



# Using the letter



**BROCCOLI**

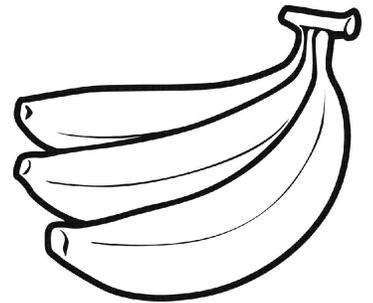


**BALL**

# Bb



**BIKE**



**BANANAS**

# to be more healthy






**SMED**  
uses the letter **B**  
to make his **brain**  
healthy **by**  
learning words  
that start with **B**.

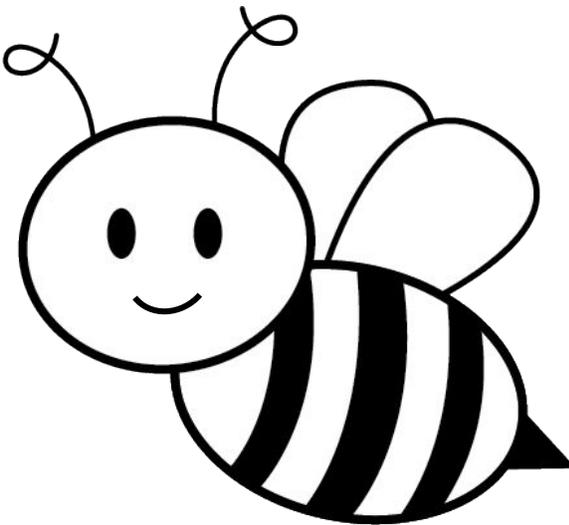
# Bb

Trace and write these words two times each.

By By \_\_\_\_\_

Be Be \_\_\_\_\_

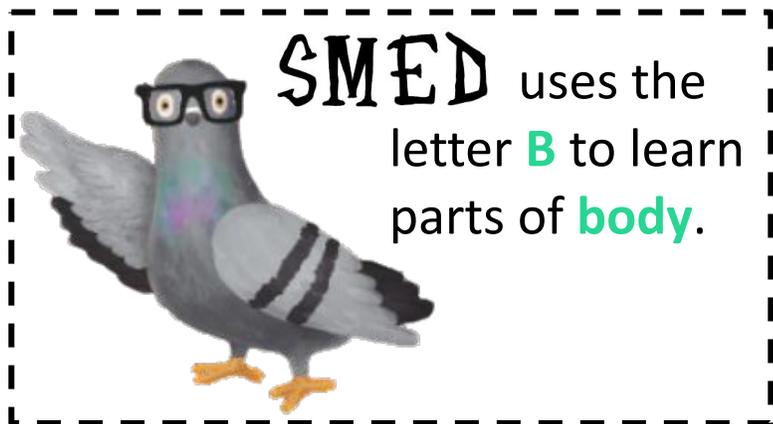
Color in the **bee**.





