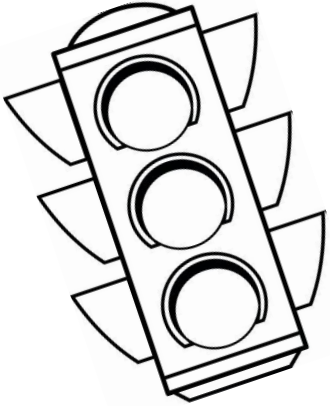
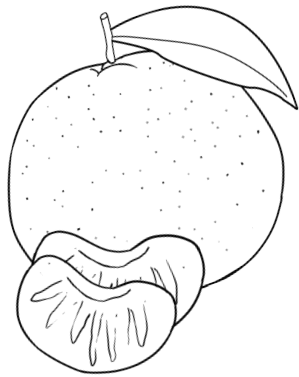


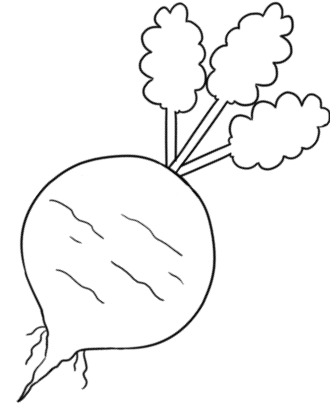
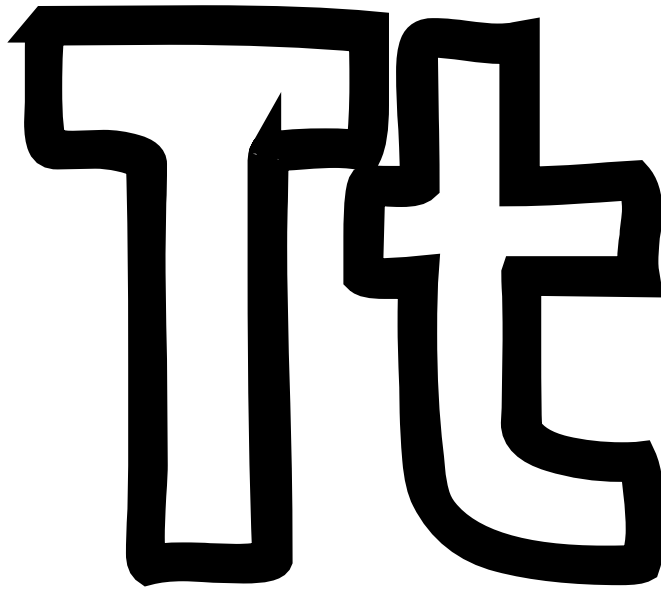
Using the letter



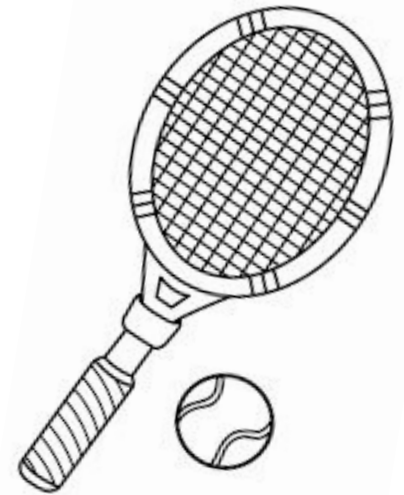
TRAFFIC LIGHT



TANGERINE

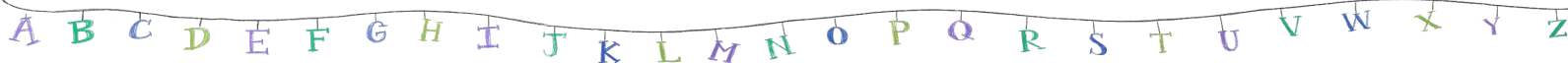


TURNIP



TENNIS

to be more healthy



Tt



uses **the** letter **T**
to be healthy by
learning words
that start with **T**.

Trace and write **this word two times.**

the the _____

Can you color in **the**
number **two**?



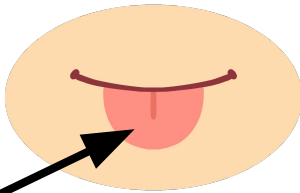
Tt



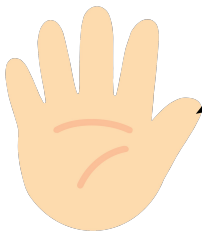
SMED'S Science Lesson:
Anatomy with **the**
Letter **T**!

