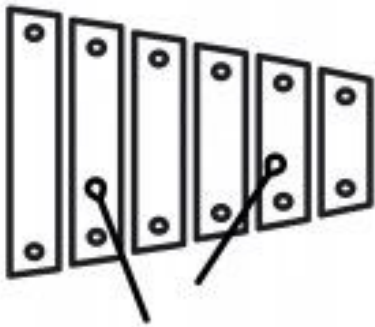
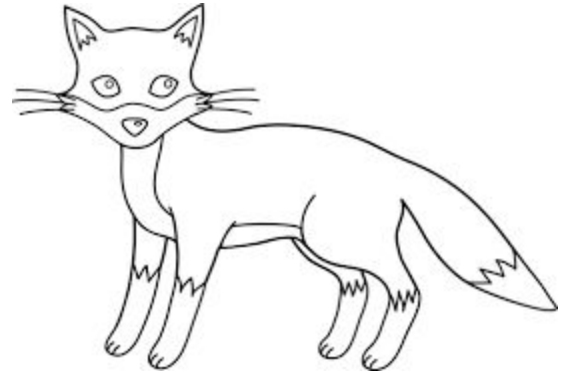


Using the letter



XYLOPHONE

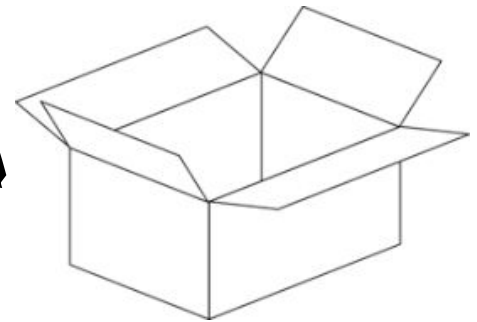


FOX

Xx



Xc



BOX

to be more healthy

Xx



SMED

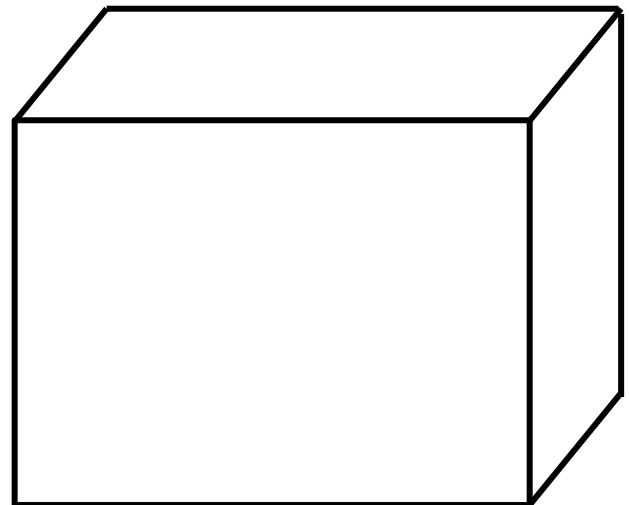
uses the letter **X** to be healthy by learning words that have the letter **X**.

Trace and write these words two times each.

fox fox

box box

Can you decorate
this **box**?

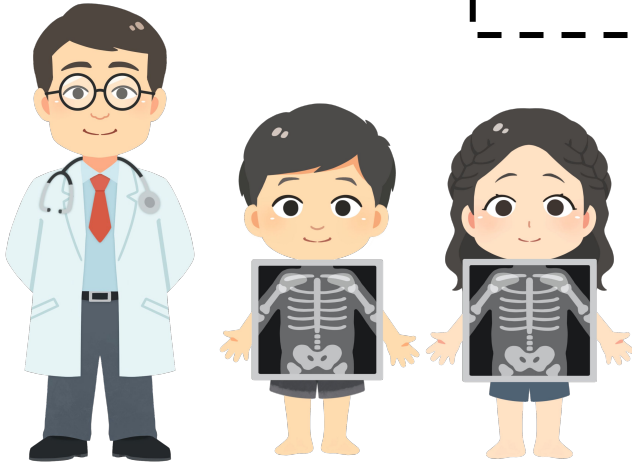


Xx

S M E D



uses the letter **X** to be healthy by learning about **X-Rays**!