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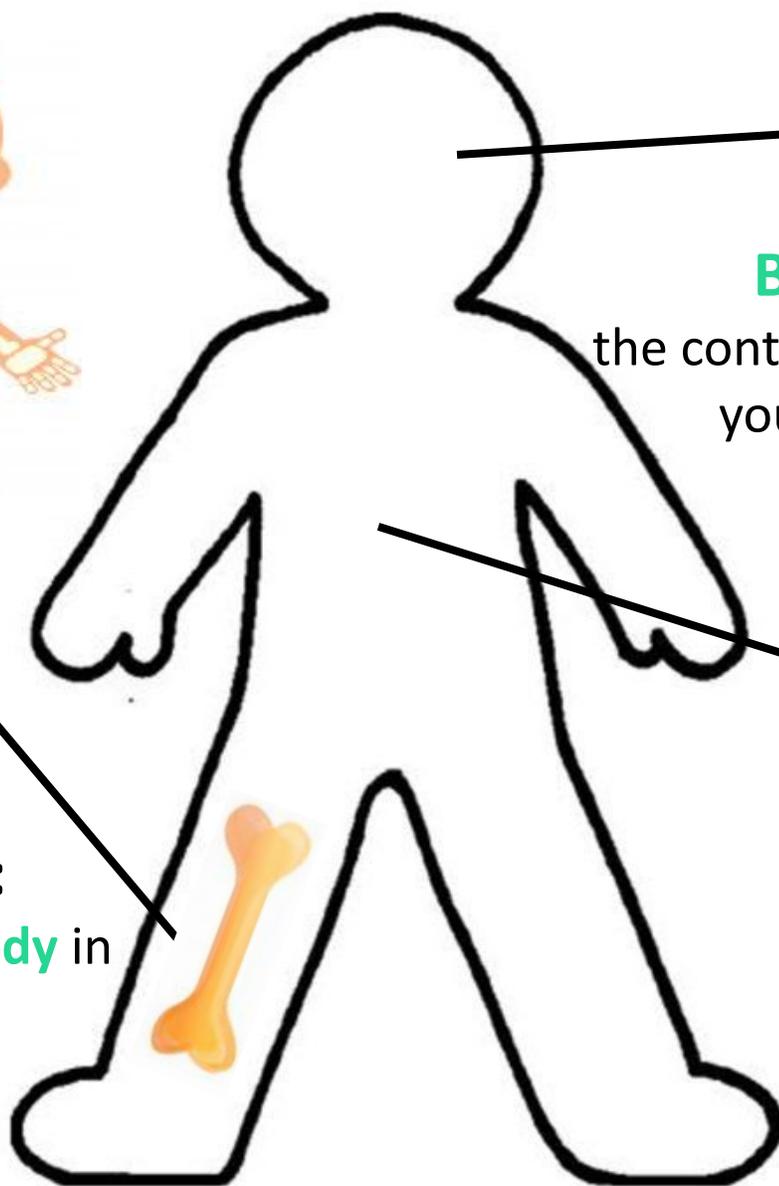
# Bb

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



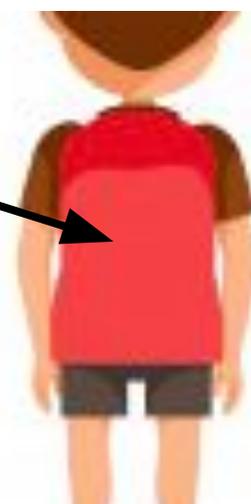
**Bones:**

hold your **body** in place



**Brain:**

the control center for your **body**



**Back:**

supports your arms and legs





# Bb



**BERRY** uses the letter **B** to **be** healthy **by** eating fruits.

Can you match the fruits?

