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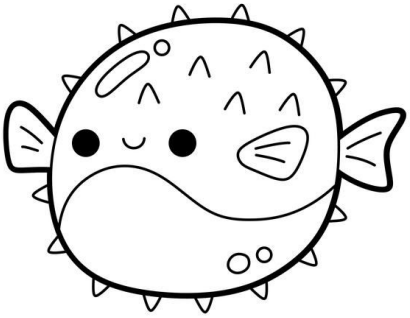
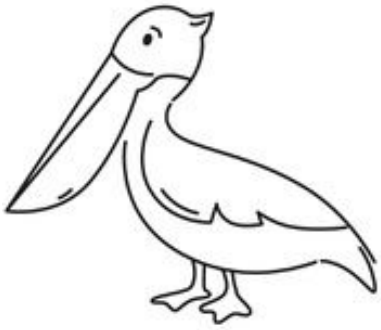
Using the letter

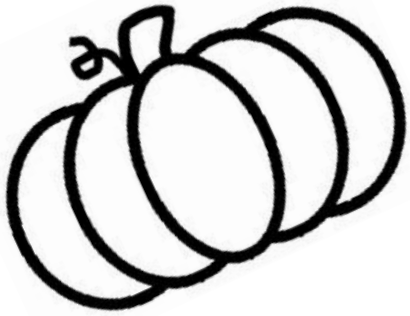


PUFFER FISH

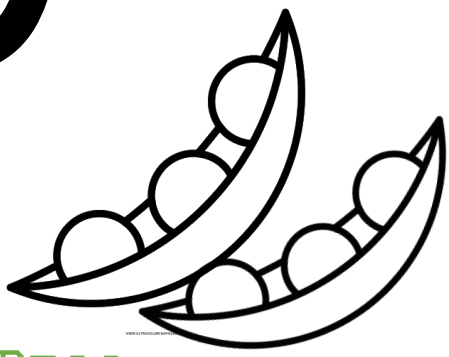
Pp



PELICAN



PUMPKIN



PEAS

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

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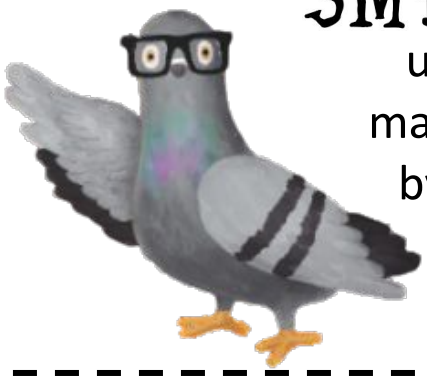
Pp



SMED

uses the letter **P** to make his brain healthy by **practicing** words that start with **P**.

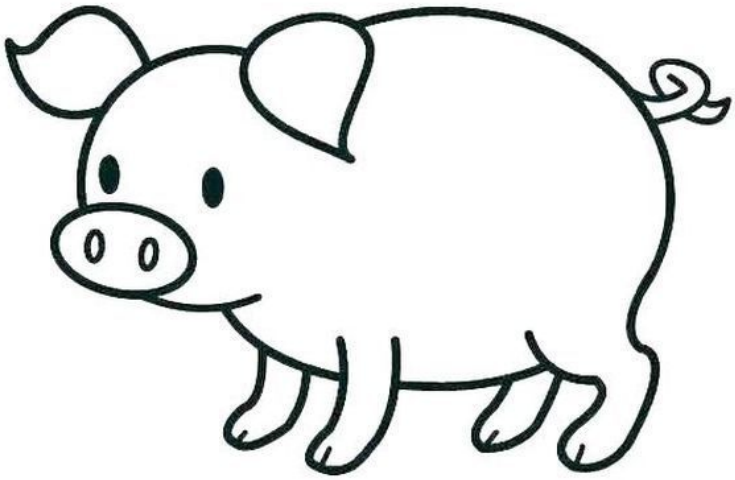
Trace and write write these words two times each.