Circle your favorite **T** body part!

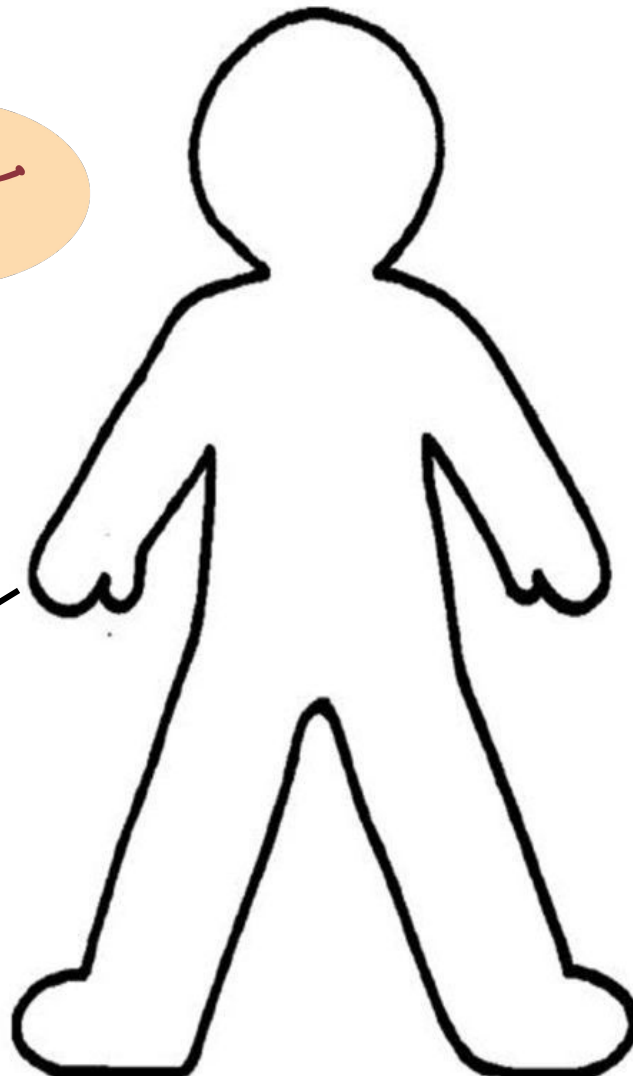
Tongue



Thumb



Toes



Tt

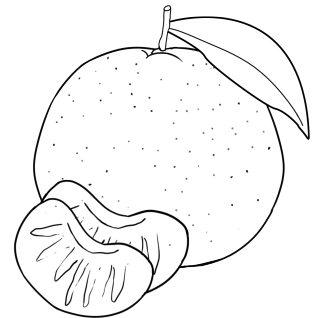
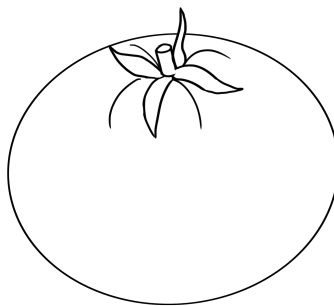
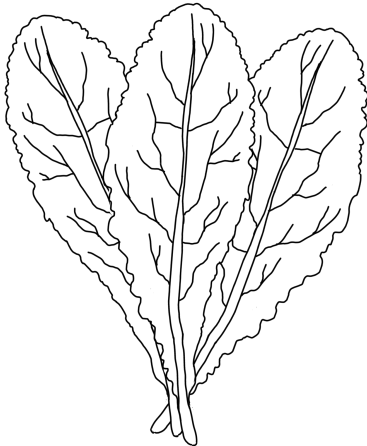
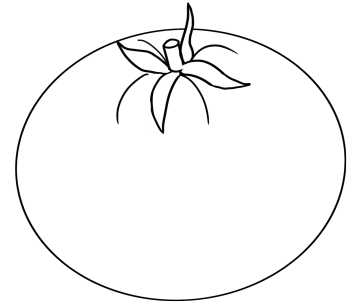
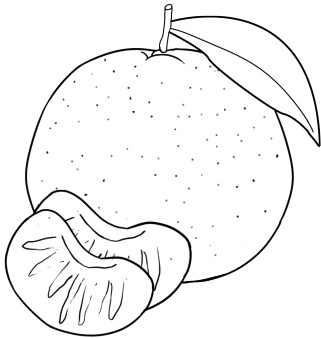


Tangerine



Tomato

Can you color the fruits that start with "T"?



