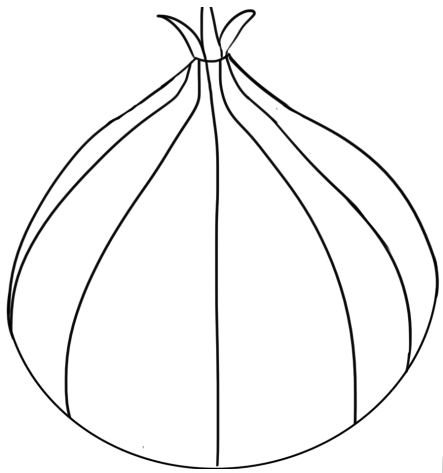
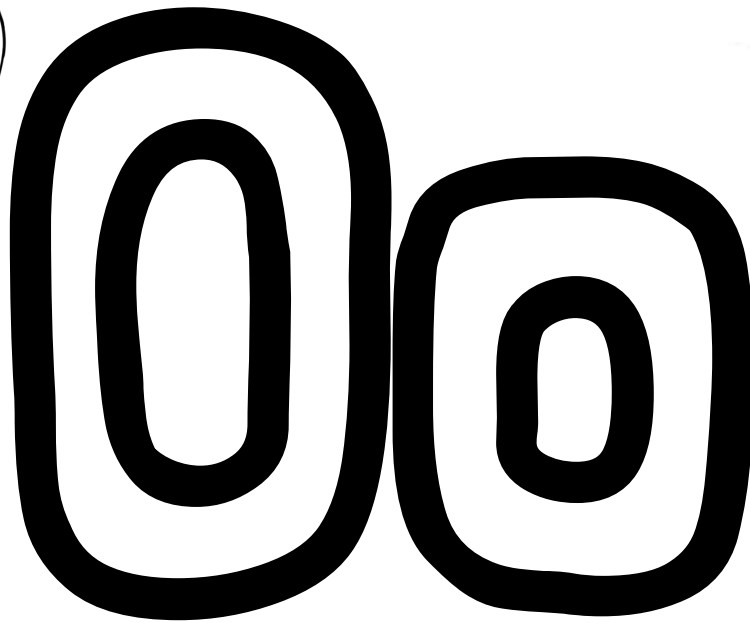


Using the letter



ONION

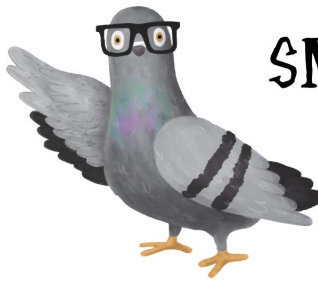


OTTER



OWL

to be more healthy



SMED

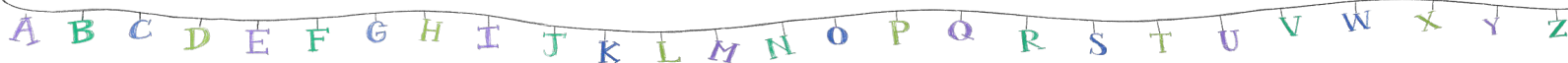
uses the letter **O** to
make his brain healthy.

Oo

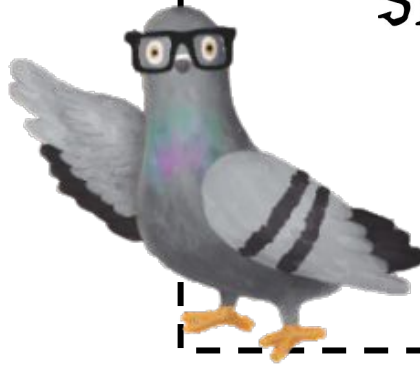
Trace and write these words two times each.