X-rays help take pictures of what is inside things.

Doctors use **X-rays** to see what hurts inside your body.

Which body part is the **X-ray** is showing?

1.



1. Hand

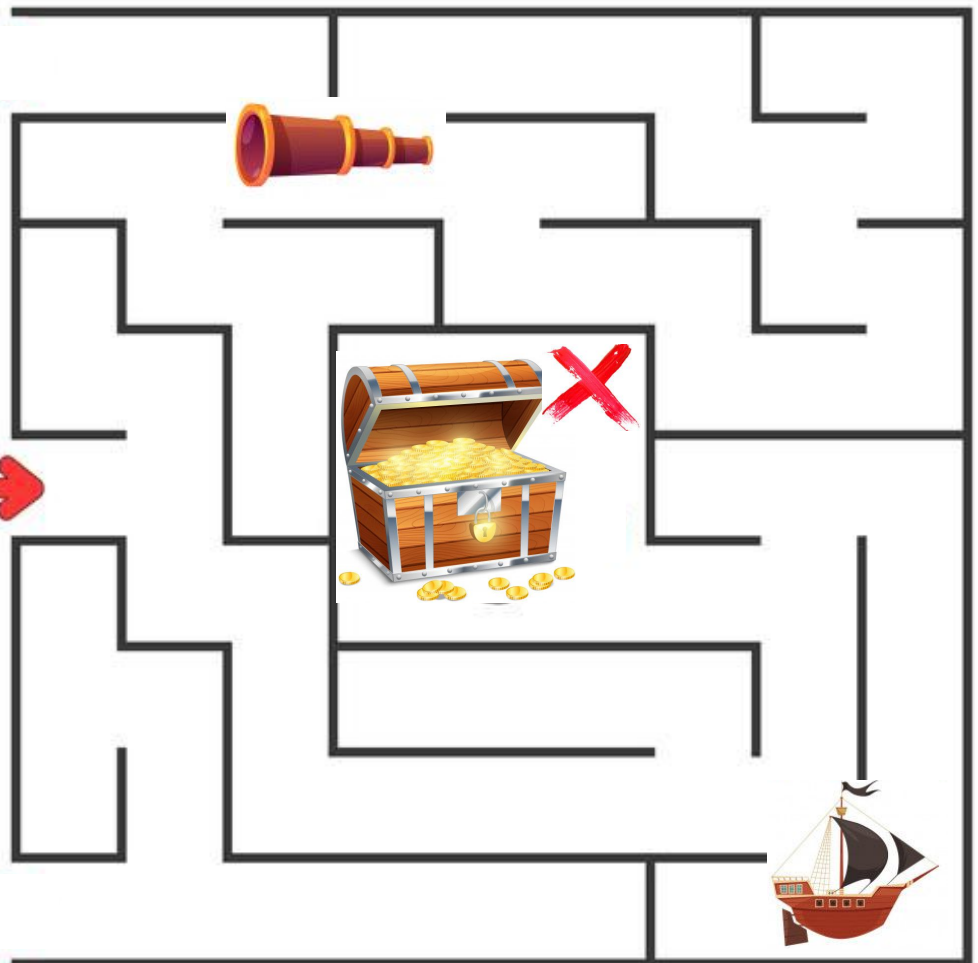
Xx



O uses the letter **X** to be healthy by going on treasure hunts outside.

Always remember that **X MARKS THE SPOT** in a treasure hunt!

Can you help O get to his treasure?



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

Xx



O uses the letter **X** to be healthy by learning about animals that have "X" in their name.



Foxes are a lot like cats! They both have whiskers on their face, and foxes can be pets.

How many foxes are there?
Circle your favorite!



