

HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

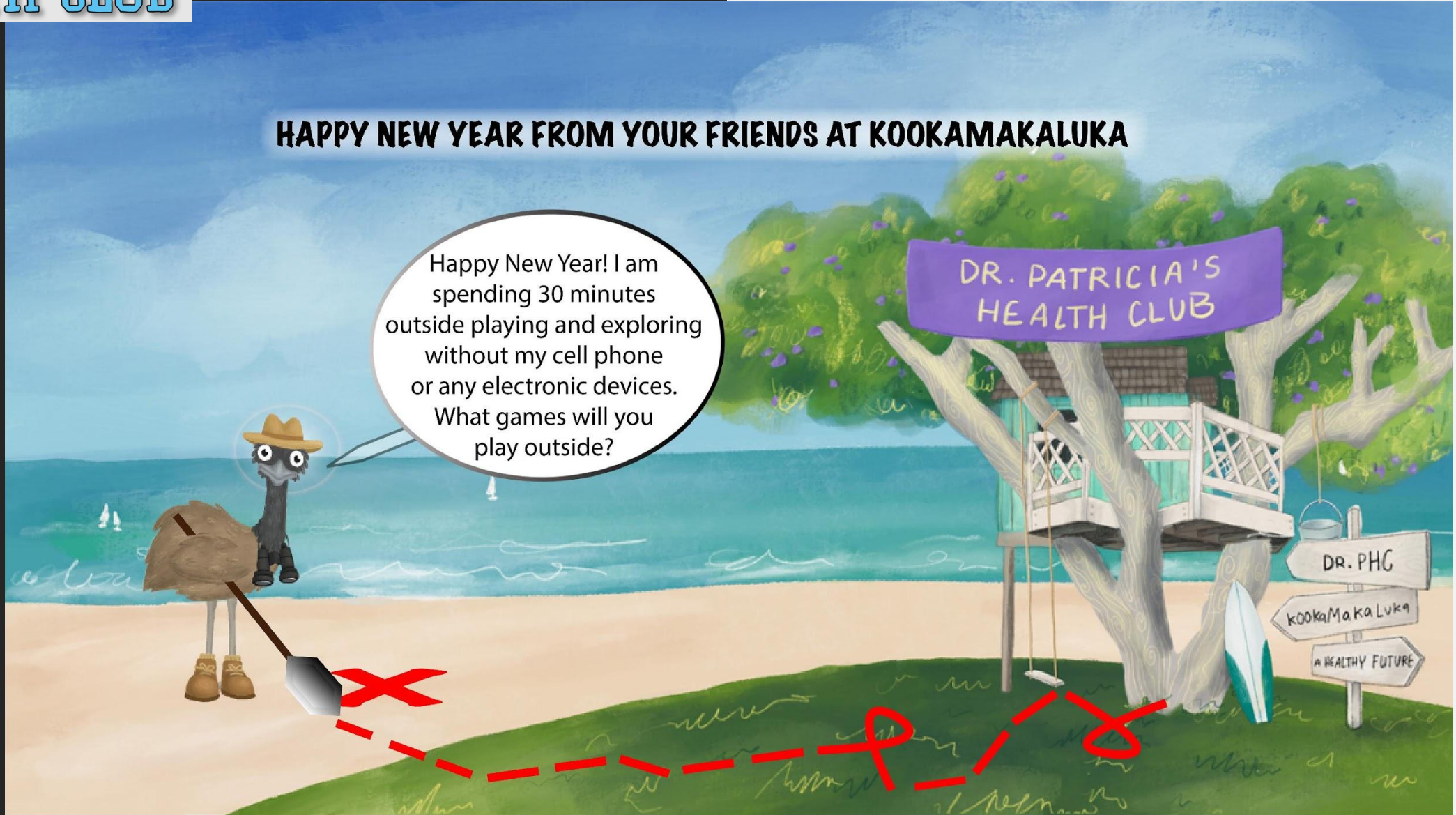
Happy New Year! Today,
I am going to start
reading a new book. What
book or magazine will
you try to read today?



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HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year! I am spending 30 minutes outside playing and exploring without my cell phone or any electronic devices. What games will you play outside?



HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Apples, Bananas, and Cantaloupe,
are just some of my favorite fruits
that start with the letters: A, B, and C.
Can you name some more?
Which fruits will you try today?



HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Sports are fun and good for our
bodies because they help us be
active. What sport will you play today?



HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

ANTS ON A LOG

INGREDIENTS:

2 stalks Celery
Almond or peanut butter
Raisins

INSTRUCTIONS:

Wash your hands with soap and warm water before prepping.