of of

on on



Oo

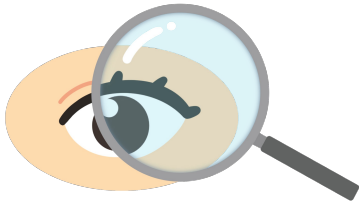


SMED

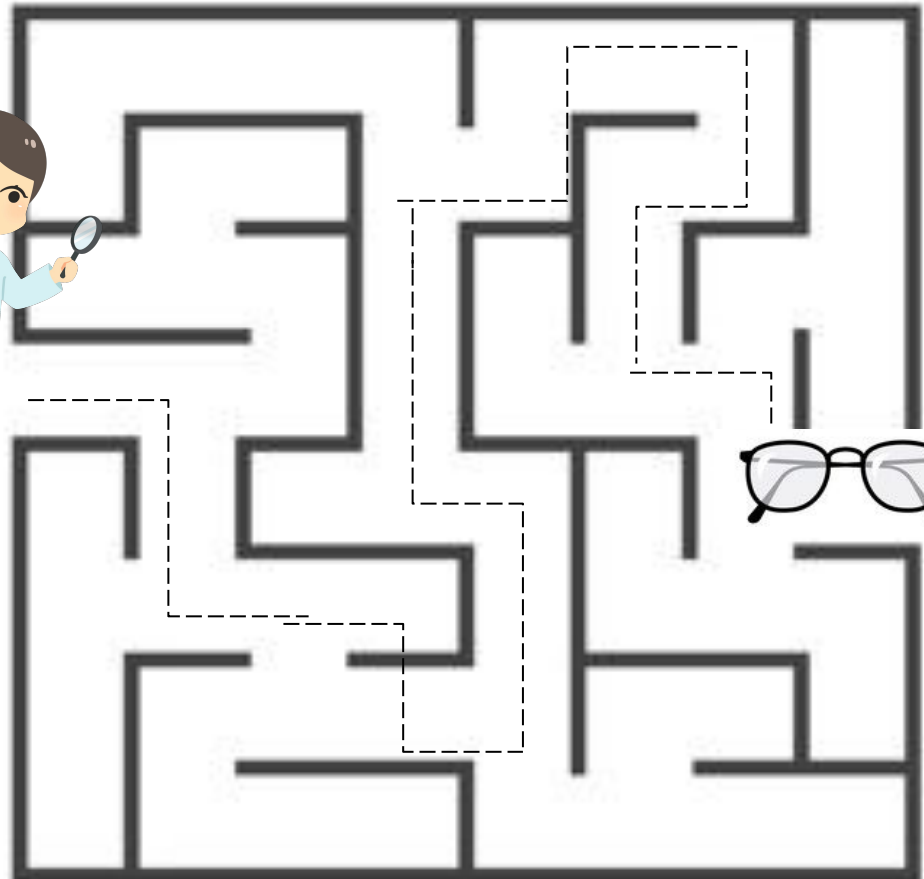
also uses the letter **O** to be healthy by identifying trustworthy adults.



There are trusted adults that start with the letter **O**:
OPTOMETRISTS help you care for eyes and give you glasses.)



Can you help the **optometrist** get to her glasses



BERRY

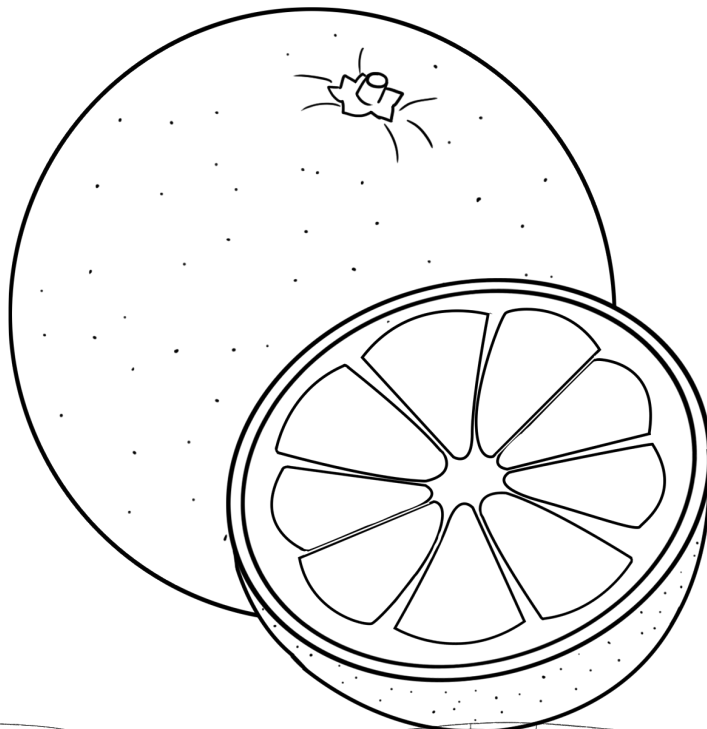
Oo



uses the letter **O** to
be healthy by eating
oranges.