Answer:

Answer: 5

Xx



Sport

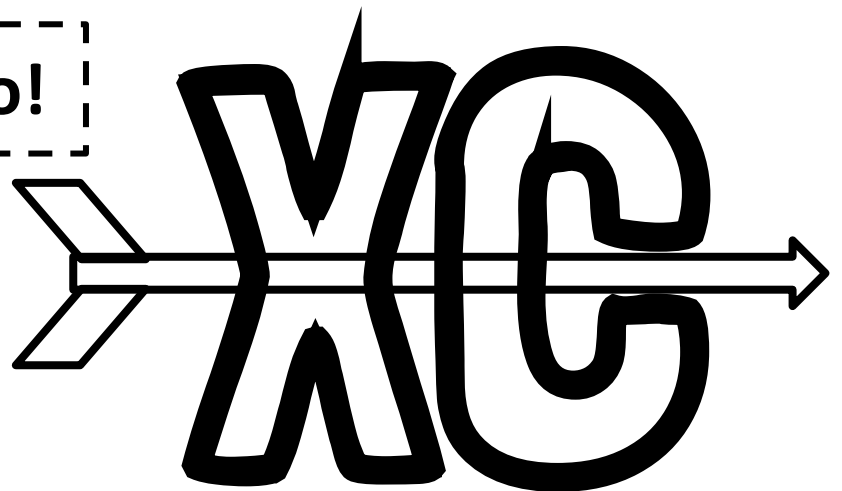
uses the letter **X** to
be healthy by running
X-country.

X-country is really called cross-country, which is when you
run for several miles all at once!



The nickname for **X-country** is **XC**!

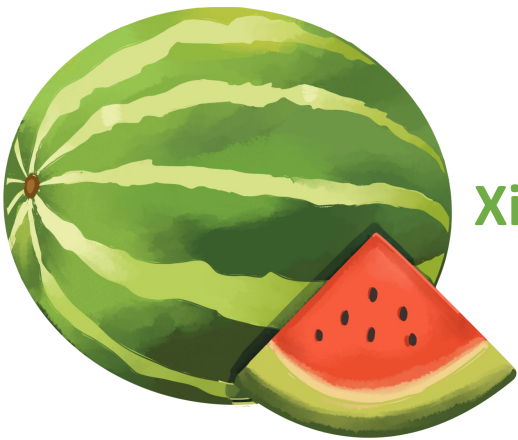
Color in this **XC** logo!



X-Punches

1. Put your hands in a fighting position.
2. Punch the air with one arm at a time diagonally across the body (right fist punch to the left and vice versa)
3. Do repeatedly.

Xx



Xigua is the Chinese word for watermelon!

You say **xigua** as “see-gwa”.

Can you add the **xigua**?



+



=

5



Xx



Xigua popsicles



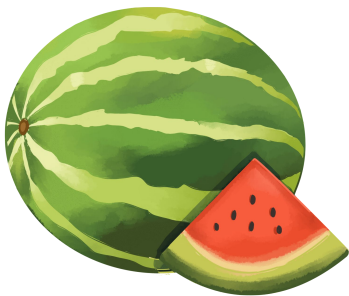
Spoon

has a delicious recipe that starts with the letter **X**!



Ingredients:

- Xigua (watermelon)



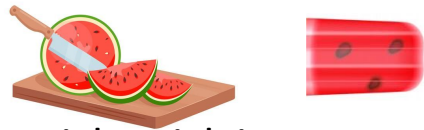
Instructions:

Adult Supervision Required

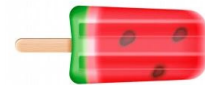
1. Wash hands with soap and water



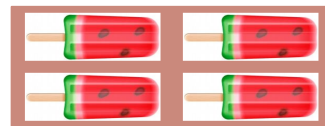
2. Slice the watermelon into thick rectangles (or any shape)