Blueberries



Bananas



Blackberries

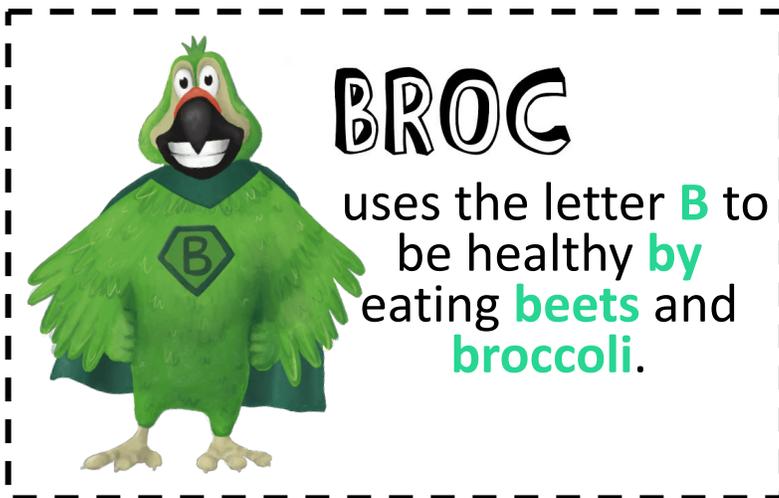




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**Bb**



**Beets**

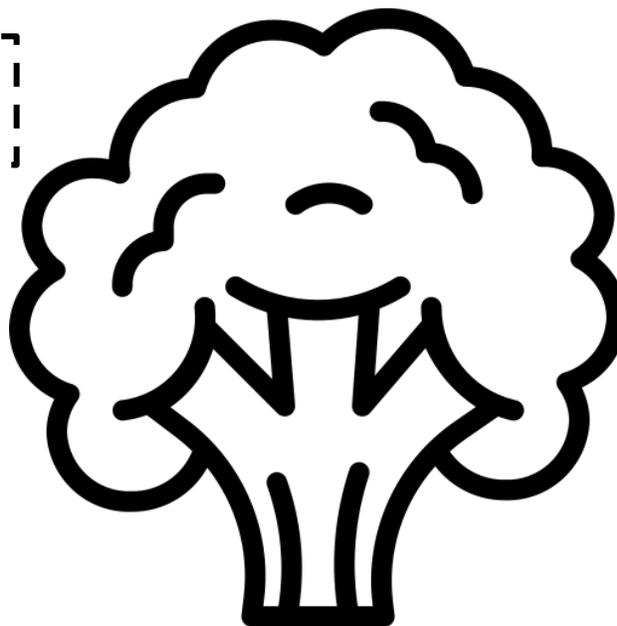
**Beets** help your **blood** move easier through your **body**.



**Broccoli**

**Broccoli** boosts your **brain** to keep it healthy.

Color in the **broccoli**.





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**O** uses the letter **B** to **be** healthy **by** learning about animals in the outdoors.