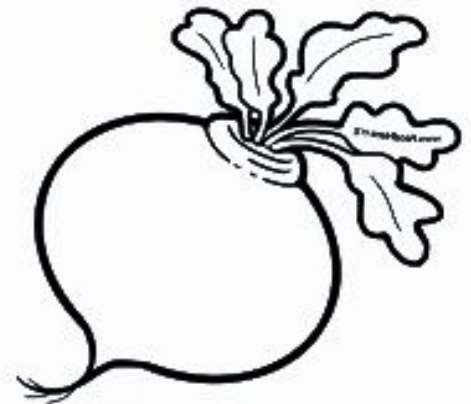
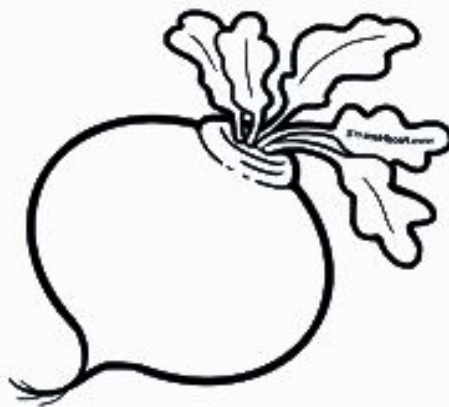
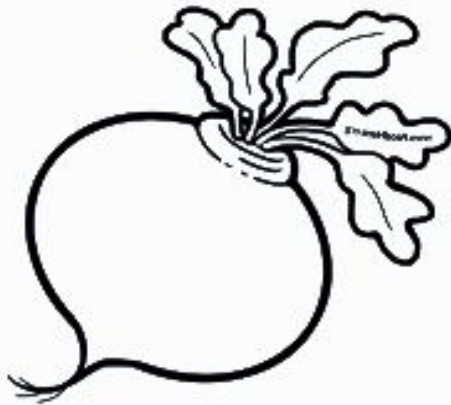
Tt



BROC uses **the** letter **T** to be healthy by **tasting** vegetables.

Turnips are very **tasty**.

Can you count how many **turnips** there are?



Your answer

Answer: 5

Tt



STOP

SLOW

GO



WARNER

uses the letter **T** to be healthy by obeying **traffic** lights.

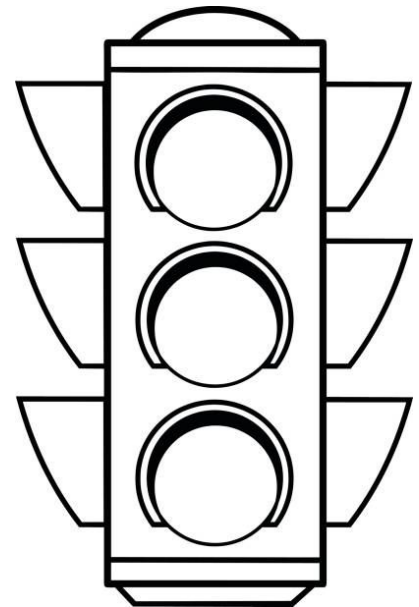
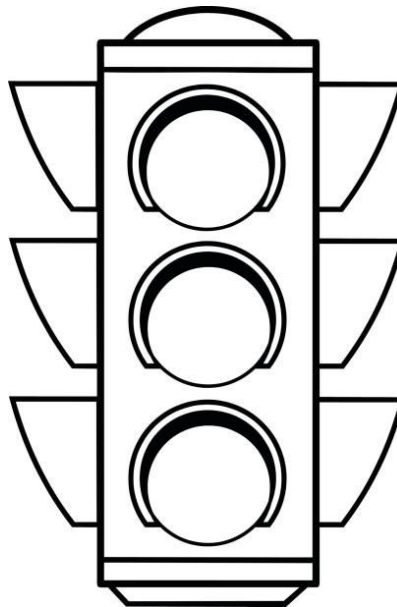
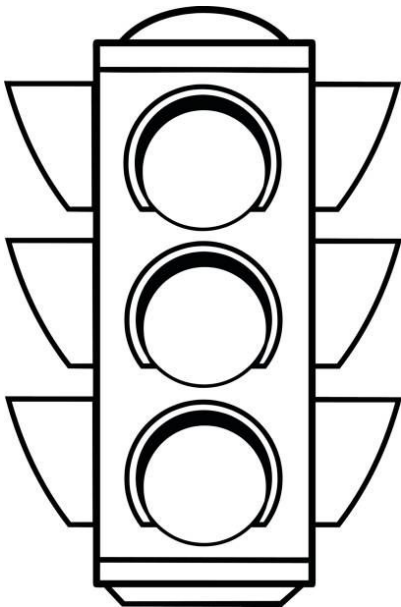
Traffic lights **tell** you when to go, slow down, and stop.