Oranges have lots of **of** vitamin C which keeps your body extra healthy.

Color the **orange**!



BROC

Oo

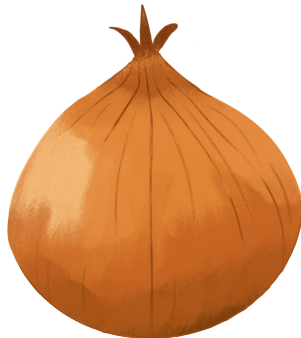
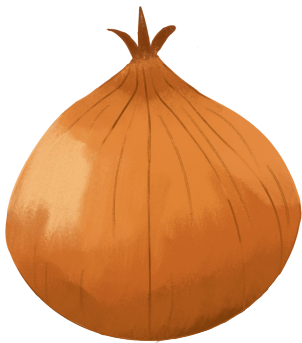


uses the letter **O** to be
healthy by eating
onions.

ONIONS are healthy for your belly!

How many **onions** are there?

Answer: 4



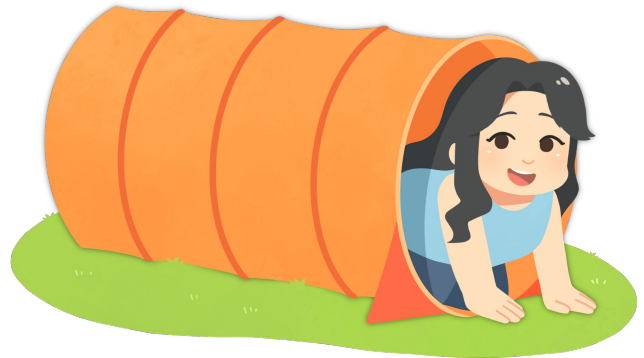
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Oo



Sport

uses the letter **O** to be active by doing **obstacle** courses!



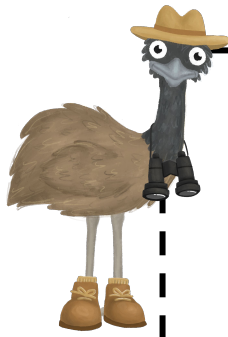
An **obstacle** course is made up of many different activities.



Overhead Stretch

- Reach with arms up overhead, adding tiptoes to go higher

Oo



O uses the letter O to be healthy by knowing which O animals live outdoors!

During his morning walk, O saw many animals who start with O.

Match the animal to their name.

Owl

Ostrich

Otter





WARNER

uses the letter **O** to be healthy by being safe.

Oo

Outdoor play should be supervised by a trusted adult.



Never play **outdoors** alone. It is easy to get hurt when there are no adults around.