# Bb



Bees



Butterflies

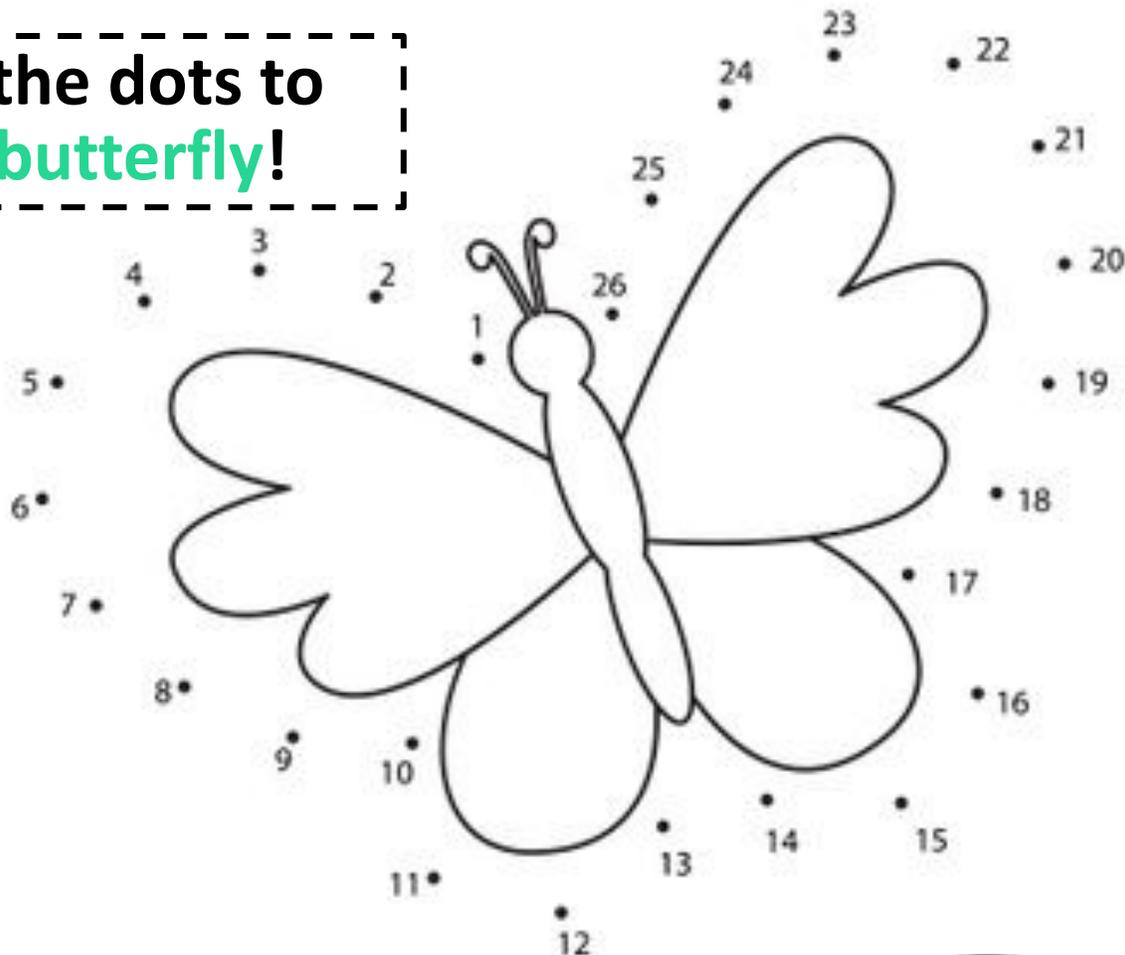


Birds

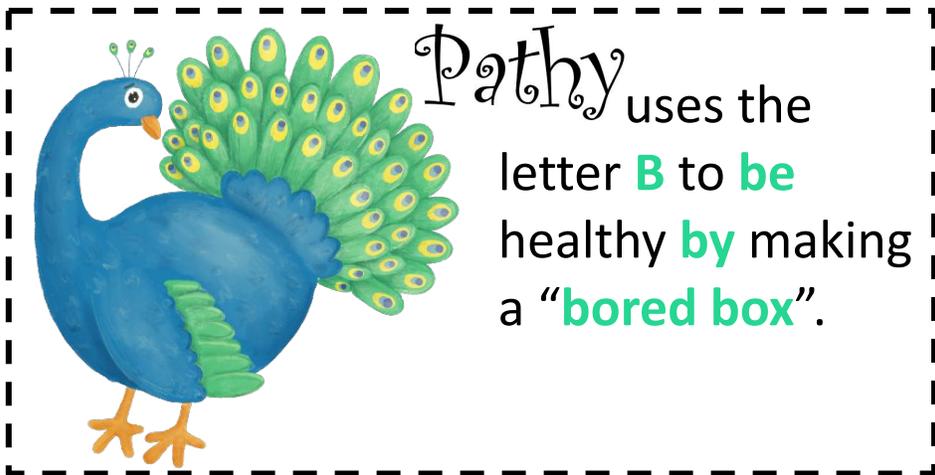


Beetles

Connect the dots to make a **butterfly!**



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



Pathy uses the letter **B** to **be** healthy **by** making a “**bored box**”.

# Bb

A **bored box** is filled with fun items to keep you and your **brain busy!**



**Building Blocks**



**Books**



**Balls**



**Balloons**



**Bubbles**

Can you make a **Bored Box** today?



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**Bb**



**Breakfast** is the most important meal of the day!

**Breakfast** gives your **brain** a **boost**.

**Circle which healthy breakfast you want to eat!**



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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# Bb



