

Using the letter



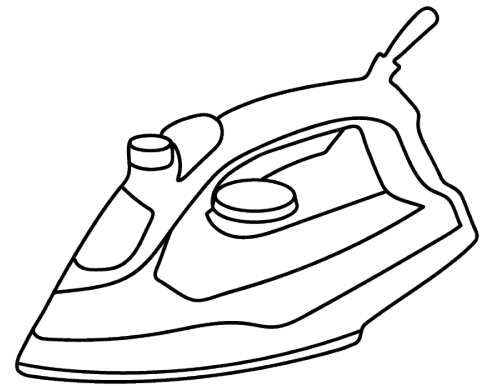
ICE SKATE



ICEBERG LETTUCE

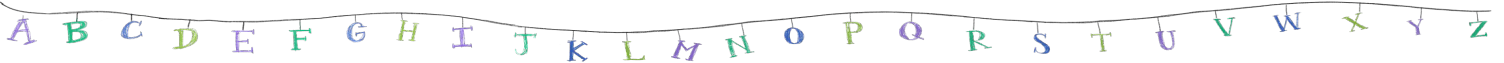



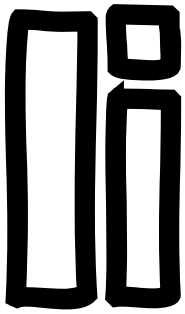
ICE



IRON

to be more healthy





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

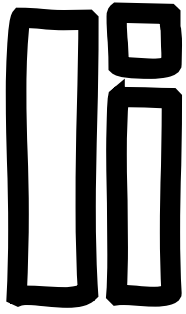
Trace and write these sight words 2 times each.

In In

Is Is

Color **in** the cat **in** the hat.



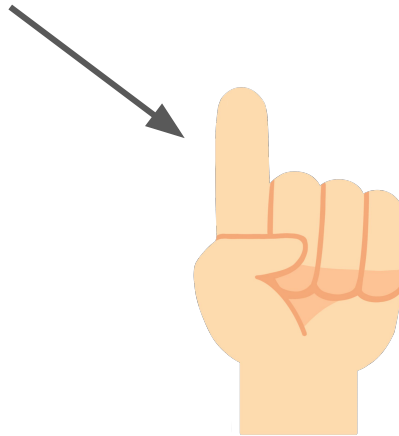


SMED
uses the letter **I** to learn about parts of the body to make his brain healthy.

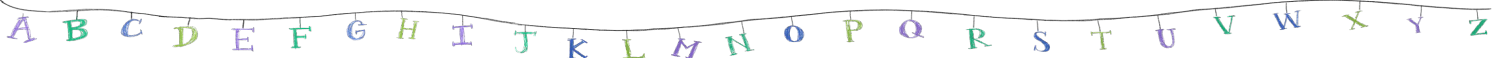
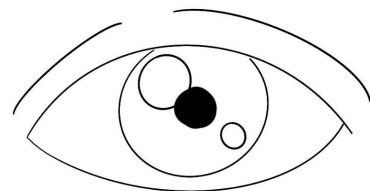
A cartoon illustration of a grey pigeon wearing black-rimmed glasses, standing and facing forward. The pigeon is enclosed within a dashed rectangular border.

Some **interesting** parts of your body start with the letter **I**.


Index Finger:
Pointer finger



What **is** the color of your **iris**?



ii



BROC uses the letter **I** to be nealthy by enjoying **Iceberg** lettuce.

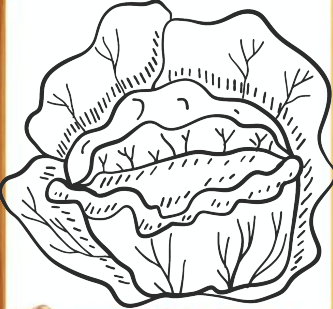
Iceberg lettuce keeps you hydrated because **it** has a lot of water.

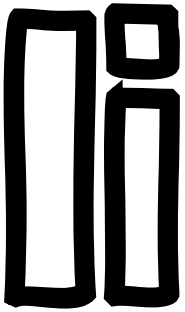


Help Broc climb the rope ladder to get to the **Iceberg** lettuce by circling the letter **li**. Then color.



li Ss Aa li Ss
Tt li li Tt li





Sport uses the letter **I** to be active by playing these **interesting** activities.

