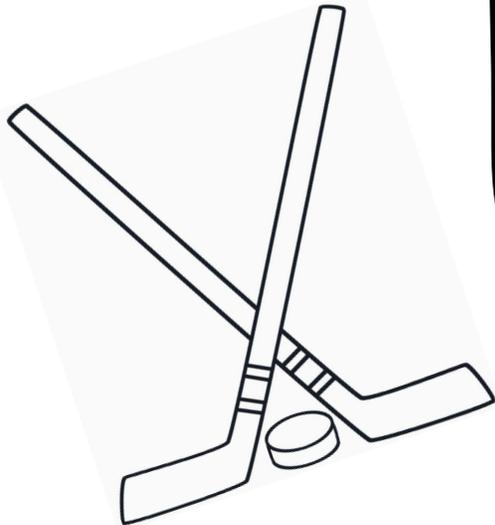
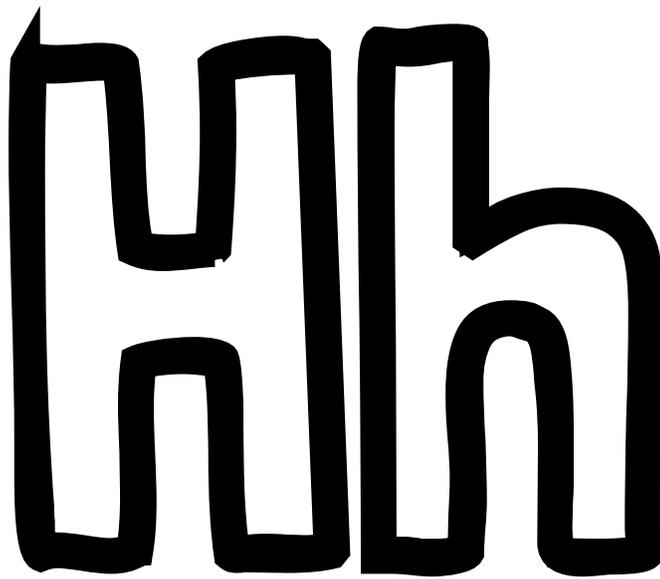
Using the letter



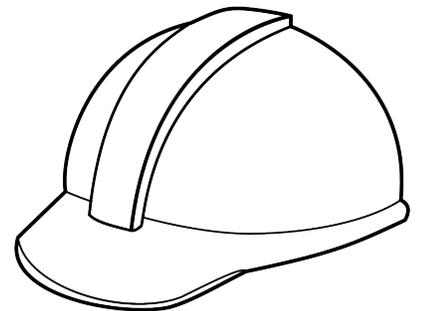
HORSE



HEART



HOCKEY



HELMET

to be more healthy



Hh



SMED

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

Trace and write these words two times each.

his his

her her

Decorate this house!