**Sport** uses the letter **B** to **be** healthy **by** doing activities that start with "**B**"!



**Badminton**



**Ballet**



**Bowling**

**Circle which activity you'd like to do!**



Playing **ball**





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# Bb

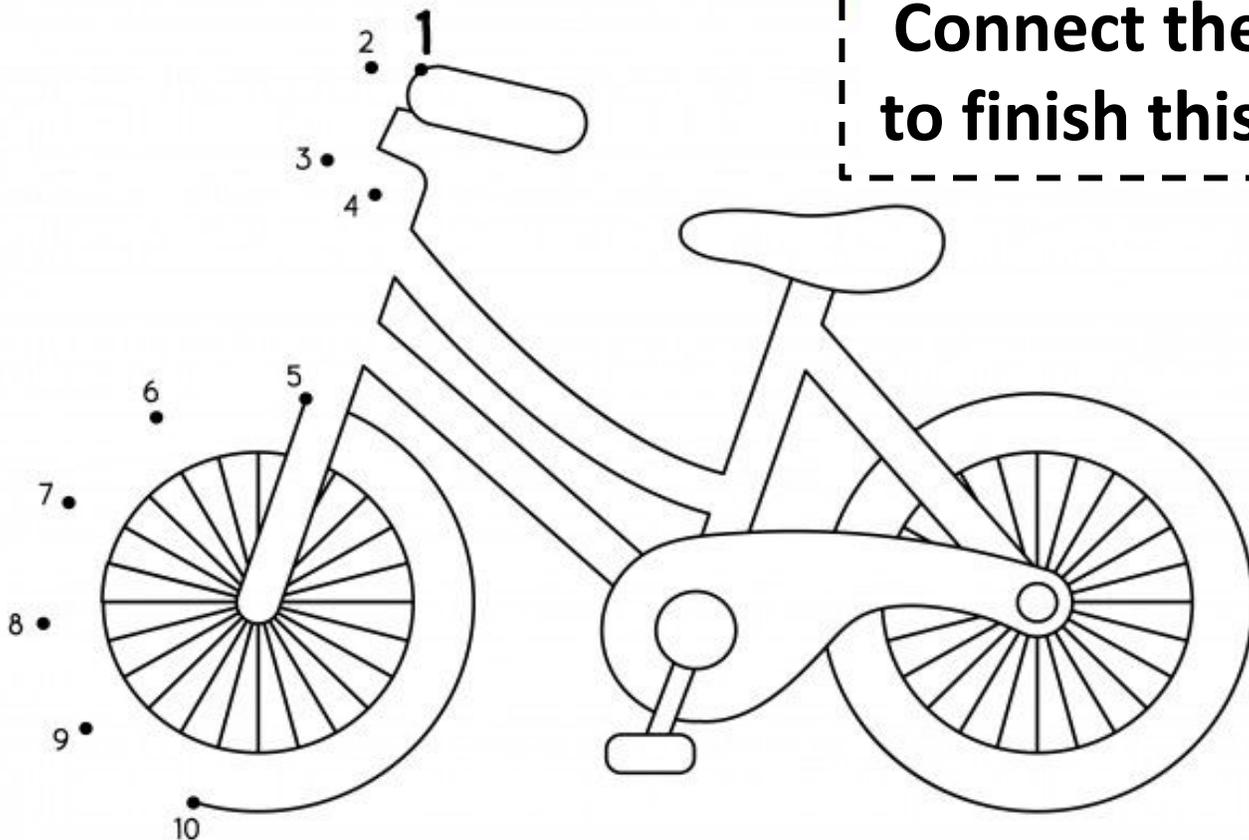


**Sport** uses the letter **B** to **be** healthy **by** riding a **bike!**

It can **be** tricky to ride a **bike** at first, so start with training wheels!