Can you match the picture and the word?



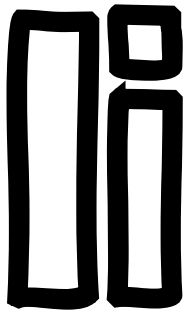
Ice Hockey

Ice Skating



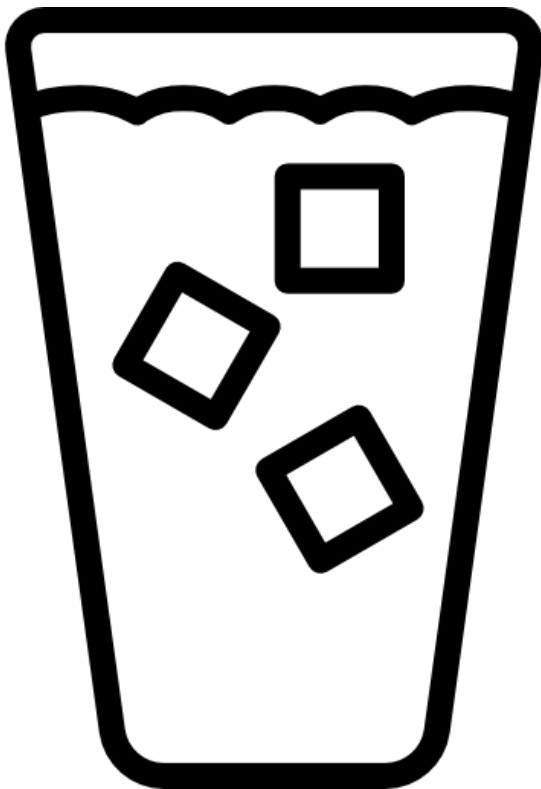
Incline Climb

- Climb up a slide, hillside, ramp or even stairs!



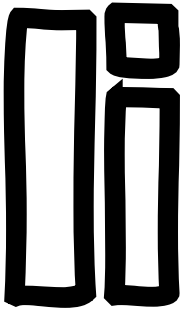
AGUA

uses the letter **I** to be healthy by drinking a lot of **ice** water to stay hydrated.



How many **ice** cubes are **in** the glass?

Answer: 7

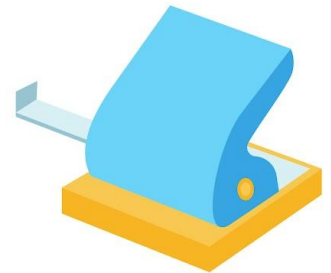


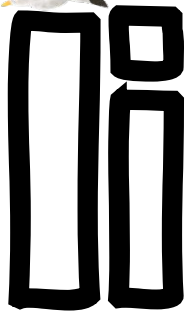
WARNER uses the letter **I** to be safe by not touching a hot **iron**.

Warner wants you to know that **items** made of **iron** get hot very quickly.



Can you **circle** the **items** made of **iron** that **ARE** safe for you touch?



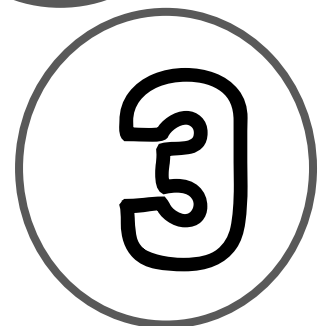
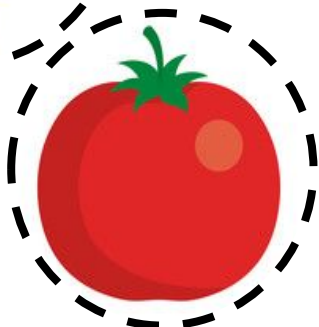
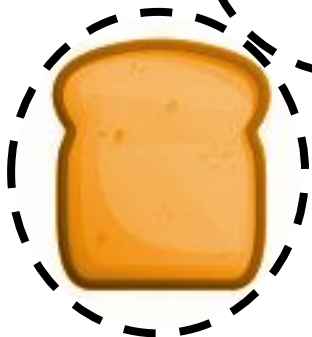


O uses the letter **I** to be healthy when he goes **into** nature.