Put Put _____ _____

Play Play _____ _____

Please Please _____ _____

Color in the pig.



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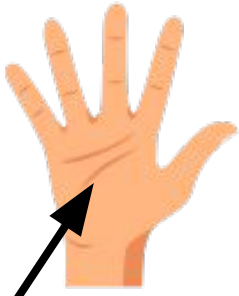
Pp

SMED 'S Science Lesson:
Anatomy with the
Letter **P**!

The letter **P** is the first letter of many **parts** of your body.

Pupil:
black center of the eye

Pinky finger:
the smallest finger
on your hand



Palm:
connects all
your fingers

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BERRY uses the letter **P** to be healthy by **picking** yummy fruits to eat.

Pp

Can you place the fruits in the basket that make the P sound?

Peaches

Pears

Pineapple

Persimmons

These fruits **protect** you from getting sick!

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Pp

BROC

uses the letter **P** to be healthy by **picking** healthy veggies.

Parsley

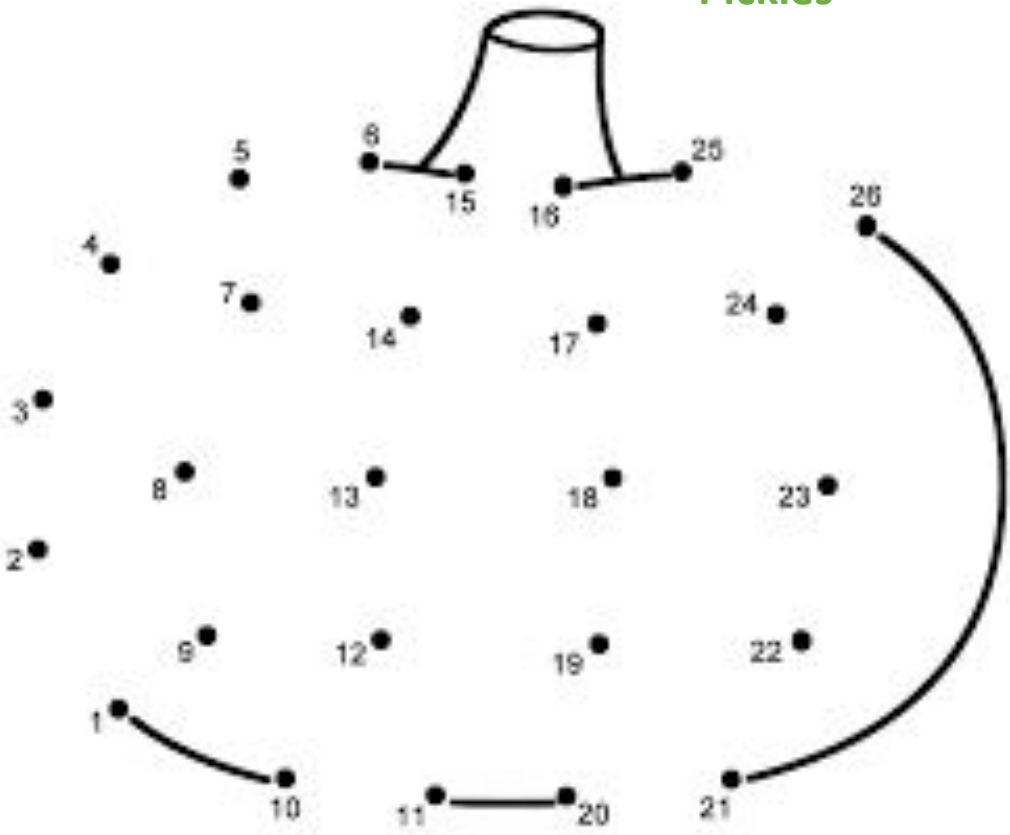
Potatoes

Peas

Pickles

Connect the dots to make a pumpkin.