Wash the celery stalks. Make sure an adult is there to cut celery stalks about 3 inches in length. There should be 8 total pieces.

Spread enough peanut butter or almond butter into the groove of the celery.

Place the raisins on top so they look like ants (on a log)

Happy New Year!
Eating healthy gives us energy to play. Try this recipe here for a healthy snack to keep you going!

DR. PATRICIA'S
HEALTH CLUB

DR. PHG

kookaMaka LUKA

A HEALTHY FUTURE

HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Did you know that art is my favorite way
to express my emotions? Art is a very
healthy way to express your emotions.
How are you feeling today?
Can you draw a picture of your feelings?



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HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Asparagus, Broccoli, and **Cucumber**
are just some of my favorite vegetables
that start with the letters A, B, and C.
Can you name some more? Which
vegetables will you enjoy today?



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KOOKAMAKALUKA
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HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Join me in helping your family be safe!
Ask an adult to help you locate all the
fire alarms in your house. Today could
be a great day to locate fire alarms,
but also check the batteries.



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HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Water is by far the healthiest drink.
I like to drink lots of water everyday.
Can you drink an extra cup of water today?



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HAPPY NEW YEAR FROM YOUR FRIENDS AT KOOKAMAKALUKA

Happy New Year!
Instead of watching TV or playing on
an electronic device, I like to look around me
and count things. Can you help me count all my
friends including myself? Maybe you can go for
walk today and see how many birds
you can count.





Being outside is a healthy way of spending time. Can you go outside today and explore the outside world: you could garden, look for birds, insects, or even collect rocks you could wash and paint.



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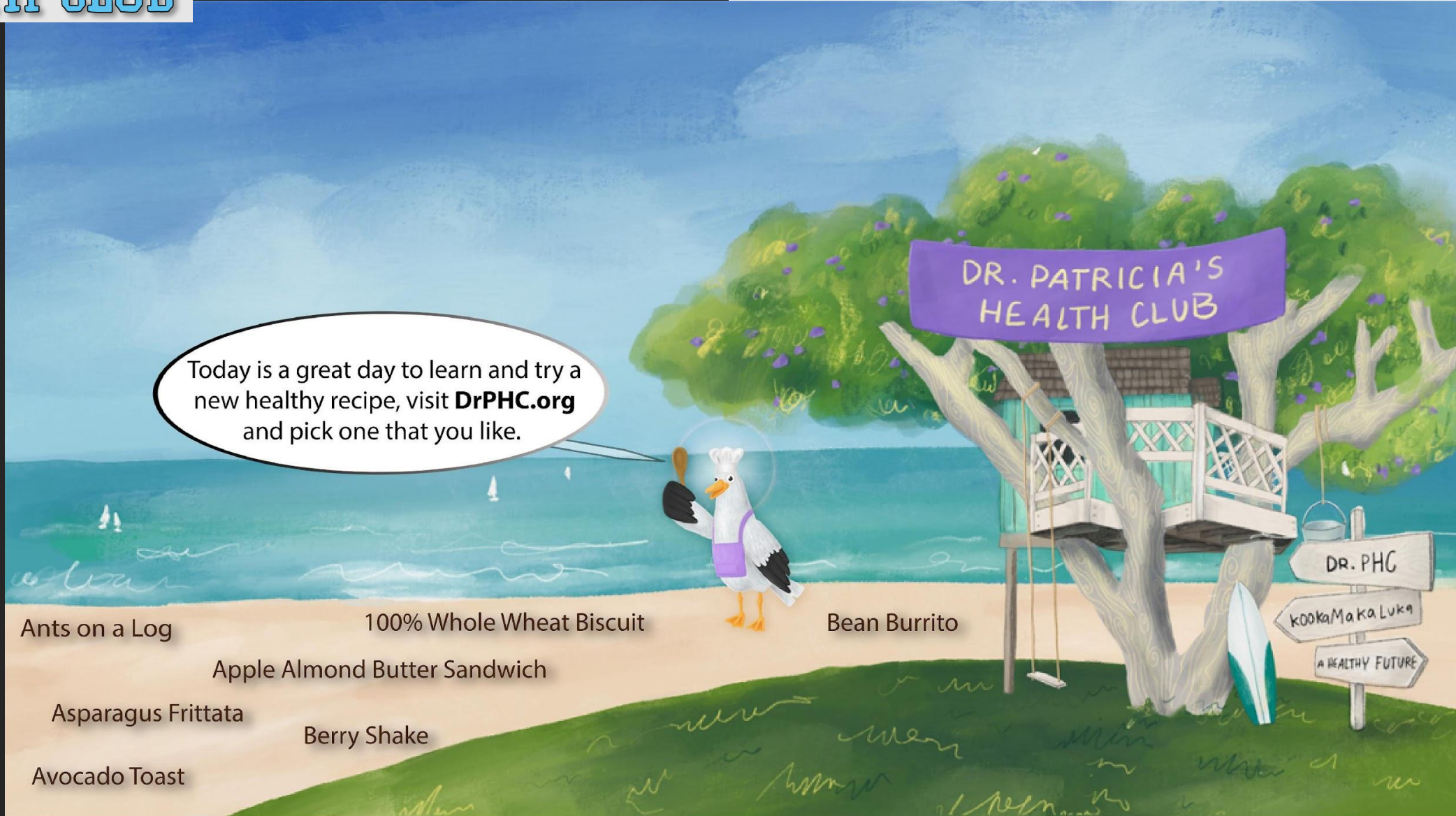