On one of **O's** hiking trips, he spotted an **iguana**.

Iguanas eat fruit, vegetables, and flowers. Their favorite foods are dark leafy greens such as broccoli, kale, & cabbage.

Cut and glue the **iguanas** 3 favorite foods **into** the circles:





Pathy uses the letter **I** to be healthy by **inviting** her family to spend time with her.

Ii

She likes to play with musical **instruments**.



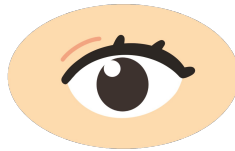
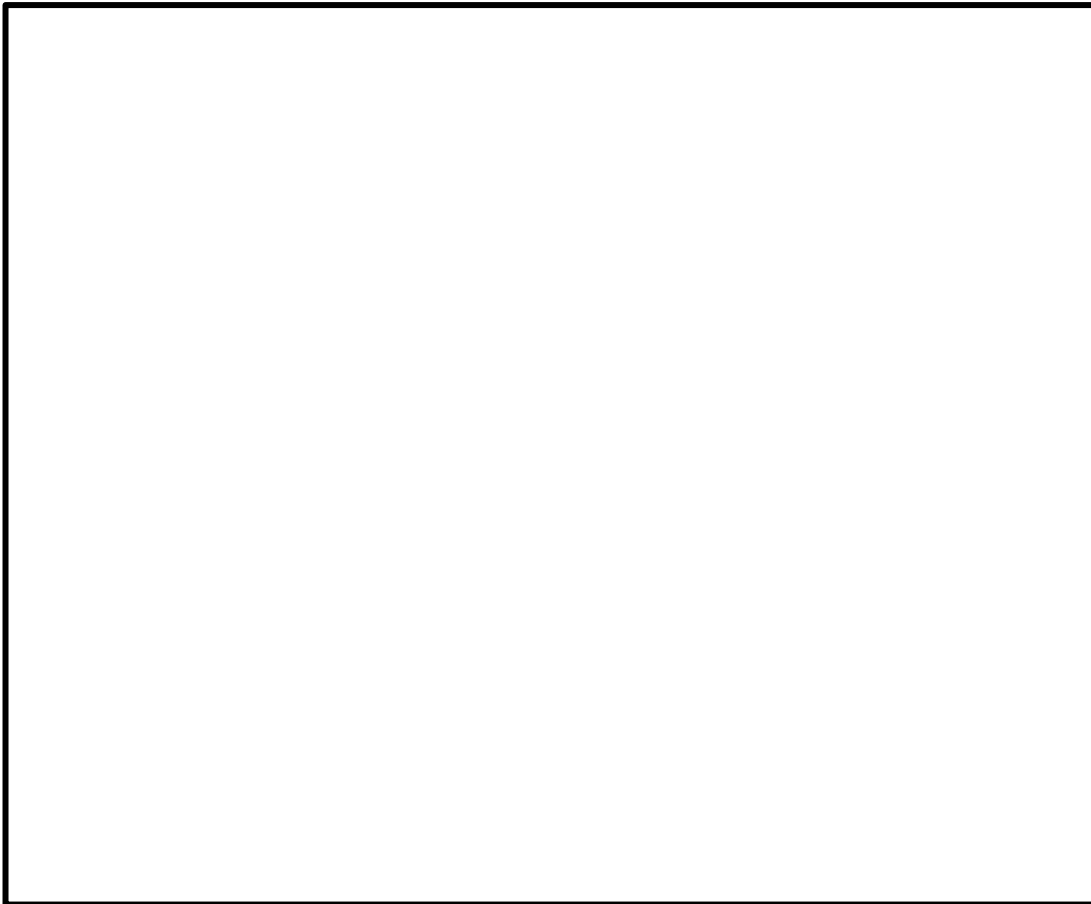
Circle which **instrument** you want to play!



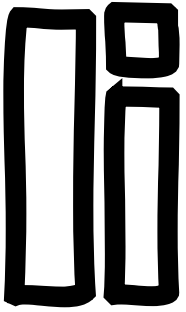
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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

I I



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.
- 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.
- 1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.
- 4.2.M Cooperate and share with others.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.