AGUA

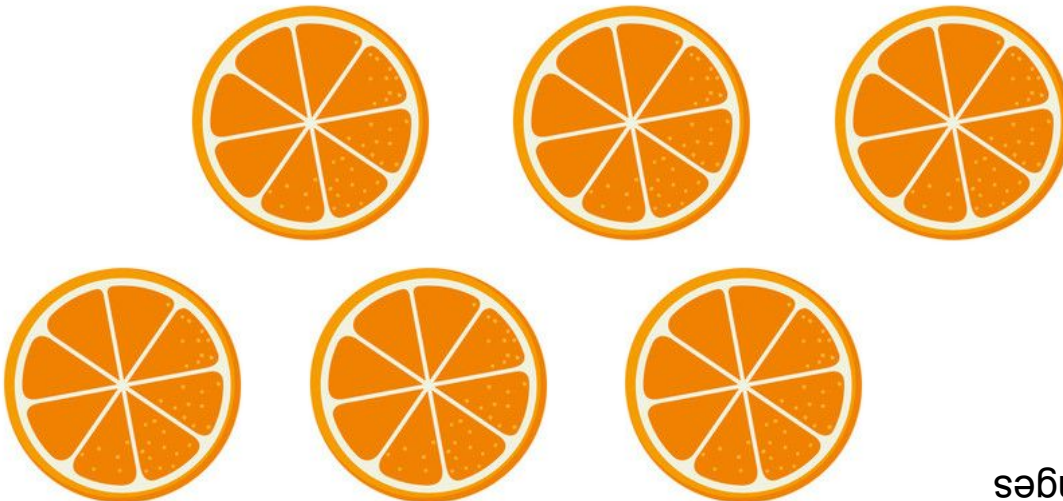
likes to have his water taste like **oranges**!

Oo

Agua loves to drink **orange** infused water. **Oranges** give water a yummy, natural taste.

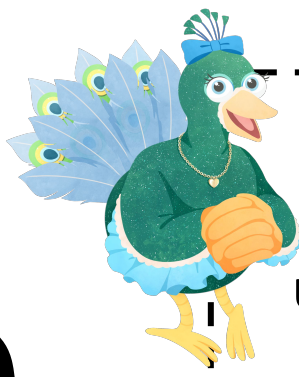


Count the **oranges**.



Answer: 6 oranges





Pathy

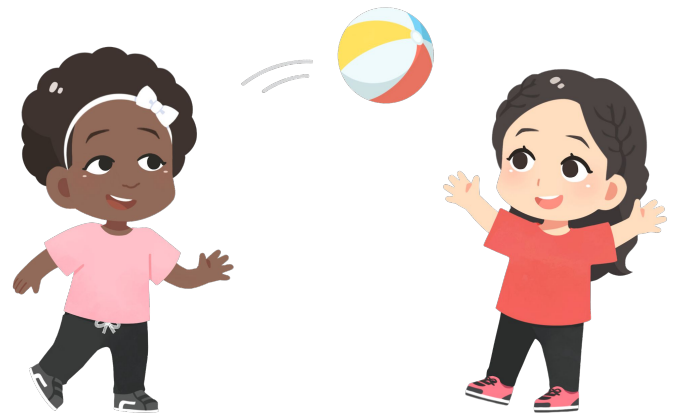
Oo

uses the letter **O** to be healthy
by **opening** up about her
feelings.

You can **open** up about your feelings by:

1. Finding someone you
trust to talk to.


2. Finding some fun activities to
help you feel better.



How are you feeling today?



Z

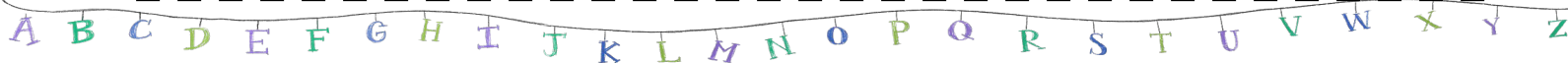


Uses the letter **O** to be healthy by doing some relaxing activities.

Z likes to go **outside** to relax by going on walks.