3. Insert a popsicle stick into one side of the watermelon piece



4. Arrange all watermelon pieces with popsicle sticks onto a tray



5. Place tray of watermelon pieces into freezer. Let sit for 2-3 hours, or until fully frozen.



6. Enjoy!

Xx



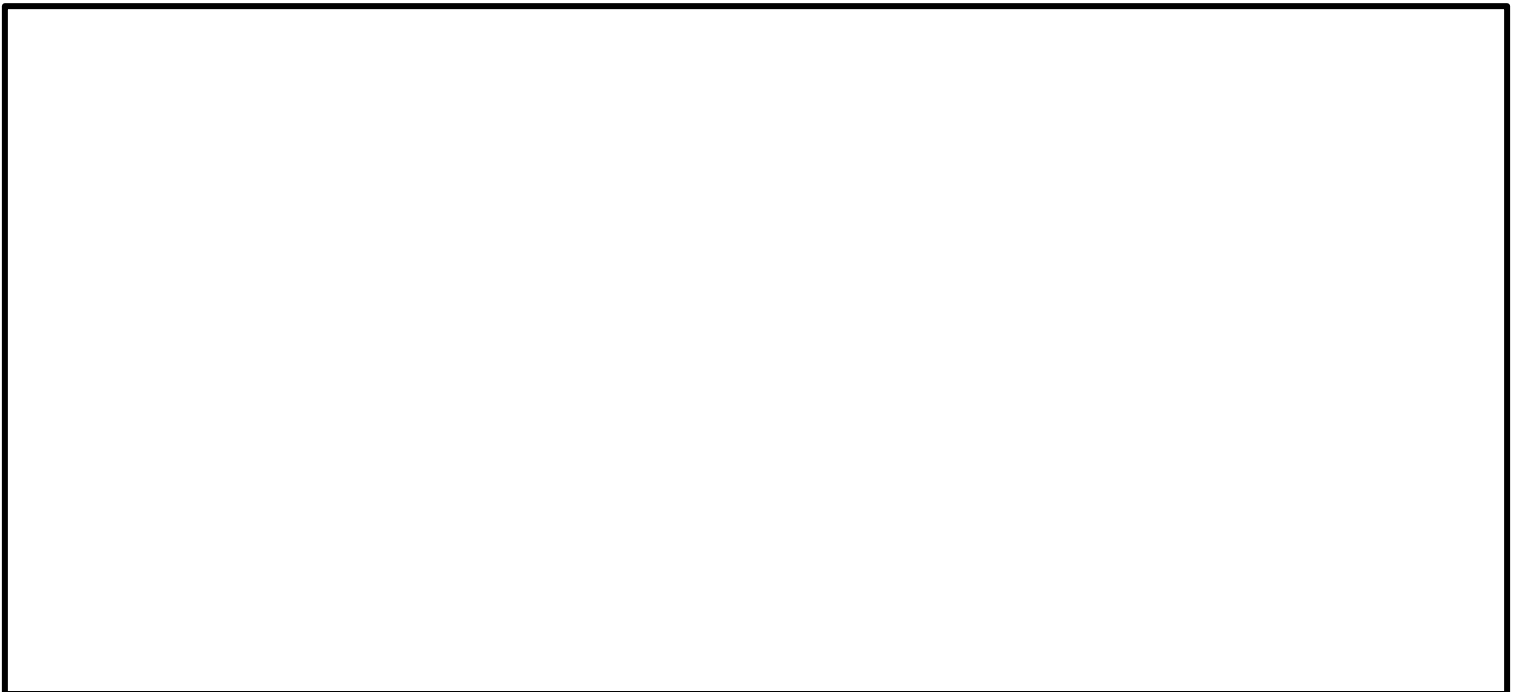
BROC

uses the letter **X** to
be healthy by eating
veggies that he
makes **X**-shaped!


Broc loves to eat his veggies in a
fun way by shaping them like an **X**!



Can you draw a picture of carrots in an **X**?



Xx



WARNER
uses the letter **X** to be healthy by making sure he knows where **exit** signs are wherever he goes!

Use your eyes to look for the “**EXIT**” signs. If there is an emergency you will know where to go.

Circle all the different types of “**EXIT**” signs.



HINT: it's all of them! There's lots of different types of “**EXIT**” signs.