**Connect the dots** to finish this **bike!**



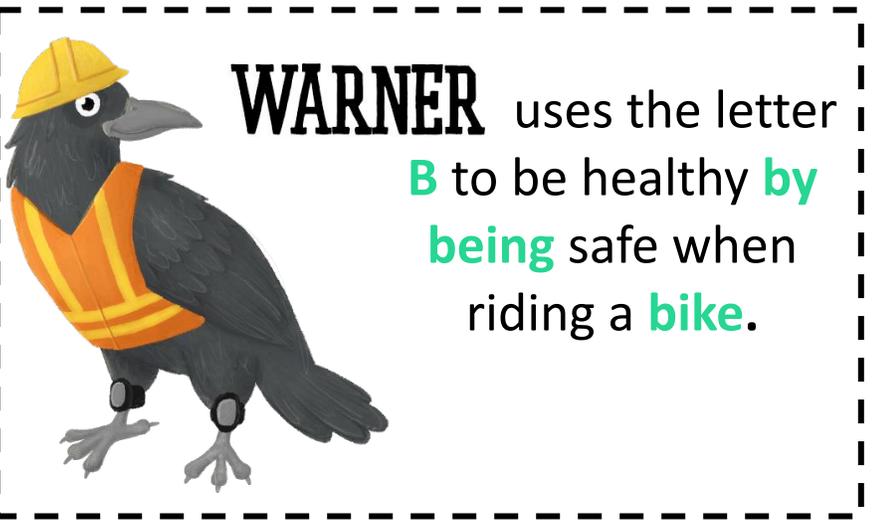
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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# Bb

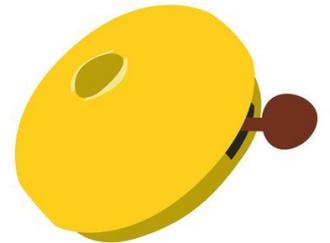


**WARNER** uses the letter **B** to be healthy **by being** safe when riding a **bike**.

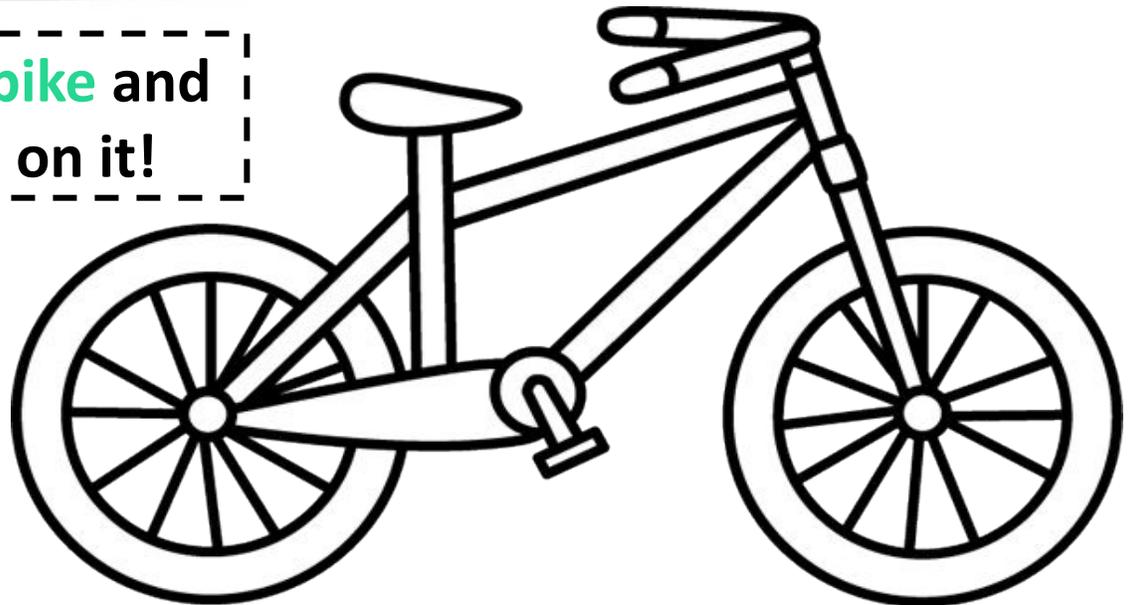
**Bike** with a helmet on to protect your **brain**.



Also, put a **bell** on your **bike** to help others **be** aware that you're nearby.



Color in this **bike** and draw a **bell** on it!