Pumpkin



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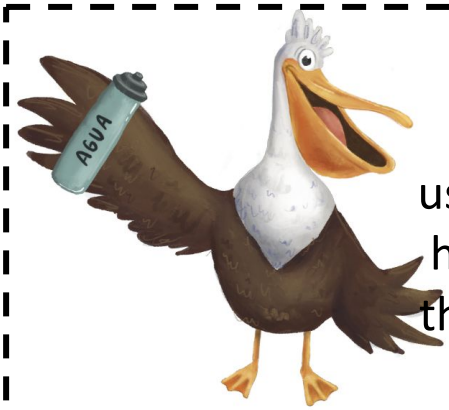
Pp



AGUA

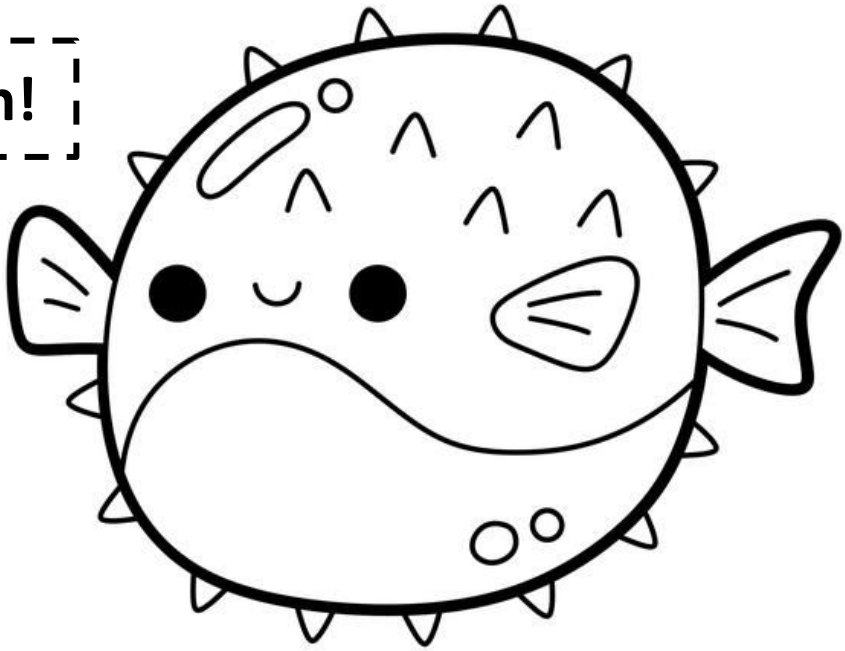
uses the letter **P** to be healthy by **playing** in the **Pacific** Ocean with other animals.

Penguins and **puffer** fish both live and **play** in the **Pacific** Ocean!

Penguin

Puffer fish

Color in the puffer fish!



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Pp

O uses the letter **P** to be healthy by **planting**.

Dig a hole, **plant** your seed, and make sure to water it!

Draw what you want to plant!

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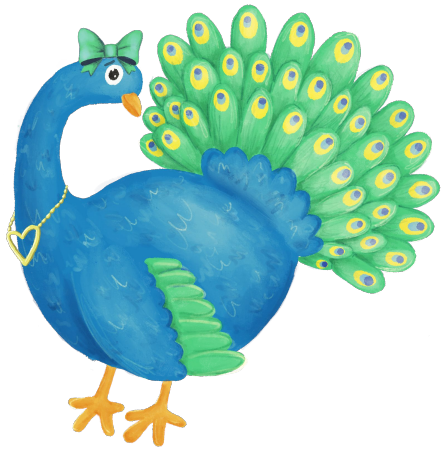
Pp

O uses the letter **P** to be healthy by knowing which type of bird his friends are.