Xx



AGUA

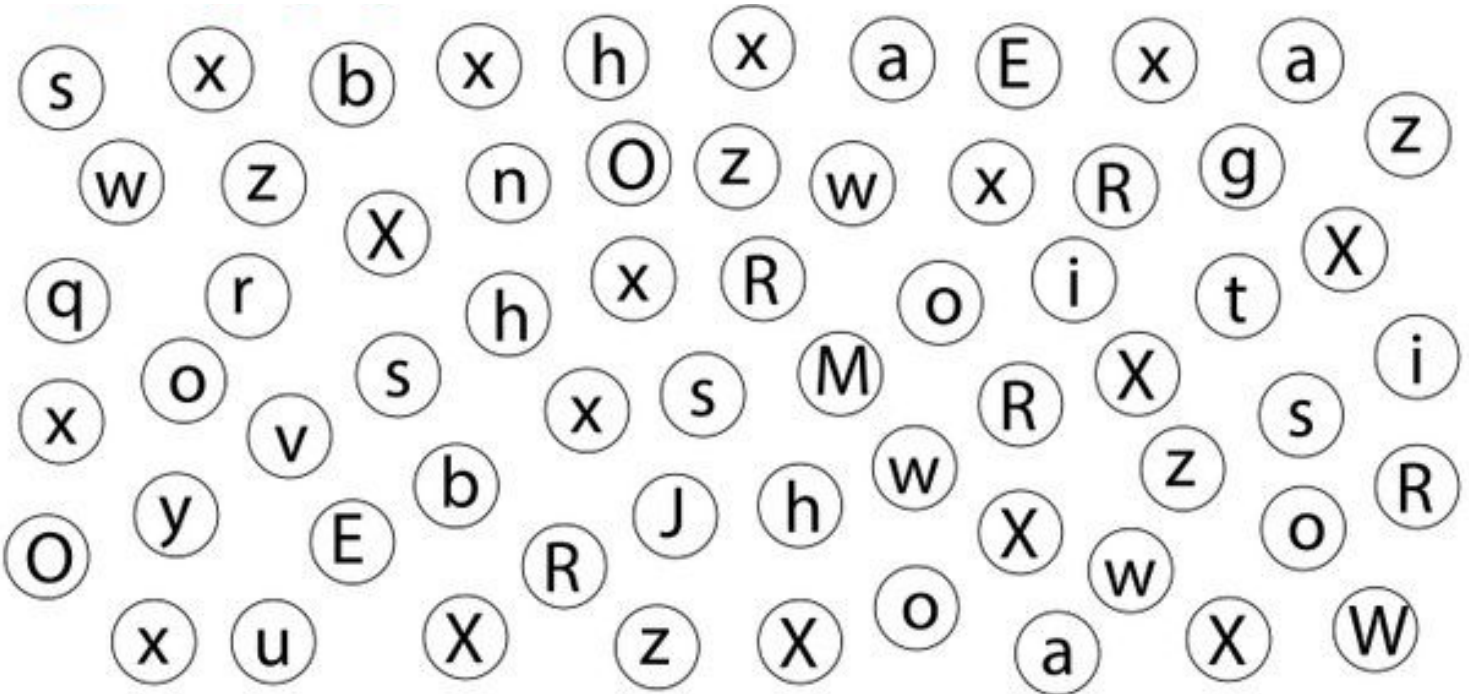
uses the letter **X** to be healthy by learning about the **X-ray** Tetra fish!



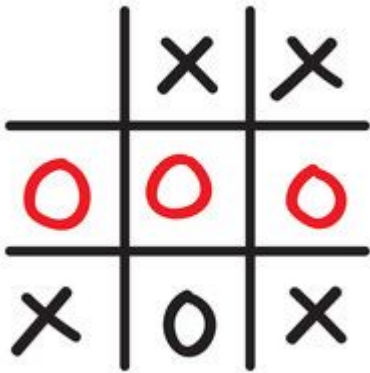
This fish is called the “**X-ray** Tetra Fish” because you can see its bones through its skin!

X-ray Tetra Fish

Color in all uppercase and lowercase letter **X**!