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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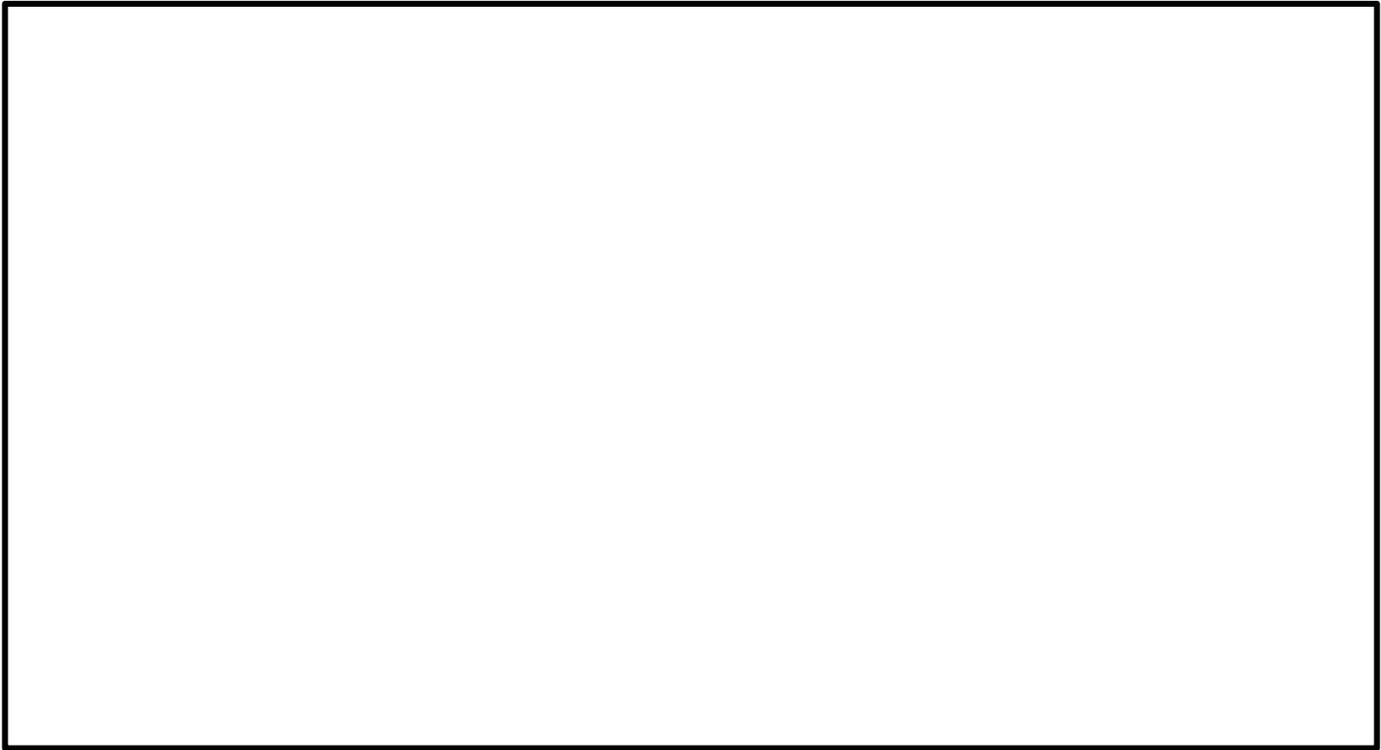
Being Healthy from A to Z

**Bb**

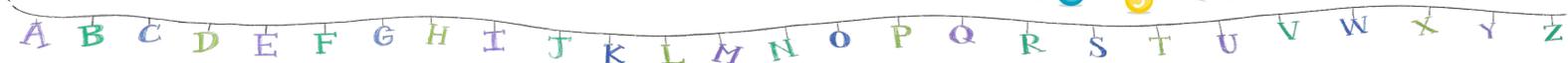


**Z** uses the letter **B** to **be** healthy **by** reading a **book** **before** bed.

Draw a picture of your favorite **bedtime book**.