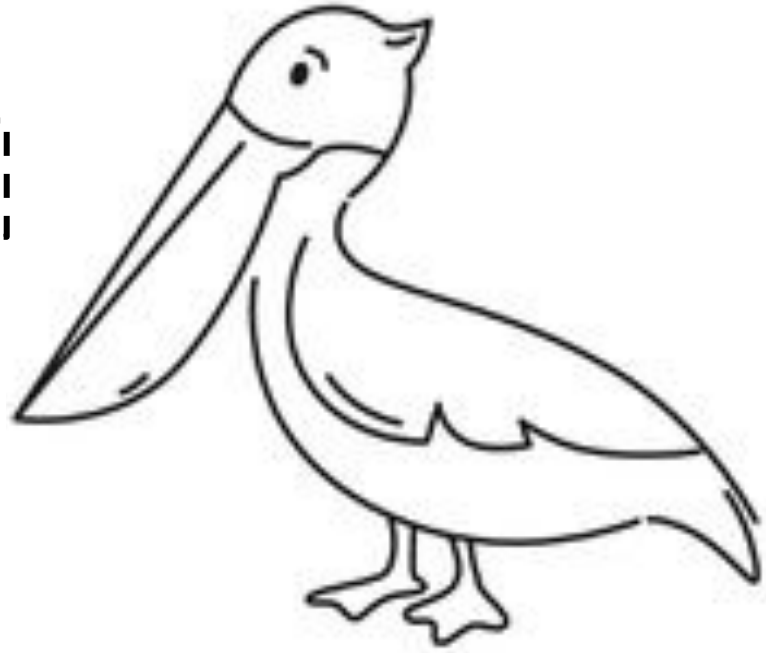
Agua is a **pelican**!



Pathy is a **peacock**!

SMED is a **pigeon**!

Color in the pelican!



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Spoon uses the letter **P** to be healthy by **preparing** meals with foods that start with the letter **P**.

Pp

Roasted Pumpkin Seeds

Spices **provide** both nutrition and flavor.

INGREDIENTS:

- **1 cup Pumpkin seeds**

- **2 tablespoons olive oil**

- **1 teaspoon paprika**

- **1 teaspoon pepper**

INSTRUCTIONS:

1. **Wash your hands with soap and warm water before prepping.**

2. **Mix all ingredients in a bowl.**

3. **Spread seasoned seeds on baking sheet.**

4. **Roast for about 30 minutes or until golden and enjoy!**

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Spoon *has some delicious recipes that start with the letter **P**.*

Pp

Peaches with Cottage Cheese

Ingredients:

- 3 ripe peaches (halved and take pit out)

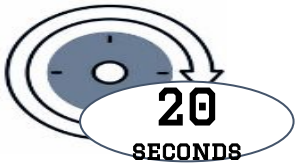
- ½ cup cottage cheese

- 2 teaspoon ground cinnamon

- ¼ cup pecans, roasted

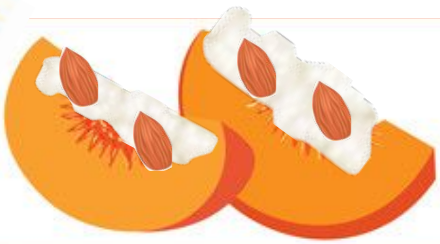
Instructions:

1. Wash your hands with soap and warm water before prepping.



2. Carefully slice peaches with parent supervision.

3. Top with cottage cheese, cinnamon and pecans.



4. Enjoy!

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

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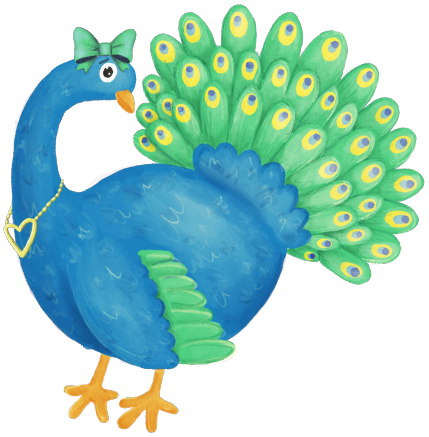
Pp



Pathy

uses the letter **P** to be healthy by doing her three **P's**.

Patience

Practice

Perseverance

Draw a picture of you practicing one of your three P's.