Xx



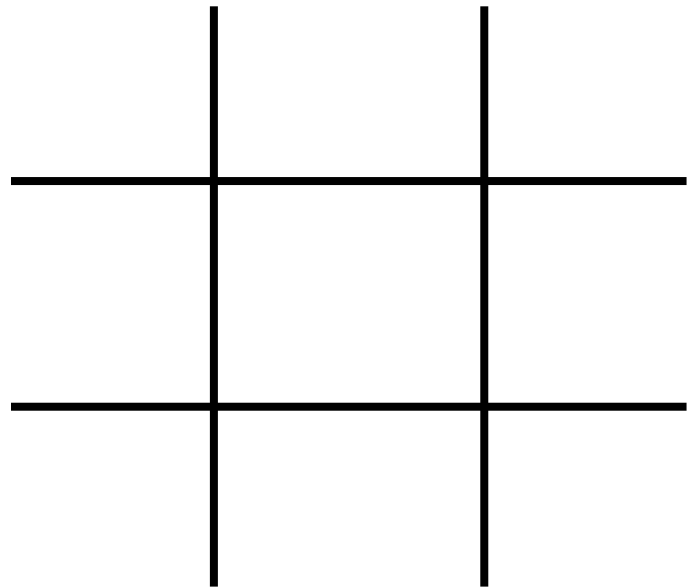
You can use **X's** and O's to play Tic Tac Toe with your friends!

You can also use **X's** and O's when writing letters to show people you care about them!

X's mean "kisses" and O's mean "hugs"!



Play Tic Tac Toe with someone, using **X's** and O's!



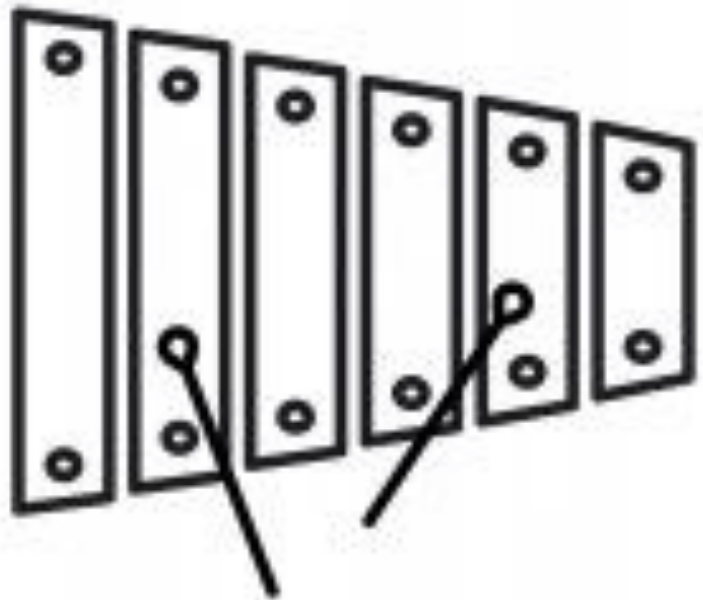
Xx



A **xylophone** only has noise come out when it's hit with something.