Color the traffic lights to match the signal!

Stop

Go

Slow



Tt



Sport

uses the letter **T** to be healthy by playing **tennis, tetherball, tag,** and on a **trampoline** with her friends.

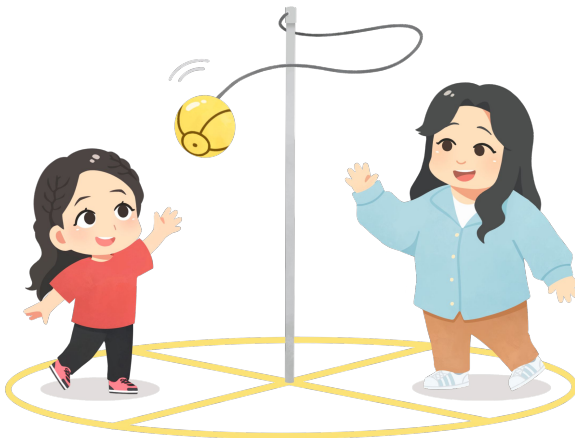
Can you circle your favorite **T** activity?



Trampoline



Tennis



Tetherball



Tag

Toe Touches

- From a standing position bend over to touch toes with fingers, get back up, & repeat

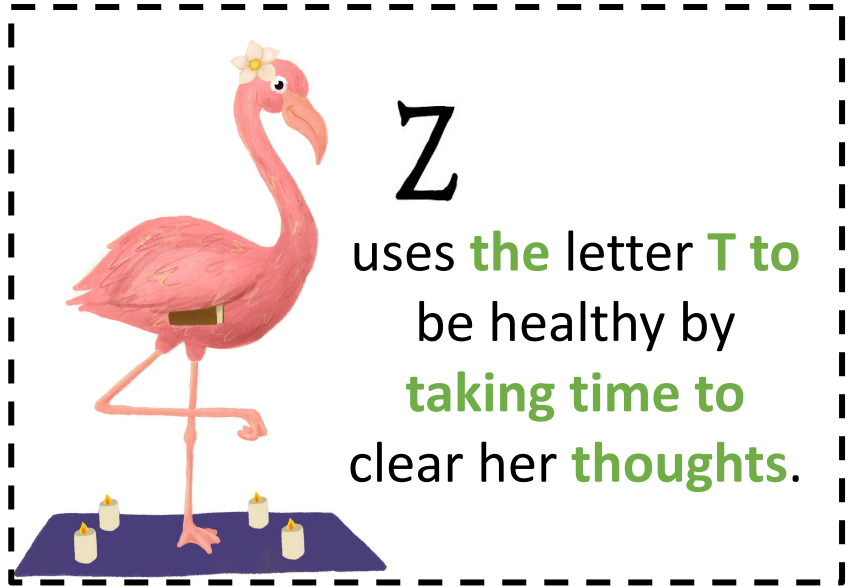
Tiptoe

- See how quietly you can walk on your tiptoes

Tape Lines

- Place tape lines on the floor to work on jumping from line to line

Tt



Try:

2

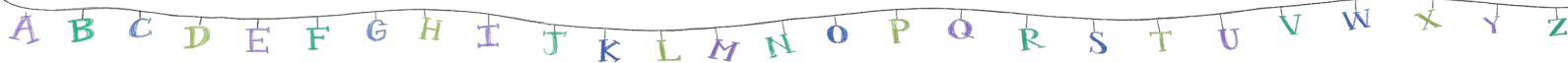
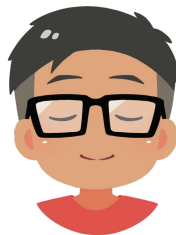
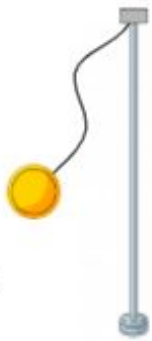
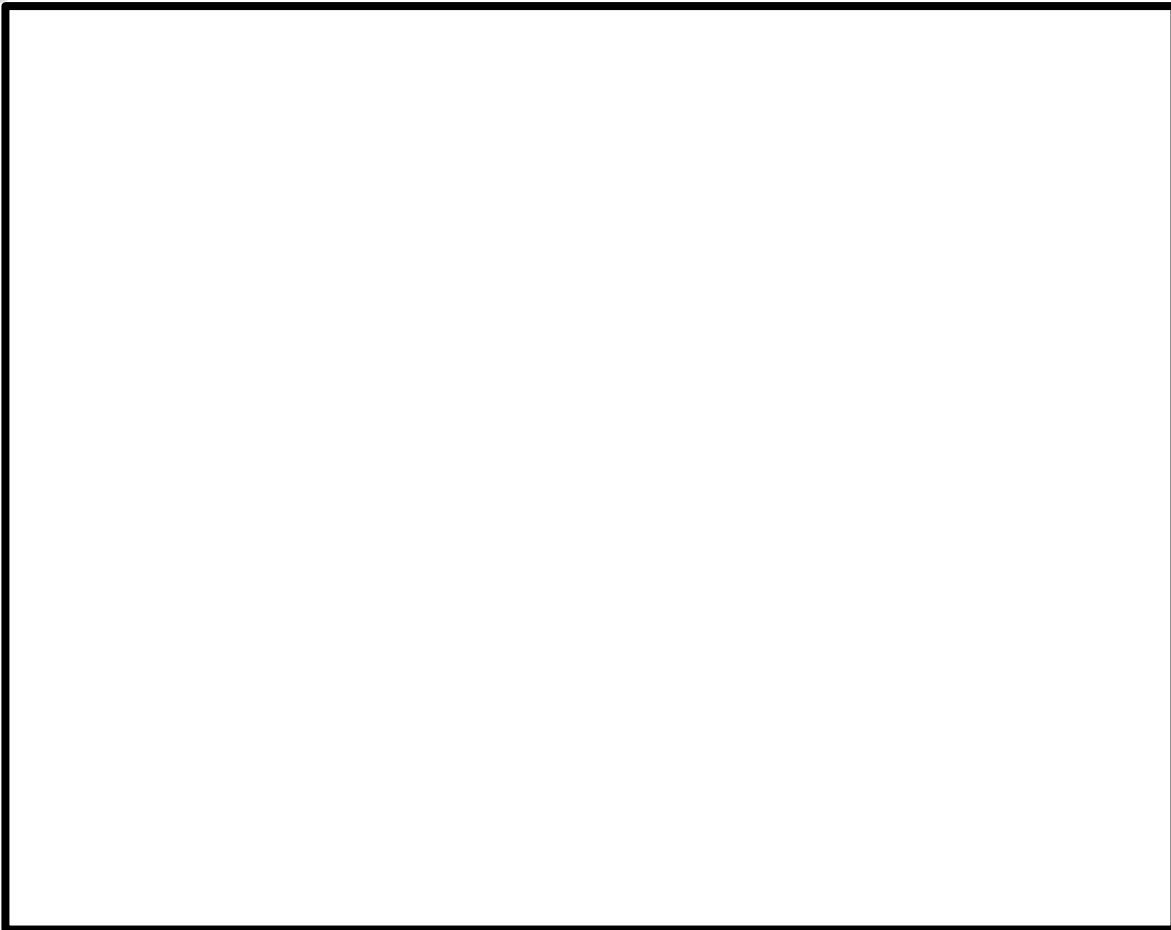
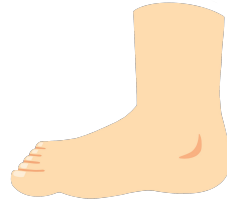
To close your eyes **tight**

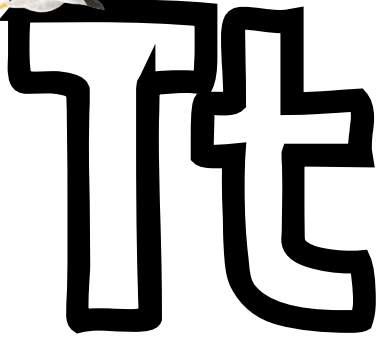
And **take two** deep breaths
to clear your mind.

How many deep breaths did you **take**?

Tt

Draw a picture of how you're going to use the letter **T** 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
- 1.5.G Name body parts and their functions.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.
- 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.