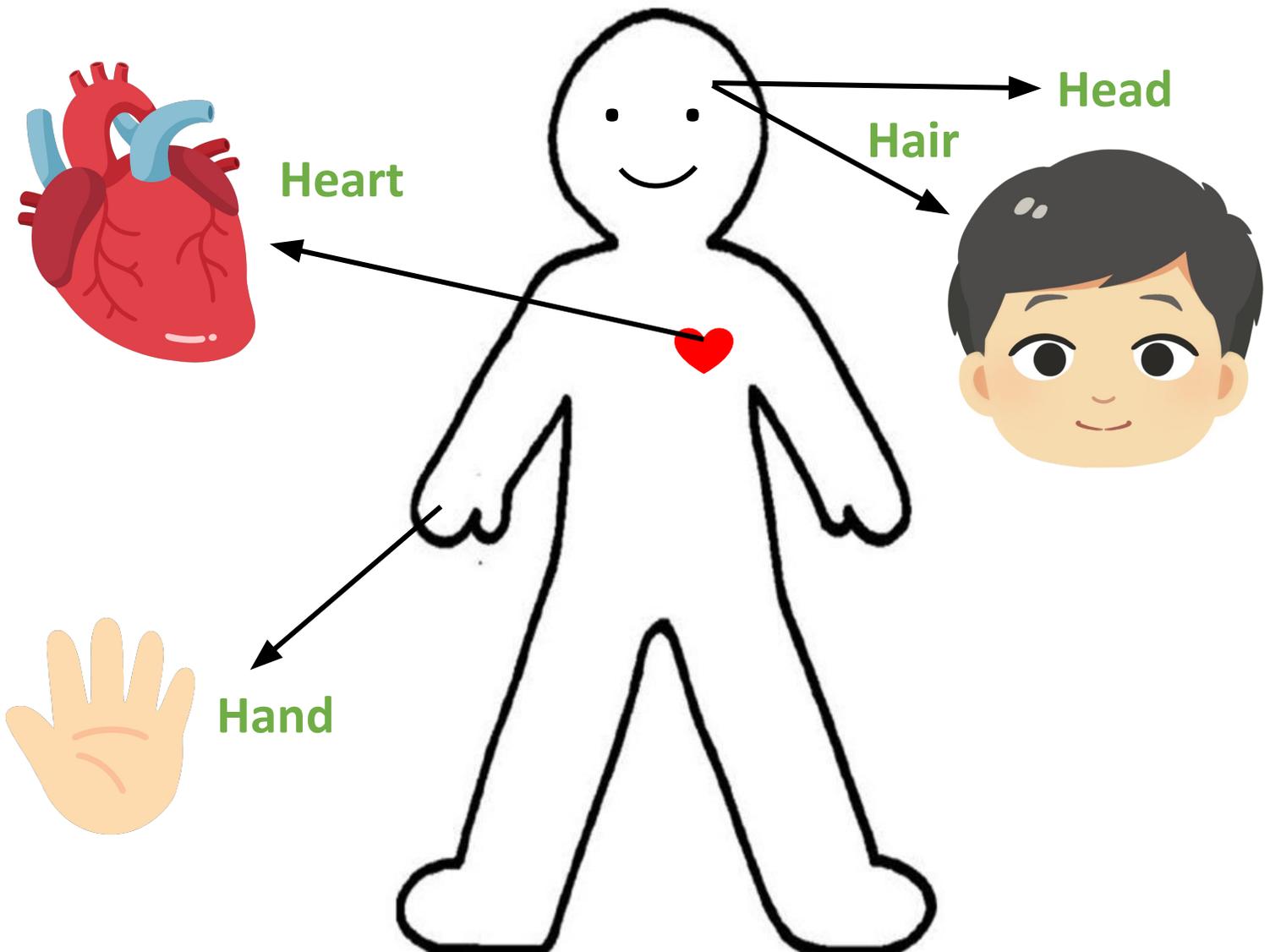


Hh



SMED'S Science Lesson:
Anatomy with the
Letter H!

The letter H is the first letter of many parts of your body.



Hh



**Honeydew
melon**

**How many pieces of honeydew melon
are there?**



Answer: _____

Hh



Sport

uses the letter **H** to be **healthy** by doing activities that start with "H".

Match the activities and circle your favorite!



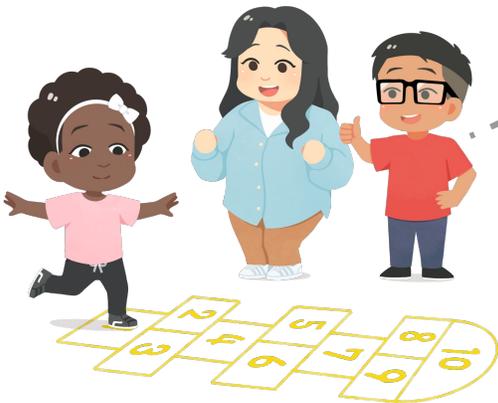
Hockey



Hide and Seek

Hopscotch

Hula-hoop



High Knees

- Alternate lifting each knee as high as possible to tap hands

Hh



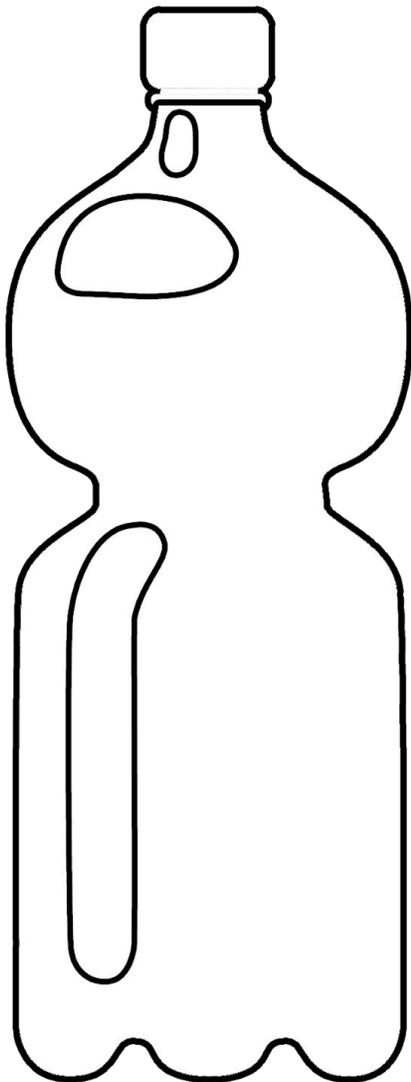
AGUA

uses the letter **H**
to be **healthy** by
staying **hydrated**
in the **heat**.