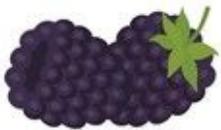
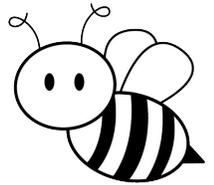
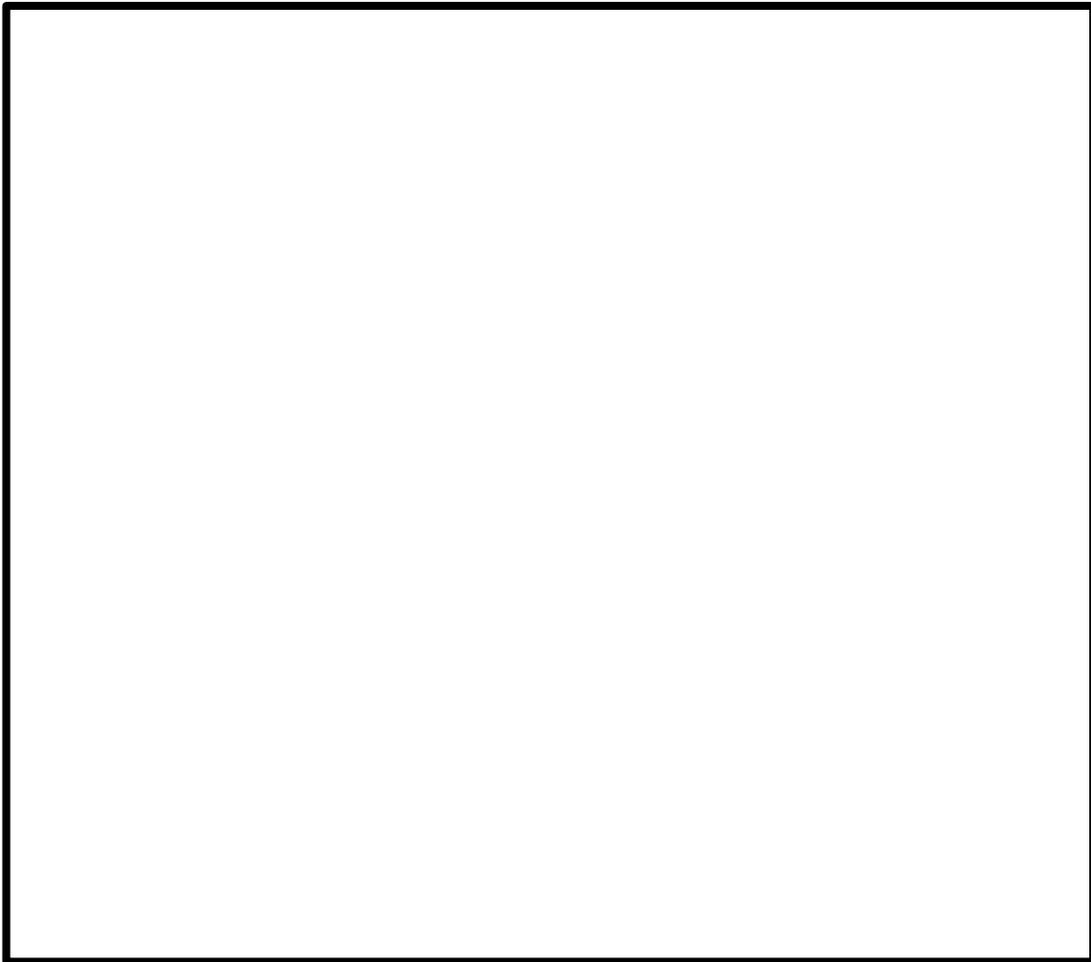
Take a few deep **breaths** to help you relax.





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

# Bb





# Bb

## 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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.4.N Recognize the importance of a healthy breakfast.
- 7.2.N Plan a nutritious breakfast.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.