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Wednesday, January 13, 2021

Trustworthy





Ants on a Log

100% Whole Wheat Biscuit

Bean Burrito

Apple Almond Butter Sandwich

Asparagus Frittata

Berry Shake

Avocado Toast

Friday, January 15, 2021

Trustworthy



If you make a promise,
keep it.

If someone needs help,
help them.

Always tell the truth.

Being trustworthy is important
to me. Today, lets try to
be more trustworthy.



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**Basic
First-Aid Kit
Content List**

- CPR Face Mask/Mouth barrier
- Thermal Blanket
- Burn Gel
- Cardboard Splint
- Cold Pack
- Trauma Dressings
- Triangular Bandages
- Sterile Water
- Gauze Rolls
- First Aid Tape
- Trauma Shears/Scissors
- Tweezer
- Antiseptic Wipes
- Vinyl Gloves
- Antimicrobial Wipes
- Band-Aids

First-Aid Kit



Accidents happen.
That's why we should always be prepared.
Do you know where your
First Aid Kit is in your house?



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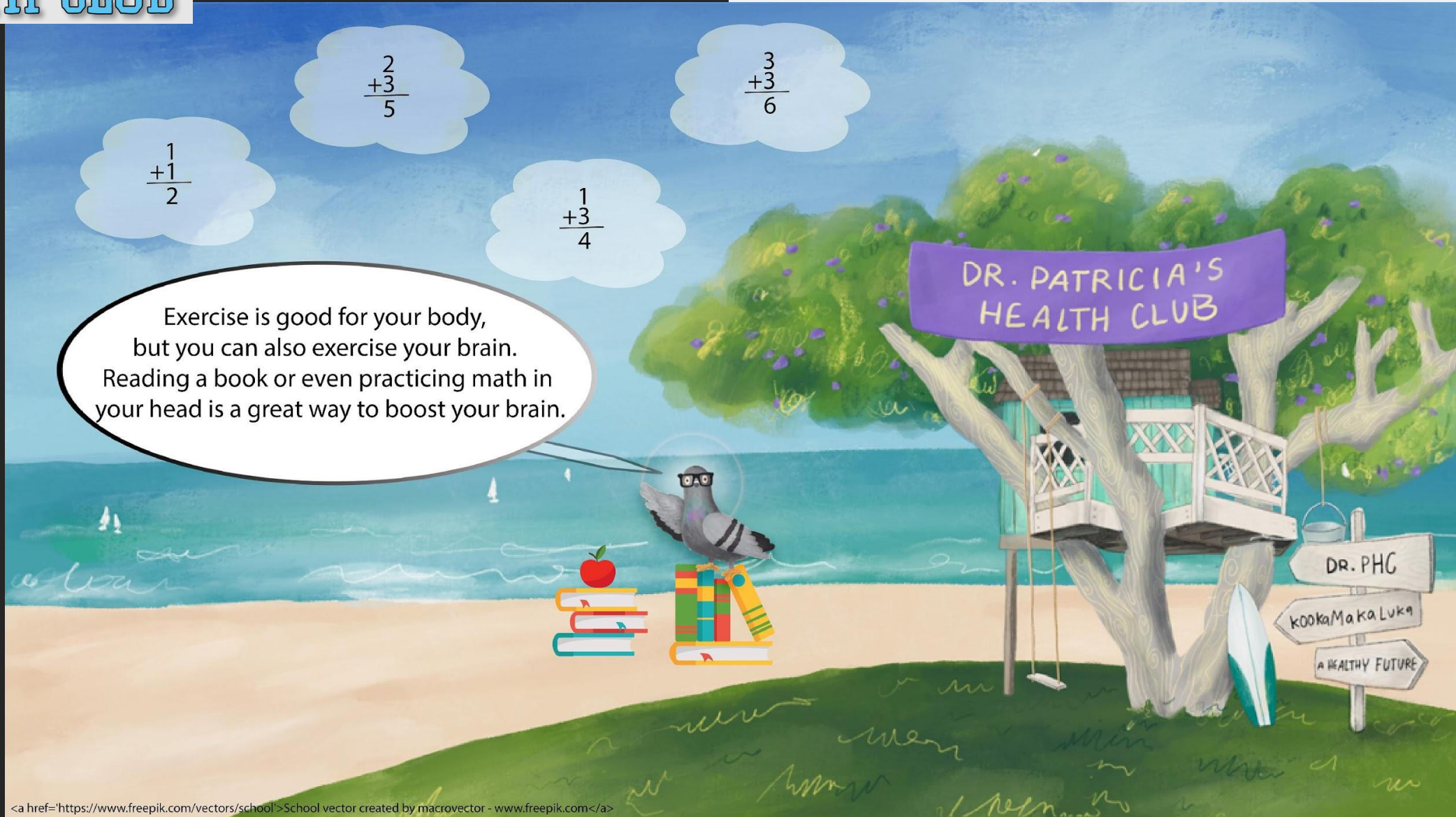
Did you know you can make your drinking water fun and fancy? Try adding a lemon wedge or slice of cucumber to your water.