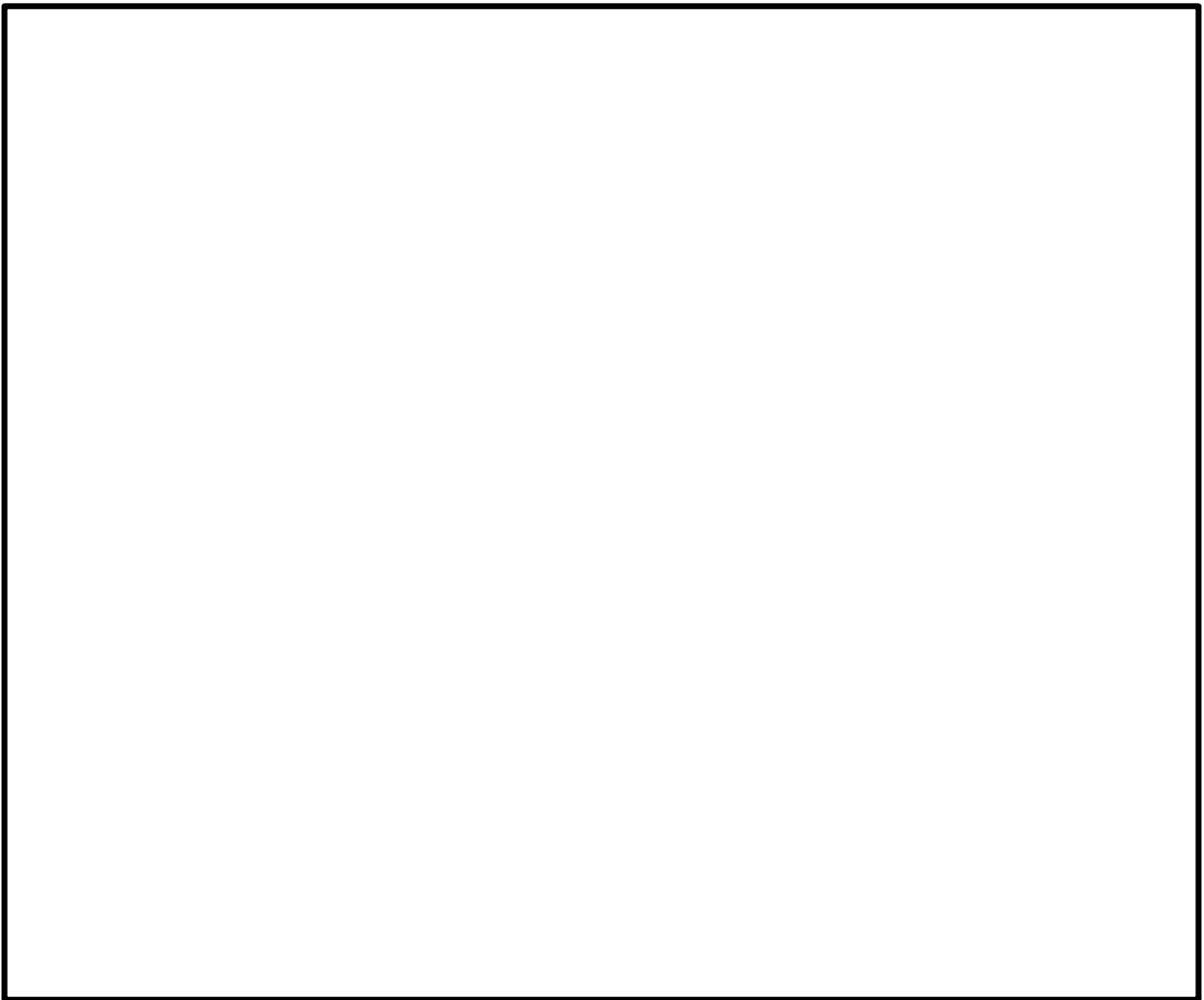
Color in this
Xylophone!





Draw a picture of how you're going to use the letter X to be more healthy!

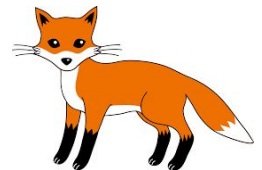
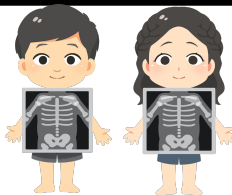
Xx



| | | |
|---|---|---|
| | x | x |
| o | o | o |
| x | o | x |



X♡X♡



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

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2N Identify a variety of healthy snacks.
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1N Select nutritious snacks
- 7.3N Choose healthy foods in a variety of settings.
- 1.4G Identify trusted adults who promote healthy growth and development (e. Nurses, dentists, and optometrists).
- 1.2S Identify emergency situations.
- 4.2M Cooperate and share with others.
- 7.2M Describe positive ways to show care, consideration, and concern for others
- 3.1P Identify health care workers who can help promote healthy practices.