When it's **hot**, your body needs more water
than usual, so it is important to be **hydrated**.



Hydration means drinking enough
water to keep your body **healthy**.



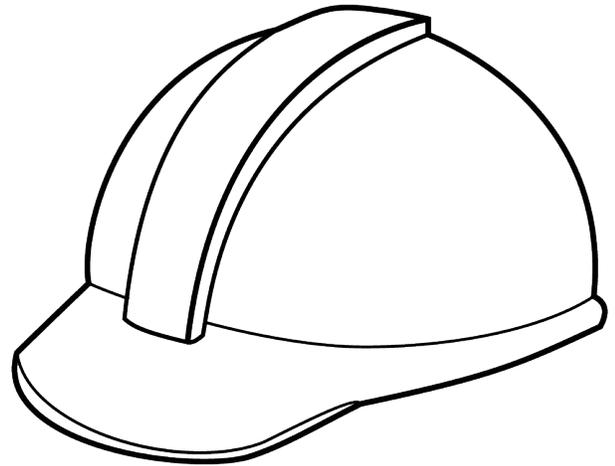
Decorate your water bottle
that **helps** keep you
hydrated.

Hh



Keep your **head** safe by wearing a **helmet** when you go on a bike, scooter, or skateboard.

Decorate your **helmet**. →



Circle each activity where you need a **helmet**.



Biking



Scooter

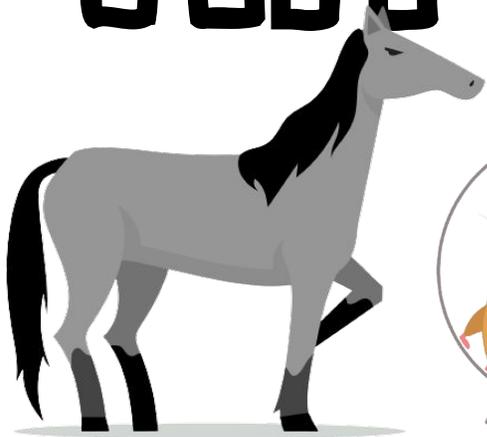


Skateboard

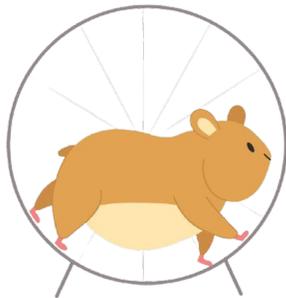
Hh



O uses the letter H to be healthy by learning names of animals that start with H.



HORSE



HAMSTER



HERMIT CRAB



HUMMINGBIRD

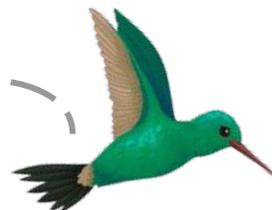
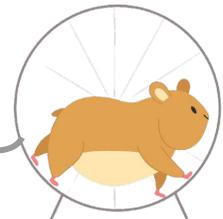
Match the name with the correct animal!

Horse

Hermit Crab

Hamster

Hummingbird



Hh



Pathy

uses the letter **H** to
be **healthy** by
hugging her friends
and family.

Hugging her friends and family
helps Pathy to be calm and
happy.