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

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Pp

WARNER

uses the letter **P** to stay safe by learning from trusted adults like:

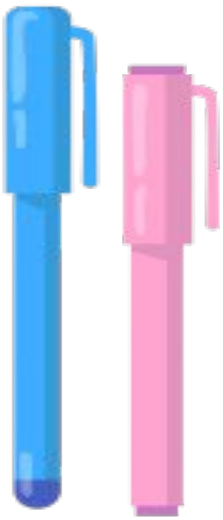
PHARMACISTS:

They help **people** when they need **pills**. They make sure **people** get a safe amount.

Medications can be harmful if they are used without **permission** from a trusted adult. They sometimes look like candy but are not.

Help the pharmacist circle items that are safe for sharing.

Pills



Markers

Pens

Toys

Toothbrush

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

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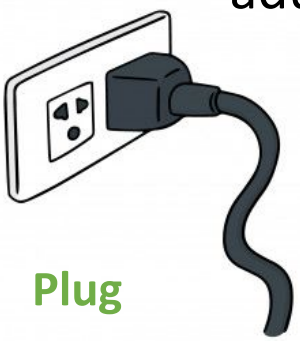
Pp

WARNER

uses the letter **P** to be healthy by never **playing** with unsafe items.

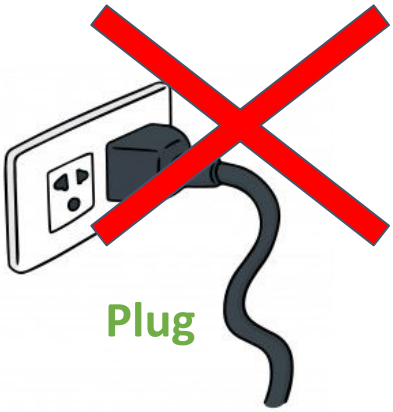
Never touch or **play** with **plugs** or **pins** if you don't have an adult's **permission**.



Plug

Pin

Draw an 'X' through items you can't play with if you don't have permission.



Plug

Pencil

Pin

Peonies

Pillows

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

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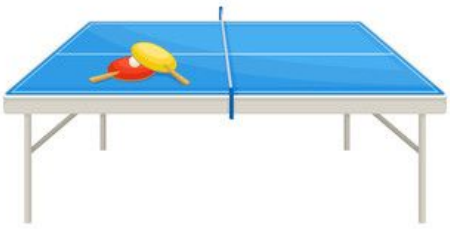
Pp

Sport

uses the letter **P** to be healthy by doing **push-ups**, **planking**, and **playing ping-pong**.



Push-ups

Ping-Pong

Planking

Match the activity with its name.

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Pp

Z uses the letter **P** to be healthy by **painting** during **picnics**.

Z enjoys going on **peaceful picnics** with her friends.

Sometimes, they **paint** in the **park**.

Draw what you would paint on a picnic.

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

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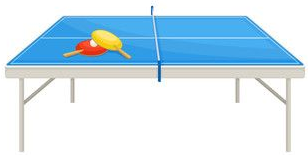
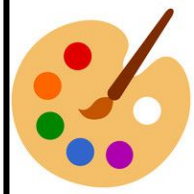
Can you draw a picture of how you're going to use the letter P to be more healthy?

Pp





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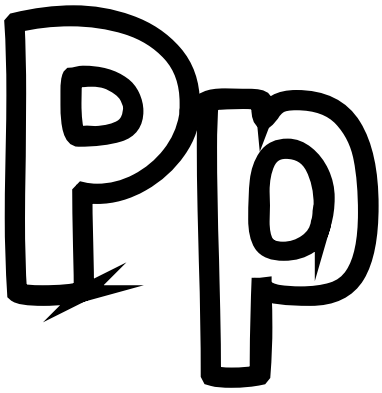

Health Standards

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.

1.5.G Name body parts and their functions.

4.2.M Cooperate and share with others.

1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).

3.1.P Identify health care workers who can help promote healthy practices.

1.3.A Recognize that medicines should be taken only under the supervision of a trusted adult.

1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.