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Tuesday, January 19, 2021

Trustworthy



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Wednesday, January 20, 2021

Trustworthy

Today, one hour before your bedtime,
you can try unplugging electronic devices
and doing something mindful like reading
a book, drawing, or writing in a journal.



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Thursday, January 21, 2021

Trustworthy



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Saturday, January 23, 2021

Trustworthy



Cottage Cheese
Cantaloupe Combo

Easy Hard
Boiled Eggs

Rainbow Salsa

Cucumber, Cheese &
Turkey Boats

Papple Sauce

Fruit Salad
with Yogurt

Overnight Oats

Egg-Celent
Egg Salad

Tuna Salad Toast

I love to search for new recipes that I can share with my family and friends. Come visit my recipe section at **DrPHC.org** and find two recipes you want to prepare for your family or friends.

DR. PATRICIA'S
HEALTH CLUB

DR. PHC

KOOKA M A K A L U K A

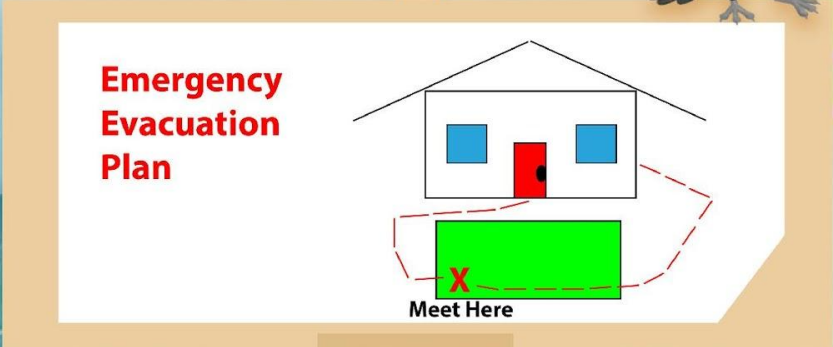
A HEALTHY FUTURE

Sharing your feelings is actually healthy. Being happy, sad, or even mad are all okay feelings to have. It can be harder to say feelings out loud, sometimes it is easier to start by drawing a picture of them. Can you draw a picture of how you are feeling right now and share that with someone?





Do you and your family have an emergency plan? Talk with your family and discuss where you will meet in case of an emergency. A trustworthy plan can help keep your family safe.



DR. PATRICIA'S
HEALTH CLUB

- DR. PHG
- KOOKA M A K A L U K A
- A HEALTHY FUTURE

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Water makes fun ways to exercise. You can swim at a pool, walk near a beach, fish on a river, boat on a lake, run in the sprinklers, or walk in the rain. You could also ski, snowboard, or build a snowman in the snow (snow is frozen water). Can you draw a picture of how you can be active around water today?

Let's do some brain games today.
Can you look out the window for ten
seconds, then close your eyes and see if you can
draw or tell someone five objects you saw.