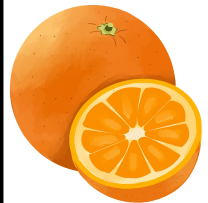
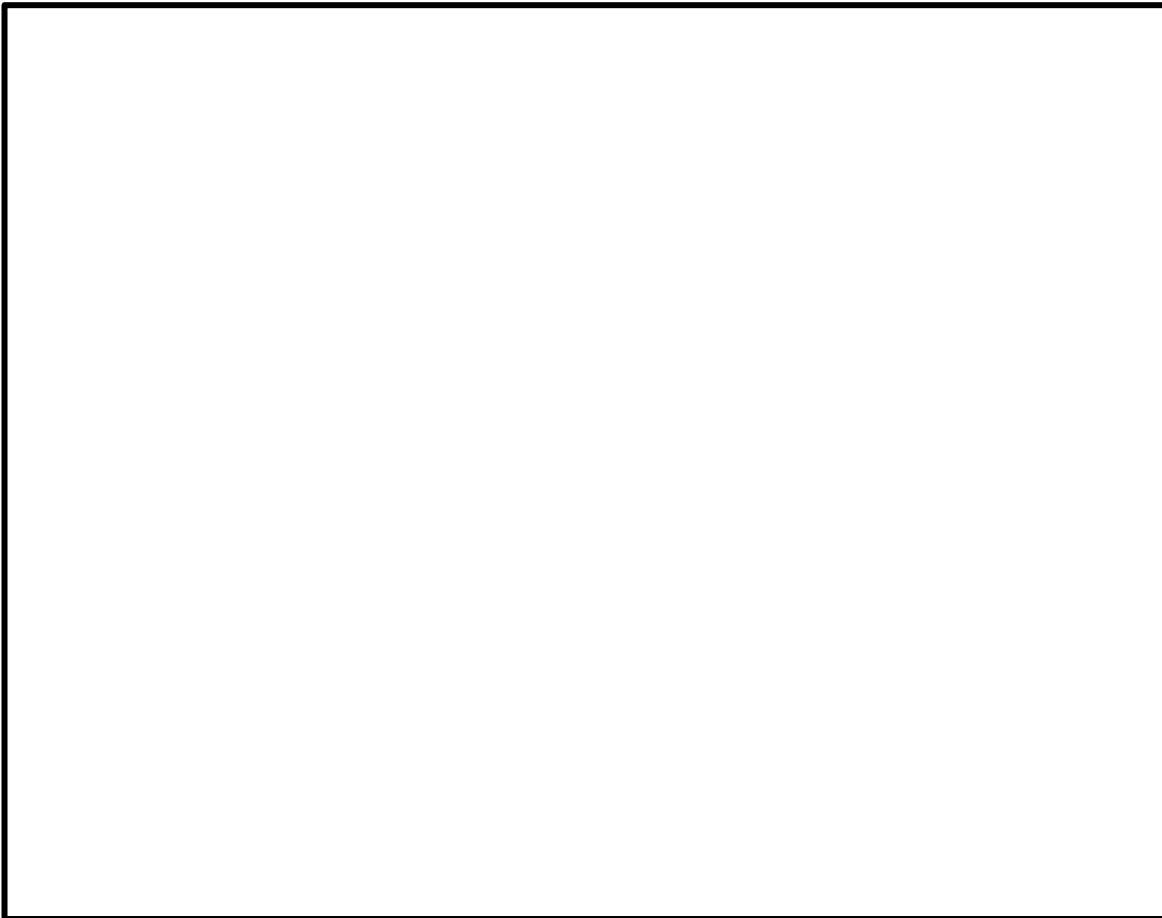
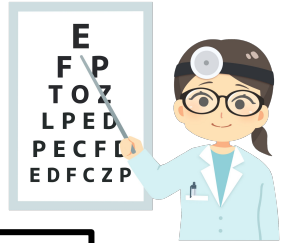
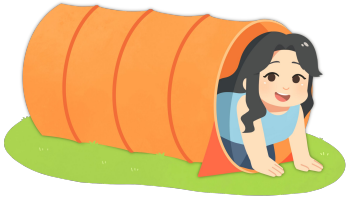


Draw what you can do **outside** to relax:

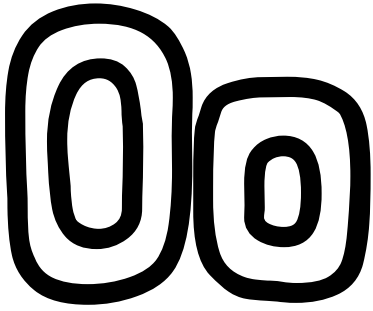


Oo

Draw a picture of how you can use the letter **O** to be more healthy.



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.
- 1.3.N Describe the benefits of being physically active.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1.N Select nutritious snacks.
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.
- 3.1.P Identify health care workers who can help promote healthy practices.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 4.2.M Cooperate and share with others.
- 7.1.S Follow rules for safe play and safety routines.