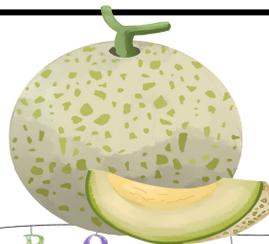
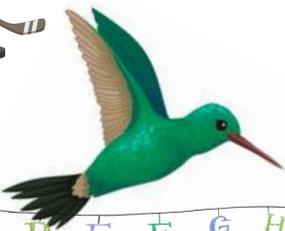
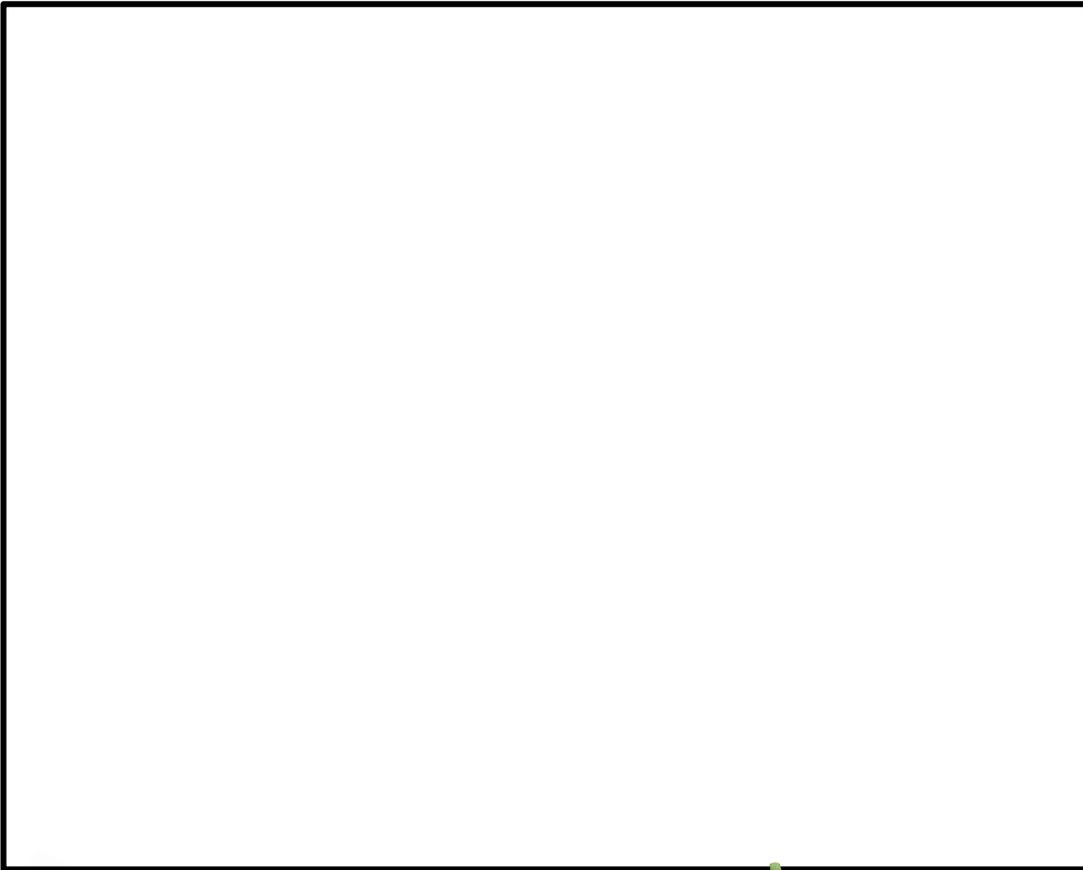
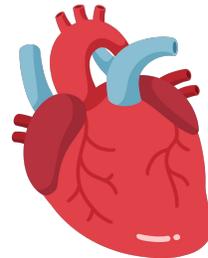
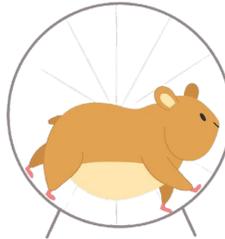
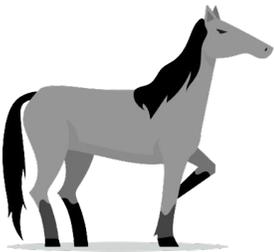


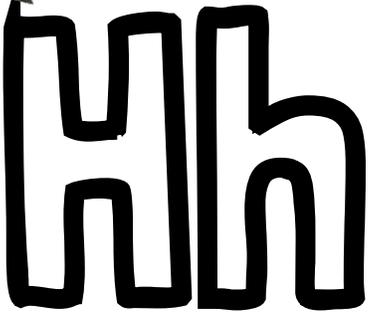
Remember to ask your
friends or family if it is
okay to **hug** them!

Who will you **hug** today?

Hh

Draw a picture of how you're going to use the letter H 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.

7.2.M Describe positive ways to show care, consideration, and concern for others.

8.1.M Encourage others when they engage in safe and healthy behaviors.

5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.

1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.

7.1.S Follow rules for safe play and safety routines.